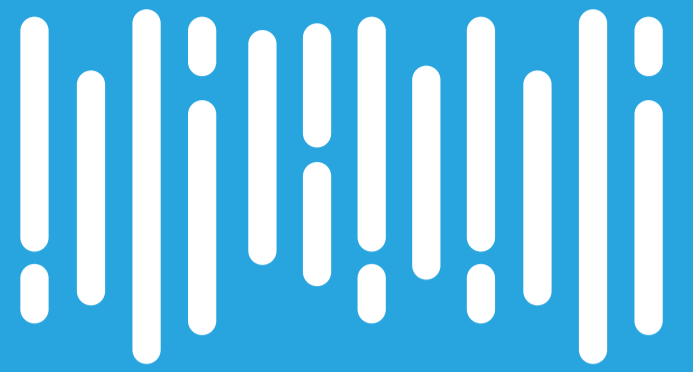# 7 Tips to Run Your Best

1 RELAX

Begin your run or workout at a slightly slower than normal pace to really dial in your breathing.

2 CHECK YOUR CADENCE

The average runner's cadence should be 160-170 steps per minute.

3 FOCUS ON YOUR STRIDE

You want your stride to be smooth and comfortable. This better optimizes the energy your body uses and helps avoid injury.

4 TAKE TIME OFF

Always listen to your body, whether you suspect an injury or just don't feel good.

5 GET MORE SLEEP

If you run 30 miles per week, add 30 more minutes of sleep every night.

6 HYDRATE

At a minimum, you should drink 60-80 ounces every day. The more active you are, the more you should increase that amount.

7 CROSS-TRAIN

Don't run every day, mix it up! Try swimming, cycling, yoga, lifting weights, or online workouts.

3M Half Marathon