

## 5K Suggested Breathing Techniques

One frequently asked question is "What is the correct way to breathe when running"? You should allow air to enter through your nose and mouth. Your muscles need oxygen to keep moving and your nose simply can't deliver enough. You should breathe more from your diaphragm than from your chest, and exhale fully through your mouth, which removes more carbon dioxide and helps you inhale more deeply.

Most people think running is mainly performed by the legs and arms, but proper breathing is an important aspect of running as well. Deep breathing is one technique that can be used when running. This helps the runner stay relaxed and to decrease fatigue. Staying relaxed during a run is important because being tense can cause a decline in performance for the runner and deep breathing promotes relaxation during a run. With the deep breathing routine, you can take a larger than normal breath a few times during your run and exhale all the way out. When you exhale, concentrate on releasing all the tension in your arms by shaking them out, opening up your hands and moving your head in a circle. This is an easy way to remain relaxed during your run and you don't even need to break stride to perform these activities. Breathing techniques can be very beneficial and do not require a lot of effort.

Visit the following websites for more information on breathing techniques for the new and seasoned runner.

[How To Improve Breathing When Running](#)  
[Runner's World-Breathing Techniques](#)  
[Breathing Techniques to Improve Your Performance](#)

We invite you to join us on race day or choose one of the following ways to support this year's 5K Run & Walk:

- **Register** at our race website: [www.2nd2None5K.com](http://www.2nd2None5K.com) (register early for a discounted rate)
- **"Like Us"** on Facebook at [Like our Run](#)
- **Become a Sponsor.** Contact Marilyn Weisner at 630-897-2127
- **Volunteer on race day.** Contact Denise Elsbree at 630-256-4506
- **Make a donation to the Food For Thought Program.** Each \$10.00 donation provides food for one family, from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Click [here](#) to make a donation today.

Your continued support is very much appreciated.

Sincerely,

Theresa Shoemaker  
Executive Director  
Communities In Schools

Marilyn H. Weisner  
Executive Director  
Aurora Area Interfaith Food Pantry

