

COVID-19 *update*

At Run2PB we pride ourselves on setting personalised and individual online running programs for all abilities. We understand the importance of consistency, longevity and life long enjoyment of running, therefore, it's an important time to remind all of our athletes of the importance of training within ourselves and leaving the 5th gear/full gas/all out efforts/rinsing yourself until race day. Studies have shown that excessive exercise and stress can impact the immune system in a negative way.

All coaches at Run2PB set their individual programs to ensure excessive load and stress are avoided. Please listen to your body and read it's fatigue signs, be sensible with the way you implement your training program and be in regularly contact with your online coach.

If any symptoms of COVID-19 occur, please consult government and medical health guidelines which can be found at:
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Sincerely,

The Team @ Run2PB
