

Run Better

Perform Better



Warm up well before you run... Are you nuts? I get out of bed. Throw my running gear on. Grab my water bottle and music player and head out the door. Warm up? I don't have time for any warm up.

According to USAT certified coach, Eric Kahl, "You need to properly warm up your body before you start making it work. Imagine the reaction your body goes through, when you wake up from a relaxing dream, and put on your clothes and hit the pavement. And then expect your body to go at a set pace for a set amount of miles."

Eric says, "Your muscles and tendons are like rubber bands--when a rubber band is cold, it is stiff and brittle, but when it is warm, it is stretchy and elastic." With a proper warm up and some dynamic stretching added to your running routine. You will perform better and run better.

Coach Eric recommends warming up with 10 minutes of brisk walking and some dynamic stretching for your arms, legs and trunk muscles. For training information and a list of dynamic stretches that are guaranteed to help you perform better, please contact Coach Eric Kahl at Eric@fitplanetinc.com.

Coach Kahl is a certified USAT Coach and Certified Fitness Trainer for FitPlanet, Inc.TM See a list of everything FitPlanet, Inc.TM has to offer at www.FitPlanetInc.com and www.FitPlanetMultisport.com

Edited by Alicia Adamson

Are You



Ready?

Do you have what it takes to complete the race?

- ☞ Are you **Strength** Training?
- ☞ Do you do **Warm Up** drills?
- ☞ Do you **Stretch** after you run?
- ☞ Can you **Touch** your toes *without* pain?

Our coaching team can help.

Call FitPlanet, Inc.™

(941) 361-1185

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