

BREATHING GUIDE FOR RUNNERS

TIP 1

Breathe through your mouth or both your mouth and nose

TIP 2

Develop an alternating pattern of breathing so you don't always exhale on the same foot. Here are 3 main breathing ratios:

3:3



2:2



3:2



TIP 3

Take deep belly breaths

Running And Breathing

RJ Shavelson



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