



Sharon Lombardi Releases A Marathon Tips Video

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Sharon Lombardi is a professional fitness trainer focusing on healthy living and personal fitness training. She has been providing tips and fitness plans on a one-on-one basis as well as on social media platforms. Recently, she has released a video that gives marathon enthusiasts important fitness training tips.

According to Sharon the Instagram fitness trainer, "Don't do anything different. Race day is not the day to try on different shoes, underwear, shorts, etc. It is also not the day to eat different foods than you are used to. Your day is already going to be different. Try to keep everything else as familiar as possible. Find a friend! Nothing helps get you going when you are discouraged than talking or befriending someone else on the course. Start encouraging them, and you will see how much it helps encourage you. Go poop before you run! Try your best to use the bathroom (especially for #2) before you run. Nothing is worse than having to go #2 on your run. Trust me. Going pee is not that bad, many runners pee their pants (true story) but #2 is more embarrassing and you don't want to have a crappy race. Believe you can! (Have fun!) Now is not the time to have doubts. There is no room for it! Believe in yourself, believe in your training, and you will be able to have a successful race. Sleep Today! You are not going to be able to get sleep the night before the race. So get your sleep in the night before the night before the race."

These are tips aimed at helping people who are new to the marathon space and would like to perform better during the race. She also provides fitness plan tips as well as healthy living plans.

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