



SIMPLE TIPS TO BOOST
YOUR RUNNING EXPERIENCE!

SIMPLE TIPS TO BOOST
YOUR RUNNING EXPERIENCE!

100 Running Tips

1. Find someone to run with.

Find a partner who is as committed as you when it comes to running. With that, it can keep your motivation in running at a good level. Aside from that, when you have a friend who is expecting you to run with him on a regular basis, then you will find it harder to skip it.

2. Avoid comparing yourself to others.

When you begin running, there may be a tendency for you to compare yourself to others. This is not good, since it can take you away from your own goals. Thus, it is best to always remember that you are running for yourself. When you do that, you will be able to establish your own pacing, and prevent pushing yourself too hard.

3. Determine your goals in running.

Some people run in order to have better body condition, while others are doing it in order to become competitive in the sport that they are involved with. It is important that you determine your goals prior to starting your running activities. This way, you will be able to plan out your running better, and start the right way.

4. Make up a plan for running.

Making up a plan for running is good, since it can help you build your own routine in it. In your plan, it should include the running schedule that you want to follow. Aside from that, it should also involve purchasing the necessary gears that you need. Moreover, it is also important to come up with a well balanced diet.

5. Tell your friends and family about running.

Prior to starting running, it is best if you make your family and your friends aware of your plans. This way, they would be able to support you on what you want to achieve from it, as best as they could. Aside from that, some of your friends or members of your family may even become your running buddies.

6. Watch runners in television.

Watching running competitions in the television is one of the best ways that you can do in order to get inspired in running. Thus, you should take note of the many running competition schedules today. By watching them in the television, you would soon look forward to running, and even joining in one of the upcoming events.

7. Think about your running goals before going to sleep.

Just prior to closing your eyes at night, you should think about your goals in running, and how you are going to achieve them. When you sleep with that thought in your mind, by the time you wake up, you would be raring to go outside and start running. Do it every night, so that you will always look forward for the next day's running.

8. Running to lose weight.

Running can actually help in losing weight. However, you should not get discouraged if your weight would not go down immediately. This is because it may take some time before you experience weight loss with it. Thus, it is best if you combine it with a healthy diet, as well as performing other forms of exercise.

9. Be prepared for tougher days.

Always remember that while you are trying to make progress in your running, there may be times when it seems too hard to achieve even just your short term goals. When this happens, you should not get discouraged and you should motivate yourself more. Aside from that, be optimistic that the next day would be better.

10. Running with music.

If you want to have more energy while you are running, you should try listening to upbeat music while doing it. Music can actually boost your level of energy. Aside from that, if you are listening to music that you really like, then you may not even notice that you have already spent some time in running and have already covered quite a distance.

11. Remove negative words from your vocabulary.

It is very important that you always encourage positive thoughts when you are running. Thus, you should get rid of negative words from your vocabulary, such as “cannot, never, and won’t”. By doing that, you would become more confident that you are indeed capable of hitting your goals in time.

12. Keep in mind that there are days when it could hurt.

Always remember that when you are running, especially for the first few days, you will be putting your muscles to work at a higher pace. Therefore, you may experience muscle soreness in your thighs and legs. You should be glad in experiencing it though, since it means that your body is working in order to build more muscles, which can support you through the activity.

13. Learn more about running.

You should learn more about what you are getting yourself involved with. Learning more about running can be done through visiting websites that provide valuable information about it. Aside from that, you can also get in contact with professional runners, so that you can ask them some questions about it.

14. When you run, it does not necessarily mean that you are going to lose weight very soon.

Running is a form of exercise, which can boost your body’s metabolism. However, even if you are running on a regular basis, you can still gain weight, especially if you continue eating foods that have high sugar and calorie content. Thus, if you are running to lose weight, make sure that you combine it with a healthy diet as well.

