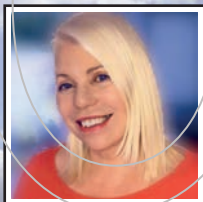


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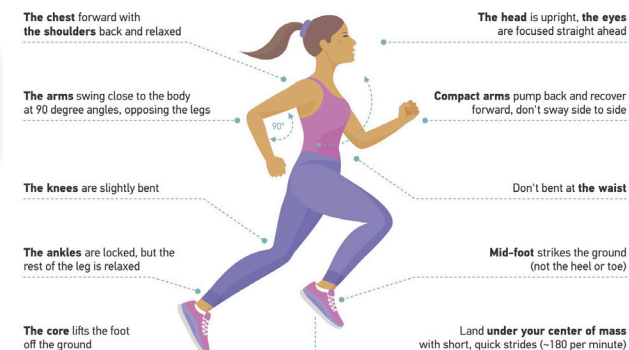
**STUDIO 44**  
JOANA TRAINING

# Joana's five top running tips to put a spring in your step

MK personal trainer and nutritional advisor **Joana Todor Back** is looking forward to stepping up her running as we enter the start of spring this month. Here, she shares with you her top running tips...

## HOW TO RUN BETTER

### Side view Infographic



With the arrival of the spring season many more of us will enjoy going out for run, so I'd like to share with you a few helpful running tips.

I started in the world of sport at the age of 12 with athletics and 100 metres sprinting being my forte.

Over the years I have participated in several races and I ran the Paris Half Marathon back in 2010.

Whether you are new to running, an expert runner or somewhere in between, I'm hoping you'll find this article helpful and start clocking those kilometres on your smart watch!

### 1) SET A CHALLENGE

Participating in a small race like a Park Run will help motivate you to go out and practice. It will give you the necessary push you need to keep going forth and also, being in a race

atmosphere will help you deal with adrenaline levels.

### 2) WARM UP THOROUGHLY

For a beginner a brisk walk is ideal, and then break into a slow jog. For a more advanced runner I would start with a slow/medium jog and then a mixture a of static stretches to get you going. The most important thing is for you to find what works and stick to it.

### 3) POST RUNNING NUTRITION

The key to nutrition is to make sure the food is prepared and ready for when you return. A complex meal is advised, made up of carbs and protein to feed your muscles, so try a protein

drink, a banana and a few almonds.

### 4) KEEP A TRAINING LOG

Make a note of how you feel before and after you run, and track your distance and performance. This will help you get a sense of what works for you and also keep you motivated.

### 5) DRESS FOR THE WEATHER

The best way for you to control your body's natural temperature is to gradually take things off. I tend to wear a short sleeve under a long sleeve top, which comes off after a while. Also, I love a thin hat which get put in my pocket after the first 10 minutes.

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