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Maximizing Performance with Age, By Jack Daniels & FloTrack

- As you get older try these strategies to maximize your performance over time:
- Run consistently over the course of your life. Try to avoid large gaps in training, as these detract more from performance than a few extra pounds.
- Take care of injuries and illness. Take time off if you need it – this will help your running longevity.
- To maintain running economy include some faster workouts in your training regime. Keep up your turnover.
- Don't forget about resistance training and cross training.

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