# 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:

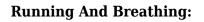


# TIP 3

Take deep belly breaths

# **Running And Breathing**

**RJ Shavelson** 



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