

A person wearing a blue beanie, a black long-sleeved shirt with white stripes on the sleeves, and black leggings is standing on a wooden bridge. They are leaning against the railing and stretching their leg. The bridge has a complex steel truss structure. The background shows a river and some trees under an overcast sky.

# Fit to run

Focused Series



Point 1

# Shed the unnecessary weight



# Be sure to run the right race



# Work on your running technique

