



www.extramilerun.com
Be Change
 the extra mile run for oak ridge elementary



Here are some helpful hints no one every told me

SHOES

1. Your shoes will make or BREAK your success. Invest. A pair of great shoes is cheaper than pain that will cause you to drop out. GET GOOD SHOES FROM THE RUNNING ZONE!



ASICS CUMULOUS



NIKE VOMERO



BROOKS SWITCH 2

SUPPS

2. Your body's metabolism can't keep up with the demand of training for longer distances. Therefore, SUPPLEMENTS ARE A MUST!



NUTEK PRO 5



L: GLUTAMINE



NUTEK NATURES FUEL

Protein: Divide your weight in half. Get that number in grams of protein every day to repair muscle. If you weigh 150 lbs, get at least 75 grams of protein everyday. Most of us can't eat enough to extract that from food. So, supplemental protein is key. **RECOMMEND: NUTEK PRO 5**

Glutamin: When we run, small micro-tears happen at the muscular level. Glutamine lessens recovery time. It is the most abundant amino acid (building block of protein) in the bloodstream. It is considered a "conditionally essential amino acid" because it can be manufactured in the body, but under extreme physical stress the demand for glutamine exceeds the body's ability to make it. **RECOMMEND: GLUTAMIN**

One-a-Day: Whether it is a tablet or powder, a one-a-day vitamin is essential. Nature's Fuel Powder absorbs quickly and powers the body and keeps the immune system in high functioning operation. **RECOMMEND: NUKEK NATURE'S FUEL**