



## Training for a race?

Check out these tips to keep you on track to reach your goals!

### Shoes

They have a lifespan, change them every 300-400 miles.  
Get a shoe that is comfortable and is wide enough to allow your toes to spread.

### Prepare for your workout

Fuel your body before and after your training session. Hydrate!  
Perform a quick dynamic warm up before your run (link to video here).

### Training

Make a plan, set a goal! Every training plan should be individualized.  
Limit your increases in mileage less than 10% per week.  
Deload approximately every 6-8 weeks.  
Add strength training to your program.  
Try to vary your efforts throughout the week; do not train at the same pace for every run.

### Get a DorsaVi running assessment

The Northwell Health Running Clinical Team are experts at evaluating your running mechanics with a sensor technology called the DorsaVi. The DorsaVi captures important metrics to help mitigate injury and keep you in the game for the long run!

---

For more information,  
visit [Northwell.edu/STARS](http://Northwell.edu/STARS)  
email [STARSRehab@northwell.edu](mailto:STARSRehab@northwell.edu)  
or call (516) 719-3759

---