



# Run for Your Life!

*Ben Tan*

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## **Run for Your Life!** Ben Tan

Running is fast becoming one of the most popular sports in Asia. With the number of competitive running events on the rise and the number of participants growing steadily, it seems that more and more people are taking to pounding the asphalt on a regular basis and more of them have their sights set on the Mount Everest of endurance running events — the marathon.

The marathon is a challenging event, taxing not only the body but also the mind, and not training properly could be detrimental to the runner. Allow Dr Ben Tan, Singapore's 3-time Sportsperson of the Year and one of Singapore's fastest runners, show you the inner workings of prepare yourself for a marathon. Learn what it takes to get your fitter, faster and running the best you can. Get advice from top trainers, sports doctors and scientists and learn how to avoid injury and how to properly care for your body. Take advantage of Dr Ben Tan's personal experience and the advice and experience of Singapore's top endurance athletes.

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