

## **Running Tips – Week 3**

### **PRACTICE DRINKING ON THE RUN**

In order to make your race the most efficient as possible and get your best time for that day you should practice drinking water during your training.

- Set up a table with water along your training route that has cups of water ready for your use.
- Set up a course that will pass your table several times during the run and grab the water along the way.
- Take the cup at the top and pinch it so you can easily drink as you run. This will help you to prevent spilling the water.
- Drink as you run, do not stop and drink. You can get use to this and improve your time on race day!

The more you practice this the better you will be at drinking during the race!