



START SMART

TEAMGUIDE

NHH AFF



Start Smart

Rachel Sandford



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Discover tales of courage and bravery in its empowering ebook, Unleash Courage in **Start Smart** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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in that first week shoot for a 157 cadence

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example will naturally have lower cadences every runner has a distinct cadence style one runner may take large strides and run efficiently while another may take more steps per minute and run efficiently