15. Make sure to have the right kind of shoes.

When you are in the process of purchasing a pair of shoes for running, you should keep in mind that not all rubber shoes are made for runners. Thus, you need to make sure that you are buying a pair of running shoes for it. Aside from that, make sure that it fits you well, and that it can provide you with the support that you need for better balance, and to prevent injuries or strains.

16. Purchasing socks for running.

Although most people focus more on buying the right kind of shoes for running, it is actually very important to have the right kind of socks as well. When you use regular cotton socks for running, it can lead to blisters on your feet, which is bad news. Thus, make sure that you are buying running socks to pair with your shoes, so that you would be able to run comfortably.

17. Ladies should not go for cheaper bras.

When it comes to running, if you are a lady, you should provide adequate support to your chest. Thus, it is best that you purchase a bra that is designed for running, which is made with good and quality materials. Even if it may cost as much as your running shoes, a quality bra is still a very good investment.

18. Running clothes.

Running can become a more fun and exciting activity, especially if the clothes you are wearing are comfortable. Wearing the right running clothes does not only mean being comfortable with it. Your clothes should also make you look good, so that you will become more motivated in wearing them as well as in running.

19. Buying running clothes online.

If you are on search for running clothes that are available at reasonable prices, then don't forget that online shopping can offer you that. Through internet shopping, you can access running clothes conveniently. Aside from that, most online stores offer their products at discounted prices, since they don't have to deal with high operating expenses.

20. When to buy cheaper running clothes locally.

If you are searching for more affordable running clothes in your locality, you should try to wait for sales events. If you have time to wait though, it is always best to shop at the end of the season. This is because most stores would usually offer the previous season's products at bargain prices.

21. Knowing the right speed of running.

When you are running in order to get fitter and build your stamina, you should be mindful of your speed, so that you can increase your distance without getting too fatigue. One way of determining this is to follow the "talk test" which is done by

lots of avid runners. This basically means that if you can talk to your friend comfortably while you are running, then you are at the right speed.

22. Listen to your stomach.

Since running can boost your metabolism, it can also make your body process the foods you eat faster. Thus, there may be times when you get hungry earlier than usual. With that, you should listen to your stomach when it says that it is hungry. Because of that, you can address the needs of your body immediately, which is a good thing.

23. Relaxing while you are running.

While you are running, it is not a good time to be bunching up your shoulders towards your ears. When you run it is best to relax, so that you can maximize the benefits you can derive from it. Thus, let your jaw hang loose when you are doing it, as well as shake out your arms as well as your hands in order to relax.

24. Think in minutes when running.

One of the biggest mistakes that some runners have is to focus more on the number of miles they have covered. This is actually not the kind of mindset you want to have when you are running. Instead of thinking about the distance covered, you should become more focused on the time spent on it. If you are able to maintain running for a longer period of time, covering a longer distance with it would simply follow.

25. Make running another way of meeting new friends.

In order to meet new people when you are running, one of the things you can do for it is to sign up with a local running club. To find one, what you can do is to check with running fitness centers. Aside from that, you can also do a quick search through the internet, in order to find running clubs in your community.

26. Sign up for a race.

Signing up for a race can actually make you more excited in running. This is because you don't want to be the last person to cross the finish line. Aside from that, finishing the race can also motivate you more. Thus, once you see an upcoming race being promoted, sign up with it as soon as you can.

27. Make up a good running schedule.

There are some people who may get hooked by running, in which they no longer give a chance to other important activities, such as spending time with their loved ones. Thus, make sure that you are able to properly balance your schedule for running and other important matters. This way, you still get to enjoy running, without certain people regretting that you got involved with it.

28. Don't carry loose change when you are running.

One of the most annoying things that you can experience is to have loose change on your shorts when you are running. Thus, you should not carry them whenever you are running. Aside from the fact that it can annoy you, it can also distract others who are running along with you.

29. Don't overdo it.

It is quite normal that you can find yourself talking more about running, even at work or at your own dining table. However, you should not overdo it, since some people may get tired of hearing the same topic from you all day. Try to talk about something else, especially with people who are not interested about running.

