

BEFORE YOUR RUN

What is the Goal of Your Run?

E.g.

- Easy
- Recovery
- Threshold
- Intervals
- Long (endurance)
- Social
- Nature
- Others?

Pre-Run Nutrition

What fuel will you use for your run?

Use trial and error to find what suits you best

AFTER YOUR RUN

Run Distance

Record how far you ran

Average pace

Record your average pace

RPE (Rate of Perceived Exertion)

How hard did you run feel (0-10 scale)

Post Run Nutrition

A good time to recovery with carbs and protein

Soft tissue work

Keep your muscles and tendons tuned up with foam rolling, massage and stretching.
Professional massage / dry needling as required

Strength / Core Training

Ideally x 2-3 per week

Sleep

Monitor sleep quality and duration