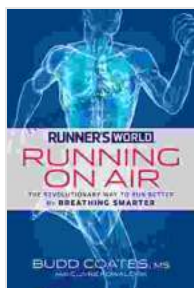


The Revolutionary Way to Run Better by Breathing Smarter

Running is a great way to get in shape, lose weight, and improve your overall health. But if you're not breathing properly, you're not getting the most out of your runs.



Runner's World Running on Air: The Revolutionary Way to Run Better by Breathing Smarter by Budd Coates

★★★★☆ 4.3 out of 5

Language : English
File size : 2909 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 359 pages
Screen Reader : Supported



Traditional running advice tells you to breathe through your nose and mouth. But this is actually not the most efficient way to breathe. When you breathe through your mouth, you're bypassing your nose, which is designed to warm and moisten the air you breathe. This can lead to dry mouth, throat irritation, and even asthma.

The best way to breathe when you're running is through your nose. Nasal breathing helps to warm and moisten the air you breathe, which can

improve your performance and reduce your risk of developing respiratory problems.

Here are some tips for breathing properly when you're running:

- **Breathe through your nose as much as possible.** This will help to warm and moisten the air you breathe, which can improve your performance and reduce your risk of developing respiratory problems.
- **If you need to breathe through your mouth, do so only when you're inhaling.** Exhale through your nose to help warm and moisten the air you breathe.
- **Take slow, deep breaths.** This will help to oxygenate your blood and improve your endurance.
- **Don't be afraid to experiment with your breathing patterns.** Find what works best for you and stick with it.

By following these tips, you can learn to breathe smarter and improve your running performance. So next time you go for a run, focus on your breathing and see how much better you feel.

Benefits of Nasal Breathing

Nasal breathing offers a number of benefits for runners, including:

- **Improved performance.** Nasal breathing helps to oxygenate your blood and improve your endurance. This can lead to faster times and better results.
- **Reduced risk of respiratory problems.** When you breathe through your nose, you're less likely to develop respiratory problems such as

dry mouth, throat irritation, and asthma.

- **Better overall health.** Nasal breathing can help to improve your overall health by reducing your risk of developing chronic diseases such as heart disease and stroke.

If you're looking to improve your running performance and overall health, start breathing through your nose today.

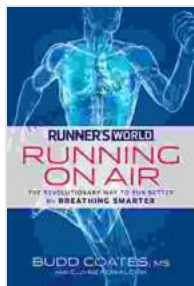
How to Transition to Nasal Breathing

If you're used to breathing through your mouth when you run, transitioning to nasal breathing can take some time. Here are a few tips to help you make the switch:

- **Start slowly.** Begin by breathing through your nose for short periods of time during your runs. Gradually increase the amount of time you spend breathing through your nose until you're able to do it for your entire run.
- **Be patient.** It may take some time to get used to breathing through your nose. Don't get discouraged if you find it difficult at first. Just keep practicing and you'll eventually be able to do it without thinking.
- **Use a breathing aid.** If you're having trouble breathing through your nose, you can use a breathing aid such as a nasal strip or a nasal dilator. These devices can help to open up your nasal passages and make it easier to breathe through your nose.

With a little practice, you'll be able to transition to nasal breathing and enjoy the many benefits it has to offer.

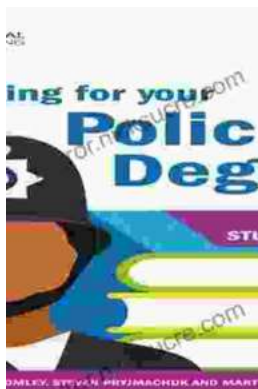
Breathing properly is essential for running well. By following the tips in this article, you can learn to breathe smarter and improve your running performance. So next time you go for a run, focus on your breathing and see how much better you feel.



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