

## TOP TIPS FROM TEAM CP

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### **Vary Your Terrain.**

*By switching up where you run and on what surfaces you run (trails, road, grass, etc) can help vary your pace as well!*

*And just running a new route or loop will sometimes sharpen your focus and make you run faster just because it's exciting!*

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### **Listen to your body**

*Go as you feel – remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned*

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### **Hydration**

*The first thing that is going to slow you down on any run or walk is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend runs or the event consider taking some sports drink or gels.*