30. Increasing your mileage.

When it comes to running, one of your goals in it may include increasing your mileage in each running week. However, you should not go beyond 10 percent when you try to increase the distance that you can cover. Be conscious about this, so that you can prevent injuries, which can cause you to stop running.

31. Whenever you are running, certain things may begin to rub.

Running can actually result for things to begin to rub. This can actually lead to experiencing something painful such as blisters and even bleeding nipples. To prevent it, make use of clothing that would not cause too much friction. Aside from that, you can also use Vaseline by applying it on the affected areas.

32. Run on soft trails on your regular running days.

When it is your regular running days, it is a good idea to choose running on soft trails. This is because, it can prevent lower leg pain, as well as shin splints. Thus, it

is best to go through soft trails whenever you are training, and only go through the asphalt whenever you are running on a race.

33. Set a day or two apart for running hard.

Running two hard days straight is actually not a good idea, since it can put too much pressure on your muscles. Aside from that, it would not provide your body with enough time to rest and recuperate. Therefore, it is important to set your hard running days a day or two apart, so that your body would be provided with time to recover and prevent overworking your muscles.

34. What to do with body pains.

Once you arrive back at your place, after a hard running day, you may begin to feel body aches or pains. To counter it, one of the best remedies is to apply hot and cold compress on the affected areas alternately. If that would not give you the relief you are looking for, you can always purchase a mild pain reliever for it, and pair it with a day or two of rest.

35. Cutting down your training.

Cutting down the rate of your training is a good idea, especially if you do it on the fourth or fifth week. This is because, that is usually the time when your body would require some time to recover. To make it simpler, just cut down as much as 30 percent of your entire running activities for the said weeks.

36. Paying attention to your running form.

At the start, you should run as lightly as possible, so that you would be able to pay attention to your running form. Becoming more conscious on your running form would actually help you prevent injuries. Aside from that, it can also ensure good balance, and properly targeting the muscle groups you want to develop.

37. Trail running can be fun.

When you do trail running, you would make it a more fun activity, since it can offer you with a lot of different things to see and hear. To make it more fun, you should have friends do it with you. However, make sure that you bring your bug or mosquito spray when you do so, so that you can prevent getting bitten by them.

38. Cut your toenails short enough prior to running.

Whenever you are running, you don't want to have your toenails jamming your shoes, since it can become quite uncomfortable. Thus, you should cut it at desirable lengths, just a day or two before running. By doing this, you would become more at ease with your shoes, which is important to prevent accidents and injuries.

39. What to do on long runs.

There are lots of things that you need to do prior to doing long runs. One of which is to apply Vaseline between your toes, since it can prevent blisters. Aside from that, you should also bring enough amounts of water, and make sure that you have a good night's rest.

40. Avoid running on paths that are slanted.

You need to be extra careful, when you are running on slanted paths. This is because, such types of paths can put too much pressure on your hips and knees. Thus, whenever you have a choice, avoid running on slanted paths, and prefer those that are flat.

41. Stretching before running.

Stretching is actually different from warming up. When it comes to running though, it is not a good practice to do some stretching prior to it. What you should do instead, is to properly warm up for it. This can be done by walking on a faster pace, or through jogging slowly for a number of minutes.

42. Avoid the hot tub after a race.

After the race, it is quite normal to feel very exhausted, especially if it covers a very long distance. If you have a hot tub though, you should know that it is not a good place to relax after racing. The reason for this is that, staying in a hot tub after a race can actually increase inflammation, and it can also stop healing.

43. The race is not the day to try new things.

Wearing brand new clothing, eating new types of foods, and trying out a new pair of shoes, are things that you can definitely do anytime, as long as it is not done during the race day. Trying out new food items on the day of the race can get you

out of condition. Aside from that, if you are going to wear something new, it might be too late to realize that it is not comfortable.

