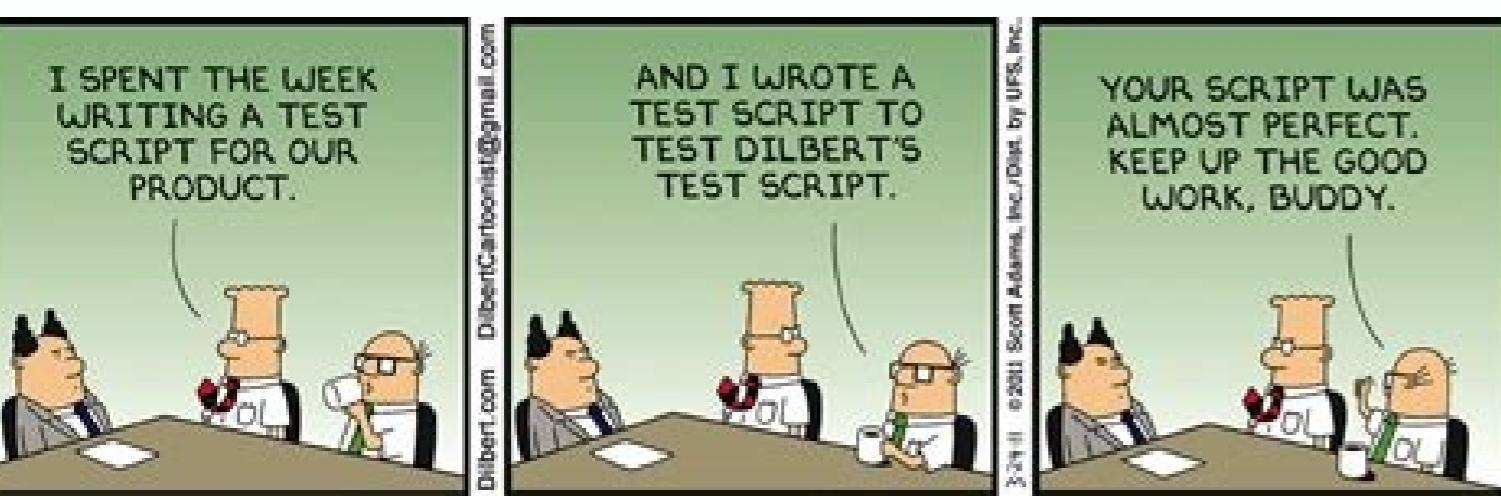
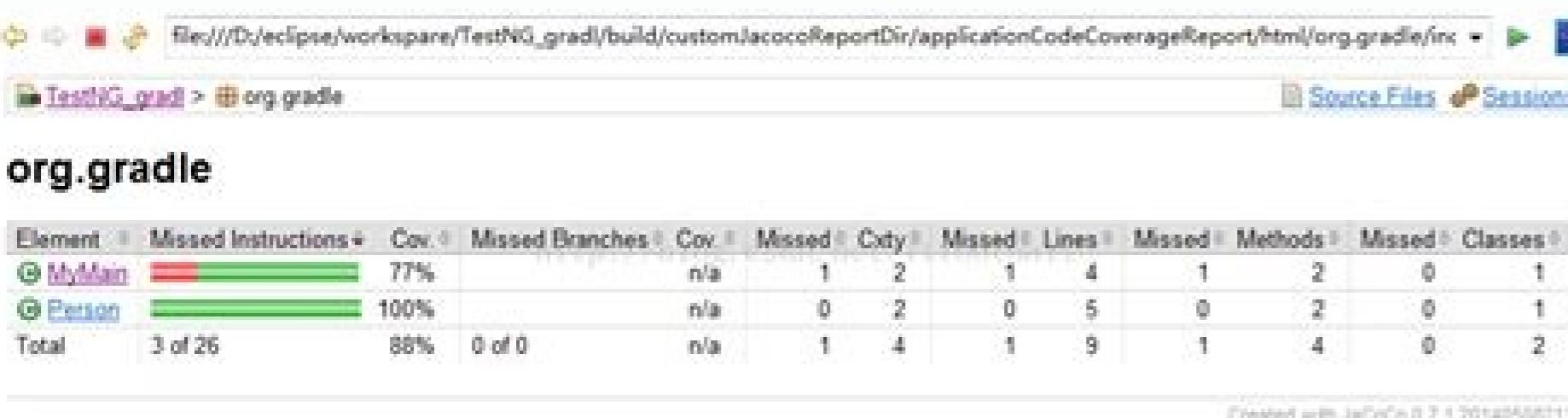
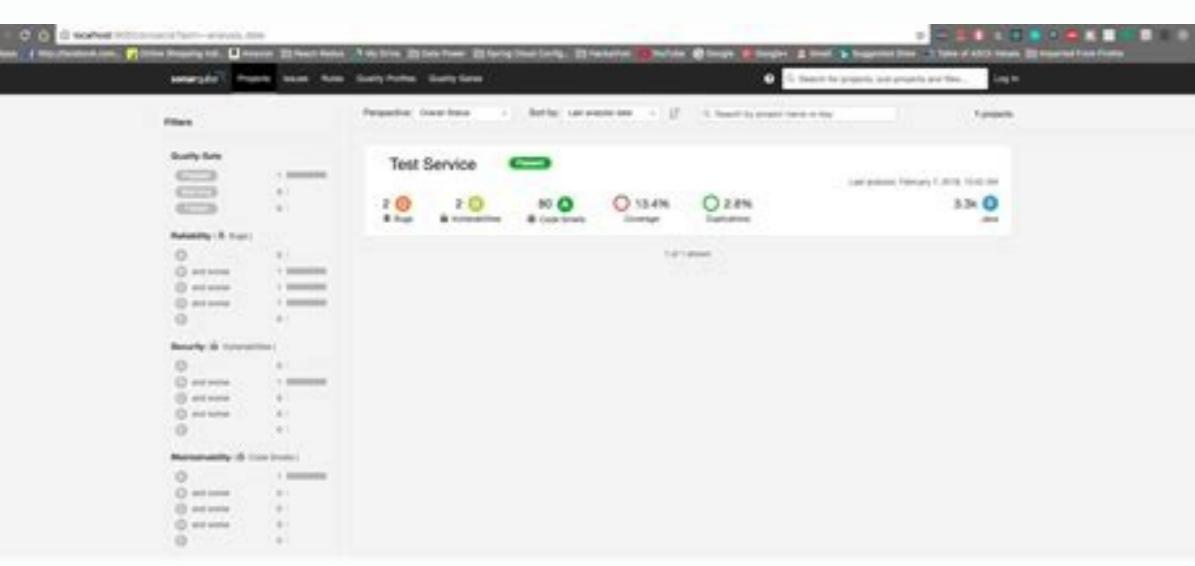


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Buying a franchise is often touted as the easier path to business ownership. But the road to becoming an entrepreneur will never be risk-free. There's no such thing as a free lunch, and even buying a franchise requires some kind of seed capital. In addition, making the transition from employee to franchisee--and more important, going from having a secure paycheck to none at all--can be daunting. Finally, acquiring the business knowledge necessary to get up and running takes time, even if the franchisor provides training. Meet the Dermatologist Who Wants to Save You Money—and Just Hit a \$200 Million Milestone for Patients Your Employees Want This Perk, and Giving It to Them Can Improve Your Bottom Line The Hidden Dangers of Not Taking Your Vacation Days This Family-Owned Manhattan Jewelry Shop Struggled to Rebuild After 9/11. Today, 2 Sisters Who Run the 46-Year-Old Business Reveal What It Takes to Persevere. Businesses Need More Women Investors. Here's How That Can Happen. Franchising Isn't for Entrepreneurs, It's for Systempreneurs This Former Disney Exec Shares Her 5 Most Valuable Takeaways on Leadership Following Viral LinkedIn Post Media Platforms Design TeamWhile fatigue manifests itself in aching muscles, shorter strides, and decreasing speed, your mind is actually the culprit behind your tiring body. Science has found that our brain is hardwired to slow you down and keep some energy in reserve so you don't run out of fuel. There are simple training tactics you can use to deceive your brain and utilize some of that unused energy, though. Try them during your next workout to run farther and faster than ever before. Break up your mileage. Interval workouts feel less daunting than a long run. "Breaking any long run into more manageable chunks of distance makes it seem like you're not running as far," says Jason Fitzgerald, a 2:39 marathoner and founder of Strength Running in Washington, D.C. "When you divide it into a