



Tyrone Edgar's Training Tips

1

Always warm-up and stretch before you workout or race. You always want to be hot and sweating before you run

2

Always cool down, if possible with 2 laps after you race

3

Try to drink at least 2 litres of water each day previous to your race

4

Set a reachable goal before the race to keep motivated-maybe you will allow yourself to walk once during the race, or complete the run in a certain timeframe

5

Eat healthy food and stay away from fast food restaurants and sweets-these won't keep you sustained and your energy will deplete quickly!

6

Sleep and rest is very important, gets lots of it in the run up to the race



2012 Olympic 200m hopeful, Tyrone Edgar



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