



HOW TO GO FOR THE PERFECT RUN



1

The perfect run always start the night before with exactly _____ ounces of room temperature water.

2

You're gonna want to set your _____ for 7:40 am. It's the optimal time for feeling like a champ.

3

Breakfast: Banana, _____ with some _____ and coffee. Ideally from 7-11.

4

You're gonna want to let that fuel digest for about _____ minutes while you stretch those tired legs.

5

Now go ahead and _____ your shoes, crack open the front door and tell whoever you live with you'll be back in _____ minutes.

6

Now, it's go time. Just you and your favorite 5 inch _____ striding blissfully over the open road.

7

The perfect run is really all about that _____ pace. Not too hard, but not too easy. Keeping your heart rate precisely at 149 beats per minute. No more. No less.

8

Enjoy yourself. Take in the _____. But don't forget to capture that perfect _____. It's crucial for the post-run Strava upload.

9

Your watch hits that beautiful _____ -minute mark and you feel your legs come back to a gentle walk.

10

40 minutes. The perfect run.

My favorite place to run is _____

Before running I always _____

It's important to _____ when running.

_____ is all you need for the perfect run.



HOW TO GO FOR THE PERFECT RUN



1

The perfect run always start the night before with exactly **12** ounces of room temperature water.

2

You're gonna want to set your **alarm** for 7:40 am. It's the optimal time for feeling like a champ.

3

Breakfast: Banana, **toast** with some **peanut butter** and coffee. Ideally from 7-11.

4

You're gonna want to let that fuel digest for about **20** minutes while you stretch those tired legs.

5

Now go ahead and **lace up** your shoes, crack open the front door and tell whoever you live with you'll be back in **40** minutes.

6

Now, it's go time. Just you and your favorite 5 inch **shorts** striding blissfully over the open road.

7

The perfect run is really all about that **even** pace. Not too hard, but not too easy. Keeping your heart rate precisely at 149 beats per minute. No more. No less.

8

Enjoy yourself. Take in the **scenery**. But don't forget to capture that perfect **selfie**. It's crucial for the post-run Strava upload.

9

Your watch hits that beautiful **40**-minute mark and you feel your legs come back to a gentle walk.

10

40 minutes. The perfect run.

My favorite place to run is _____

Before running I always _____

It's important to _____ when running.

_____ is all you need for the perfect run.

