

# TRAINING FOR THE TOP!



Over the past month, **Karla Bruning**, fitness enthusiast and running blogger for **RunKarlaRun.com**, has been training hard for her second SHAPE Diva Dash event. With the right workout plan, nutrition program and mindset, Karla will race for her place and reach her goals.

As she inches closer and closer to the starting line on May 31st, Karla is here to share her expert advice on bringing out your best from within.



## WHATEVER YOUR GOALS —

to get lean or build muscle, to run a half marathon or prepare for a season on the slopes — we support your drive.

We commend your dedication.

We celebrate your perseverance.

And we dare you to do more. Join Team EAS, set your goals, and realize results.

# EAS<sup>®</sup>

SPORTS NUTRITION



AVAILABLE AT  TARGET

## TRUST YOUR TRAINING

The week leading into the event is the time to taper off your training and have confidence in the work you've put in. I'll only do two hard workouts that won't be longer than thirty minutes each, and take off the two days before the race to allow my muscles to rest. Topping off my training with a good sleep the night before hitting the course should put me in tip-top shape!



## RACE DAY DETAILS

My best advice is to stick with what's worked for you in the past to avoid any disasters day of. Don't eat a new food for breakfast. Don't wear new socks. If you're wearing a special costume, be sure to put it to the test at least once before. Remember to avoid baggy clothing that might get caught in something. Most importantly, go in with a positive attitude. This makes all the difference, whether you're aiming to race hard or run for fun.

## FINISH LINE FUEL

With high-quality protein, vitamins and minerals, **EAS<sup>®</sup> AdvantEdge<sup>®</sup> Carb Control<sup>™</sup> Ready-to-Drink** is the perfect post-run snack. Knowing that my favorite chocolate-flavored recovery drink is waiting for me at the finish line will keep me motivated to the very end. Visit the EAS booth in Minneapolis to find your favorite flavor and learn more about EAS sports nutrition products for your active lifestyle.

## JOIN THE TEAM AT [EAS.COM/SHAPE](https://www.eas.com/shape)

Join Karla and EAS on the course at the Minneapolis Diva Dash on May 31st or sign up in your city at [DivaDash.com](https://www.divadash.com).