

TIPS FOR BEGINNER RUNNERS

- 1. INVEST IN THE RIGHT EQUIPMENT**
 - A GOOD PAIR OF RUNNING SHOES
 - A HAT OR SUNSCREEN
 - RUNNING SHORTS OR LEGGINGS

- 2. RUN FOR DISTANCE , NOT TIME**
 - PACE YOURSELF
 - GRADUALLY BUILD MILEAGE

- 3. SET ATTAINABLE GOALS**
 - BUILD REST DAYS INTO YOUR PLAN
 - TRACK YOUR MILEAGE
 - TAKE WALK BREAKS WHEN NEEDED

- 4. EMBRACE THE RUN**
 - FIND YOUR MOTIVATION
 - BE CONSISTENT
 - YOU CAN DO THIS !!

