

THE ATHLETE MINDSET

WITH MYLES EDWARDS

MAY 29TH, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

Sharing personal experiences and stories of inspirational people he's met during his running career, Scottish champion athlete and charity founder Myles Edwards will teach you how to harness the mindset of an athlete, so you can:



- Maintain your motivation to work out, whether you're working away from home or on leave
- Bounce back from injury or illness, and not let fear hold you back
- Appreciate your wins, overcome obstacles and accept losses with grace

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN A FLIPBELT CLASSIC RUNNING BELT



Scan the QR code to join the webinar!