44. Drinking water on cups while running.

When you are on a race, you may find yourself picking up drinking cups at the stations, to quench your thirst. One of the challenges when it comes to this is when you are trying to hold onto the cups and continue running. To make it easier though, you can gently squeeze it, so that it folds a bit, which makes it easier for you to drink from.

45. When it rains.

Raining on a race day is actually very possible. Thus, it is best to come prepared, by watching your weather station for it. If bad weather is likely to happen, then you should bring a plastic garbage bag with you. Such type of plastic bags are actually good to use as disposable raincoats.

46 Assumptions are not good.

When you are running, it is not good to assume that everything is in place, or all the people that see you know that you are running. Thus, if you see a car behind you, you should not assume that it can see you. What you should do is to run at a safer trail, so that you won't get hit by it.

47. Safety on the road.

If you are running on a road, where lots of vehicles pass by, then it may not be a good idea to listen to music while doing it. The reason for that is, music can actually prevent you from hearing bikes or vehicles approaching from your back. Thus, always pay attention, and always run on the right side of the road to be safe.

48. Starting slow.

If it is your first time to do some exercises for quite some time, then running should be done on a slower pacing first. This is to make sure that you won't put too much pressure on your body. Once you get accustomed to the activities that you are doing though, you can progress to something more challenging.

49. Double knot your shoelaces.

Double knotting your shoelaces just before you start running is a good safety measure. This is because, when shoelaces come undone while you are running, it can put you at risk to injuries. Thus, make sure that you are able to knot the shoelaces properly, in order to avoid accidents.

50. Set realistic goals.

When you set goals, it is very important that you set realistic ones. This is because, goals that can be too difficult to achieve, can get you discouraged, especially if you are not able to attain them. Thus, make sure that the goals you set can be attained by you, since that can also build your motivation in achieving the more challenging one.

51. Keep a training journal.

Just before starting your training program for running, make sure to have training journal on your side for it. The journal can help you in monitoring your progress as the days and weeks pass by. Aside from that, it can also remind you on certain things that you need to do or achieve during the whole duration of the training.

52. Breathing too hard.

Once you are already breathing too hard while you are running, it is a sign that you should slow down. You can even just walk once you are having a hard time breathing, until you feel comfortable again. You need to do this, so that you won't be putting too much pressure on your body in running.

53. Finding a beginner training program.

If you have just signed up for your first race, it is important to find a beginner training program for it. The program should provide you with the necessary information that you can follow, so that you can properly prepare yourself for the race. Aside from that, it can also offer lots of tips on how to prevent injuries while you are training.

54. Visit a running store for your running shoes.

A running store is described or named as such, due to the fact that they specialized in shoes and other things that pertain to running. Thus, it is best that you acquire your first pair of running shoes from them. Aside from that, in most

cases, they have assistants that can provide you better assessment when it comes to choosing the kind of shoes that would suit you best.

55. Practicing near at home.

If you are in the process of selecting places to train yourself for the race, then it is best if you can pick a routine, which is close to your home. This way, you won't have to spend some time to get to another place just to train. With its convenience, you can have more chances of being able to stick with it.

56. Learn more each day.

Even experts in running would say that they learn something new from it everyday. Thus, you should do so, not just by running more, but also in reading magazines or books about it. There are lots of books and magazines available today at bookstores, as well as in online stores.

57. Don't be ashamed of walking.

If you are new to running or to getting some exercise for that matter, then you may have to start with walking, to properly condition your body for running. Keep in mind that lots of people are going through this route as well. Aside from that, some people even do not run, but simply walk in order to get in shape.

58. Variety is the spice of life.

Going through the same route each and every day of your training can become boring. Thus, it is a good idea to vary it. Visit other places, which you can reach through running or walking, so that you can make it more interesting and less boring. Aside from that, it can also make your body tougher for having to adjust to a new kind of terrain.

