






# 10 Things 10,000 Miles Taught Me


 Pouring water over your head does not cool your body's temperature. (Drink the water instead!)


 Modern day running shoes do not need to be "broken in." (The design and structure of running shoes now allow for immediate use.)


 Never wear cotton! (It keeps you hot on a hot day and cold on a cold day. It is a better idea to choose moisture-wicking fabrics.)


 Compression socks are not only great for running but for cross country flights and long car rides as well. (The idea is increased blood flow.)


 Breathing through your nose delivers more oxygen to the lungs than does breathing with your mouth. (Practice running with mouth wash to focus on nose breathing!)

 When cycling outside in the winter, it is best to dress as if it were 10 degrees colder than what the thermometer reads. (Think several light layers that allow for maximum movement and breathability.)

 The ideal pool temperature for a swim workout is 78 to 80 degrees. (Good luck swimming more than 2 miles in warmer waters!)

 The best training advice I ever received was "listen to your body." (There is a big difference between pain and injury.)

 The longer you go, the less likely the body will be able to digest nutrition. (Fuel as early as possible; the body cannot "make up" for extreme caloric deficits.)

 Dehydration can occur in 20 degree weather just as easily as in 90 degree weather. (Its not fun to drink on cold runs, but it certainly is a good idea.)

