

## Junior Trail Adventure

# Training Tips

Get a good night's sleep before your adventure.

Eat a healthy meal before you go.

Seek out local areas for practice runs or hikes.

Before you run or hike, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.

Practice basic form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.

Do a talk test: If you can't say more than a few words at a time, you're probably running or hiking too hard. Slow down until you catch your breath. Remember, your adventure should be fun! You don't want to push yourself too hard.

After you run or hike, be sure to stretch out the muscles in your lower body.

Pick a positive saying for your outdoor adventure. It could be something like "I can do it," "I've got this," or "I am strong." Repeat this saying out loud or silently to yourself as you are training and on your adventure. It will help you focus if things get difficult.