

TUESDAY TIP:

CROSS TRAINING



**OUR FAIR SHAKE DOG MACY
RECOMMENDS SWIMMING**

"Many runners will benefit from including cross-training in their weekly training, as cross-training will improve your aerobic fitness while reducing your risk of injury—both of which will help you run better and for longer."

- Laura Norris, running coach and marathoner



Read the full cross training article [here](#)



www.afairshakeforyouth.org