warmup, fast repetitions, recovery intervals, and a cool down, the total mileage seems less daunting." You can go harder during those short intervals than you would when just doing a steady run for the same distance, too. This increases your VO₂ max, or how efficiently you take in oxygen to turn calories into energy, so you can push your body farther and faster, according to research from the Mayo Clinic. DO THIS: Head to a track and warm up with 10 to 20 minutes of easy jogging. Run 6 x 800 meters at your 5K race pace with a 400-meter jog between each. The interval pace should feel difficult, but sustainable for a half mile. During the 400-meter recovery, focus on bringing your heart rate down and mentally preparing for the next interval. By the end of this workout, you'll have clocked 3 miles of hard running and anywhere from 6 to 8 total miles including warmup and cool down. Boost your strength. Sprint workouts are already tough. But if you want to take yours to an all-new level, throw some quick body-weight training between your sets. You're changing the stimulus and challenging your body in new ways instead of just thinking about the next sprint, explains Brandon Vallair, a USATF certified coach and owner of Run for Speed in Dallas, Texas. When you attempt your next sprint, your mind will consider it a brand-new workout instead of a continuation of the previous sprint. The result: You'll be able to push your limits and finish more sprints than you could before. DO THIS: Head to a flat field, park, or track. Complete four 50-, 100-, or 200-meter sprints. Between each sprint, perform a strength move—15 situps, 20 pushups, a one-minute plank, or 30 squats—instead of walking. Once you complete all four sprints and all four strength moves, take a short rest. That's 1 round. Do as many rounds as possible. Speed up your workouts. Fartlek is Swedish for "speed play," meaning you vary your pace during your run. "Doing this allows you to focus more on effort and running intensity, rather than total distance," explains Tim Bradley, founder of Big River Personal Coaching in St. Louis, Missouri. You'll throw in