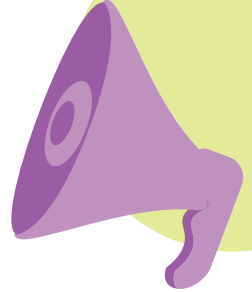


Training Tips



Pace yourself – Set yourself goals to work towards your target. Plan some training in and remember to have fun!

Do it together – If you find it more motivating to train with others, plan in some training sessions with your team

Mix it up – Changing your practice routes keeps things interesting and stops you getting bored of the same routine

The right gear – It's important you head out prepared for weather & have right footwear for long walks or runs.

Look after yourself – Make sure you stay hydrated, eat the right food, and get plenty of rest running up to and during your challenge.