59. Try to improve your speed from time to time.

Training for speed can also help you improve your leg muscles. Thus, speeding up towards a certain light post and running at a normal speed to the next can already provide you with more benefits. Do this on a regular basis, so that you can also vary your training.

60. Build your endurance.

Running is one of the best ways to build your endurance. However, there are also other activities you can do, which can improve your stamina, aside from running. Some of which would be brisk walking towards the grocery store, using the stairs in climbing up to your office, and more. By doing all these things, you will be able to build your endurance more, and experience the effects when you run.

61. Run harder in the later part of your runs.

Running harder in the later part of your runs can actually provide you with a lot of beneficial effects. For one, it can improve your stamina. Aside from that, it can also improve your ability to sprint. Thus, do this technique from time to time, so that you can experience the desirable results from it soon.

62. How to go through rough spots.

When you have to go through rough terrain while you are running, you may find it a bit difficult, especially if it's unfamiliar to you. To do it more effectively, you should focus more on your feet every time it touches the ground. Aside from that, you should also become more conscious on the sounds of your breath. By doing this, you won't be able to notice the toughness of the route, and be able to go through it with ease.

63. Getting rid of side cramps.

One of the best ways to get rid of side cramps is to do abdominal breathing, when you are running. Aside from gaining relief from side cramps, it can also develop your lungs more, since it is the right way to breathe. Moreover, abdominal breathing also helps your body absorb more oxygen, which can improve your overall well being.

64. Don't be too hard on yourself.

There may be times when you are not able to hit your goals on time. When this happens, you should not be too hard on yourself and give up on it. You should let it go, and focus on the next goal that you want to target. You should not get discouraged of your failures, since they can be the reasons that you would have more drive in hitting your goals.

65. Don't forget to get some rest.

Resting is actually as important as the other elements in working out or in running. This is because when you are resting, you are actually providing your body a chance to repair its worn out tissues. Thus, it is best that you make it a part of your training plan, so that you can maximize your benefits from it.

66. Buy a treadmill.

If you don't want to miss running, when the weather does not permit you to do so, then you should purchase a treadmill soon. There are certain types of treadmills that are available in affordable prices today, which can already serve its purpose. Check them out, so that you no longer have to spend a rainy day doing nothing inside your house.

67. Be wary of the sun.

When you are running on midday, you should take note that it may be the time when the sun shine's at its brightest. In other words, you may get exposed to intense hit, which can get you easily dehydrated. Thus, aside from wearing sunscreen, you should also wear a hat. Additionally, don't forget to properly hydrate yourself by drinking lots of water.

68. Running during winter.

Running on midday during winter time is actually a good idea, since it may not be too cold at that time of the day. However, you may still need to wear layers of winter dress. Aside from that, you should also wear a winter hat, and topping it with a headband, so that you will be able to cover your ears.

69. Always check the weather.

The night before you run, you should make it a point to check the weather for the following day. This can allow you to prepare for the next day's weather, whether it is going to be hot or cold. If it is hot, one of the things you can do is to fill up your water jug halfway, and put it inside the freezer. The next day, pour some water into it, just before heading out.

70. Run facing the vehicles.

When you are running on a busy street, you should face the traffic, in order to practice safety. This is because, when you run facing traffic, you can easily see if a

car goes out of its lane. Aside from that, it is also best if you are running with a partner, so that you can both watch each other's back.

71. Eating a well balanced diet.

No matter how many miles you would run, you may not be able to achieve your goals if you are not following a healthy diet. A healthy diet should consist of foods that can provide you with the essential nutrients for your body. It should be complete with protein, carbohydrates, vitamins, and minerals.

72. Run and lose weight to make it easier.

If you want to make running easier, you should also aim to lose weight. Each time you lose weight, you would actually be making it easier for you to run, due to the fact that your body would become lighter. Thus, you should make sure that you are following a diet that is not filled with too much fats and calories, so that you can achieve that.

