**How to lower your heart rate when running**  
**Train Smarter:**   
1 Run slower, stick to 60% of your Maximum heart rate. Stop chasing a set pace these slow runs improve your hearts efficiency, run to your heart rate.  
2 Do one or two intervals a week  30 to 45 minutes a set and push your heart rate up to build endurance and capacity. These sessions will hurt but Intervals will train you to recover more quickly.  
3 Stick to being consistant, ramp up the volume week after week this will help your heart rate adapt and progress.  
4 So if your new to this stay with it stay consistent it will improve fast, helped by things like quit drinking, eat healthier and you'll notice the changes quite quickly and your hear will get stronger and more efficient.  
There's no secret formula its just training smart. So now enjoy your journey.  
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