

The Master Plan: 2023 Edition: By Jose Santos

1. Stretch 10-15 Minutes before every run or workout session.
2. Make sure you have proper running shoes.
3. Use & Download a Running App. I Use (Strava: Search For : Run Aficionado)
4. Download & create your favorite Playlist.
5. Decide your distances 2 Miles Or a 5K. (3.1 miles)
6. After completing, cool down by walking & stretching for 10 minutes.
7. Keep your diet under 2500 calories per day. (Use a calorie calculator to determine your daily calorie intake to maintain or lose weight.)
8. Keep Track of your calories. (Use App or A Journal.)
9. Stay Hydrated Drink Water. 1 Gallon a day.
10. Quit Juices & Sodas.
11. Remember to have fun, enjoy the journey.
12. Run a 5K or any distances you want, every month.