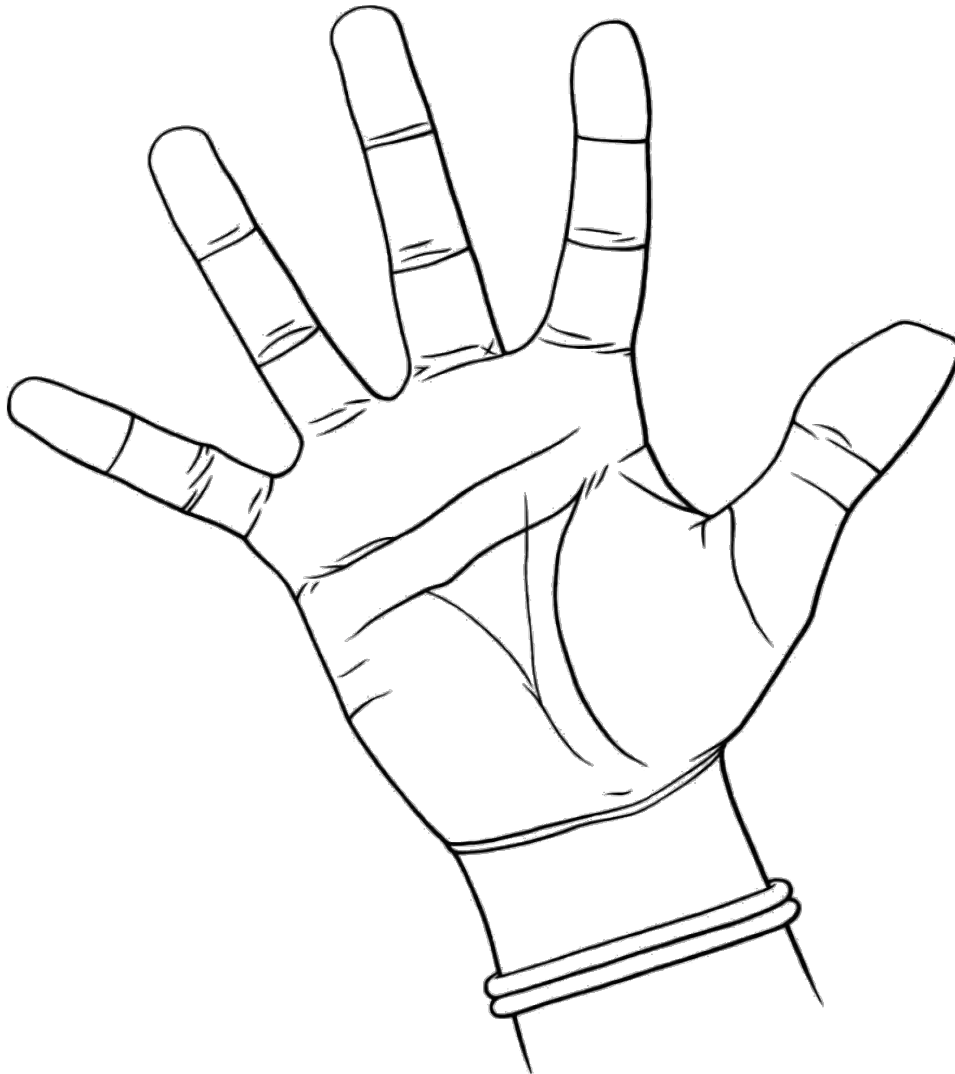


# A Handy Guide for Beginning Runners



## Thumb

**“thumbs up!”**

*head upright and level  
no hunching over  
shoulders, arms, hands relaxed*

## Index Finger

**“the #1 thing”**

*focus on the big picture  
stick to the training plan*

## Middle Finger

**“the middle”**

*arms at 90° angle  
arm swing w/o crossing body  
hands to hips*

## Ring Finger

**“bRING water!”**

*hydrate!*

## Pinky Finger

**“stretch”**

*dynamic stretching before  
static stretching after*