speed changes that are typically faster than your normal steady-state pace, which will give you a better workout than if you jogged for the same amount of time. Plus, increasing your speed and intensity for short bursts mimics running a race with hills and turns, says Bradley. This causes your heart rate to remain higher during a fartlek run, ultimately improving your overall fitness and preparing your body for race day. DO THIS: Perform a short warmup. Then begin your running route. Somewhere in the middle of your run, pick up your pace for 30 seconds, slow down for 30 seconds, and then repeat 4 more times. RELATED VIDEO: Nothing beats running for a blast of endorphins, and this summer the feel-good factor is about to get multiplied with GoodGym and New Balance. 'Do good, get fit' is the philosophy behind GoodGym, a series of running groups helping local communities. The premise is simple: you run to a group 'mission' or individually to a 'coach'. "A coach is an older person who lives alone," says 31 year-old David Misstear from GoodGym Tower Hamlets. "My coach Edward doesn't have any family nearby so it really gives me the motivation to run to visit him every week. We have a lot in common and we both benefit greatly from our chats." Feel-good factor "I now run four times a week and feel fitter and healthier," says David. "I'm even contemplating a half marathon, something I never would have considered before." In the mission at #UseYourRun This is a Men's Health promotion brought to you by New Balance Handheld Running Water Bottles Joggers for Men Men's Tracksuits Running Backpacks Running Belts Running Hydration Waistpacks Running Shorts for Women Running Waist Belts Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Lee D, Pate RR, Lavie CJ, Sui X, Church TS, Blair SN. Leisure-time running reduces all-cause and cardiovascular mortality risk. *J Am Coll Cardiol.* 2014;64(5):472-481. National Institutes of Health. NIH Osteoporosis and Related Bone Diseases National Resource Center. Exercise for Your Bone Health. Simpson RJ, Kunz H, Agha N, Graff R. 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