Twitter Thread by Shajan Samuel



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For wannabe runners ...

Run only 3-4 days a week , Plan long run in the weekend , 2 days mandatory strength training ,(boring as hell) , but has to be done , 1 day complete rest - Work on glute stability & balance , largely underrated , walk as much as you can .

I am a long distance runner , means I love running 100 miles & more in extenuating circumstances , this drives me . To stay healthy 40 km's is enough , don't stretch until & unless you are having a specific goal in mind .