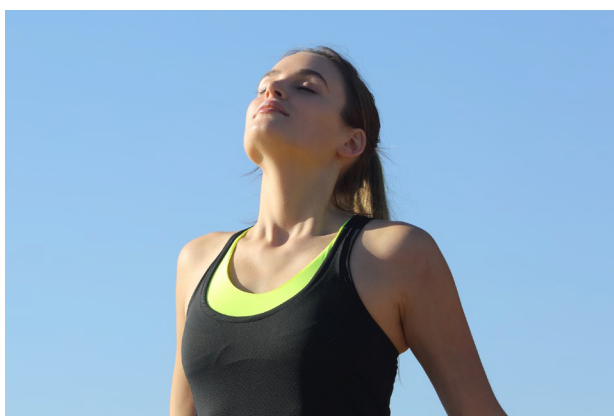


MOTHER'S DAY CLASSIC TRAINING PROGRAM

Breathing



The secret to a good run is in the breathing

When you first start moving you may notice that you're out of breath easily. Usually it's because you may be going too fast, or, your breath is too shallow and you're not getting enough oxygen to sustain your run.

So, if you want to keep improving and run for longer, pay attention to these breathing tips.



Take deep breaths

While on your warm up, consciously decide to focus on your breathing and take deep slow breaths to fill your lungs with air. Exhaling deeply and consciously will automatically lead you to inhale deeply.



Breathe through your mouth

When your mouth is open your body takes in much more oxygen than when you only breathe through your nose.



Keep an eye on your posture

When you move bent forward you're cutting off your oxygen supply, so it's important to keep upright and run tall.



Try and relax

When you're in a relaxed state you're more likely to naturally breathe more deeply, and enjoy yourself.



What to do if you're breathing gets out of control?

Simply slow down, catch your breath. Deep inhale, deep exhale and start again.

Movement resources at mothersdayclassic.com.au/mdc-move