73. Prevent dehydration.

Dehydration is something that you need to prevent when you are running. It is true that drinking more water can effectively prevent it. However, if you are planning to run on longer distances, then you should drink more electrolytes as well. There are drinking products that are filled with electrolytes these days. Aside from that, you can also purchase electrolyte concentrates, which you can mix with your water, from pharmacies.

74. Eating on long runs.

If you are planning to do long runs, which can take hours in a day, then you should eat all throughout of it. Eating every hour while you are doing a long run is actually important. It can help you maintain the level of energy that you need to get through it safely. Thus, you should eat every hour or so, even if you don't feel like it.

75. What to do to hasten recovery.

If you want to recover immediately after a long run, then you should get some rest, by sleeping at least 8 hours each night. Aside from that, you should also eat

and drink within the hour after running. Follow these steps, so that you can shorten your recovery period effectively.

76. Carrying water during long runs.

There are lots of people today who do not want to carry their own bottles of water while they are running. If you are one of them, then at least carry some cash with you, and make sure that there are small corner stores within your route. With that, you can easily stop by them, purchase water, use the bathroom, and rest a bit.

77. Lift weights.

Lifting weights can also help you improve your running, especially if you get your legs involved as well. When you build more muscles, you would actually feel lighter, since you are making your body more capable of carrying itself. Thus, aim to build bigger and stronger muscles, so that you can also run faster.

78. If there is no time for running.

When you only have around 15 minutes of spare time to run, then you should still do it. Running for 15 minutes is actually better than not being able to run at all. To avoid time constraints though, you should setup a running schedule effectively, so that you no longer have to postpone many running sessions.

79. What to do with your hands while running.

Clenching your fist as if you were going to break an egg while you are running, is actually not a good idea, since it means that you are too tight. Instead of doing that, you should cup your hands while running, as if you are trying to hold an egg and preventing it from breaking. This way, you would be more relaxed in running, which can pave the way of deriving more benefits from it.

80. Running during noontime.

Running just before eating lunch actually offers lots of benefits. First of all, it can offer you midday sunlight. Aside from that, it can break your boredom from work. More importantly, it can also help in controlling your appetite during lunch time, which is good, especially if you are trying to lose weight.

81. Always hydrate yourself.

Whether it is hot or cold outside, you should continue to drink more water, especially when you are running. This is because, whenever you sweat, you are decreasing water content in your body. Aside from that, water can also help you in lubricating your joints, carrying blood to different parts of your body, and many more.

82. Make running more fun.

One of the many end products of running is fitness. However, you should make it a fun activity. Running is actually the process that can help you produce the product, which is fitness. Thus, you should see running as an activity that you love to do, otherwise, attaining fitness from it can become quite difficult.

83. Don't be afraid to try out new approaches in training.

If you are in constant search for updated information about running, then you may come across new approaches about it. If a new method does not go by the book, you should not hesitate trying it out, especially if you feel that it can really help you. However, you should also be able to see if it becomes counterproductive.

84. Know how to motivate yourself.

There may be times when you feel tired about working out, and you don't feel like getting out of bed to run. This is true, especially when you begin to think that training is becoming more of a chore, instead of something that provides you with pleasure in doing. When this happens, you should know how to motivate yourself, so that you would stay on track. One way of doing it is to remind yourself of your goals in running, so that you can bring back your drive for it.

85. Eating eggs.

In training, you should include eggs on your diet. Eating an egg or two for breakfast would provide your body with its needed protein, in order to repair the worn out tissues due to running. Aside from that, it is also filled with omega 3 fatty acids, which can do wonders for your body. In a nutshell, eggs will not just help in cutting recovery time short, but it can also boost your energy levels.

86. Always think positive.

If you are at the point of your running career where you are going through a tough time in hitting your goals, then you should convince yourself that you can do it through positive thinking. Positive thinking can actually provide you with the right mindset that can help you attain your goals. Aside from that, it can also boost your confidence, which can improve your chances of achieving your dreams.

