



Dos and Don'ts During Training

- Stay within the recommended distance ranges throughout this training program
- Keeping your speed workouts within the pace range will reduce the risk of injury and allow you to string together consistent training.
- Running faster than prescribed paces may seem as if it's advancing your fitness, but you are limiting your progress and increasing the likelihood of getting injured.
- No over training
- Listen to your body and give proper rest to recover.
- Go for distance rather than time - slow it down, be patient, and don't worry about your pace.
- Remember that rest days are training days, too.
- Build mileage gradually.