



# **Run Great When It Counts: High School: 31 tips to run your best at the end of the track or cross country season**

*Joey R Keillor*

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Are you confident that your training is the best it can be? Break through barriers of doubt and race your best when it counts the most. The 31+ tips in this detailed, easy to understand book give you specific steps you can take to: \* Avoid stagnation and lackluster racing late in the season \* Know when you're training too much or too little \* Manage health issues that can slow you down \* Successfully approach just about any training plan \* Analyze what's working and what isn't, and take action \* Run fast and have fun doing it Don't let fixable problems cloud over your talent and enjoyment of running. Run your best and feel your best at the race or races that are most important to you.



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