



Check out The Running Network Training Tips presented by NIKE on the RUNOHIO web site www.runohio.com at the bottom of National News.

August 12th - Training Tip 37 - Hills come in all shapes and sizes. The only way to get good on hills is to train on them. But, like all new things, it takes time to develop your hill fitness. For the first couple of weeks, just run easy, two times a week on a hilly run.