87. Avoiding injuries.

At the first sign of injury, you should immediately back off. In other words, if you feel that there is something wrong with your ankle or legs, then you should take a few days off from running. Not running for 5 or 7 days is actually a lot better, than having to miss weeks or months of it, due to getting the injury worse by not recognizing its signs.

88. Divide your goals and hit them one at a time.

In running, you may have other goals aside from improving your performance in it. Examples would include improving your overall physical condition, getting better endurance, losing weight, and such. It is also possible that you want to increase your mileage on it. Whatever your goals are, divide them, and hit them one at a time to make it simpler.

89. The right way to run.

When you are running, you should take note that your heel touches the ground first, instead of the ball of your foot. If you do it the other way around, or if you let the side of your foot hit the ground first, it can make you fall and injure yourself. Thus, always follow the right way of doing it, and always run in a smooth manner.

90. Check the way you run.

Each person may have his or her own style of running. However, there is actually a proper style of running, which you need to follow, in order to prevent injury as well as to derive benefits from it. Thus, you should consult a coach for it, or a podiatrist. Have him look at the way you run, so that he can offer tips in improving your style.

91. Get your arms moving.

If you want to run faster and longer, you should also move your arms more. Lots of experts say that it is just how a human body is made; the more you sway your arms, your legs will definitely follow. Thus, move your arms, and achieve a bigger range, so that your legs would have greater movements as well.

92. Testing yourself.

Just like when you are studying, testing can help you check your actual progress in running. Aside from helping you gauge your fitness, joining a race can also help you check your stamina. Thus, you should have an eye to look out for upcoming races at your place, and join one soon.

93. Achieving better fitness with running can only be done with hard work.

If you want to have better overall fitness by running, then you should work hard for it. Achieving fitness through running is actually possible; however, you need to spend time with it, and work your muscles out. Aside from working hard for it, you should also make sure that you eat the right types of foods at the right amounts.

94. Consider other parts of your body.

When you run, what you would be developing would be your legs and lungs. However, it does not mean that you won't need to develop other parts of your body as well to get fit. Thus, you should also do other workout routines, such as jump squats, crunches, sit ups, pushups, and more, so that you can develop the other parts of your body.

95. Going uphill.

You need to stress your lungs and your muscles to a certain extent, so that you can develop them further. Thus, one of the best things that you can do for it is to run uphill, since it can provide you the kind of challenge, which can push you hard enough. Don't overdo it though, since it can get your muscles strained.

96. Always be careful in running.

If you want to continue running for a long period of time, then you should do everything to prevent injury. You should warm up properly by doing light

stretching, walking, or spending a few minutes on the treadmill. Aside from that, you should also be wary of the dangers you could encounter on the road.

97. It is not a good idea to run on an empty stomach.

When you run, your body would actually make use of your energy so much. Thus, it is best if you can have a light snack just before heading out from your place to run. Having a sandwich with milk, can provide you with the nourishment you need in order to go through minutes or an hour of running.

98. Don't limit your carbohydrate consumption too much.

Eating healthy carbohydrates is one of the important things that you want to take note of, when you are running. As a rule of thumb, make your diet consist of 70 percent carbohydrates, 15 percent protein, and 15 percent of fat, so that you have sufficient amounts of energy in running. Just make sure your protein sources are not loaded with too much fat though, so that you won't gain weight.

99. Don't forget the supplements.

Taking a vitamin-mineral supplement is actually a good idea when you are running. It ensures that your body will be able to adequately convert the foods you intake into energy and protein, to support your increase rate in physical activities. Thus, search for a quality supplement today, so that you can use it soon.

100. Visualize achieving your goals.

One of the best things that you can do to boost your drive in achieving your goals is to use visualization techniques. When you visualize your success, it can greatly help you in achieving your desired results aside from controlling your nerves. Aside from that, it can also tap into your feelings, which is very important to keep you motivated in doing things to achieve your dreams.