

# breathe better - run better

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3 breathing & relaxation drills from Ben Greenfield on everymantri.com.

[http://www.everymantri.com/everyman\\_triathlon/2009/04/breathing-relaxation-for-endurance-athletes-by-ben-greenfield.html](http://www.everymantri.com/everyman_triathlon/2009/04/breathing-relaxation-for-endurance-athletes-by-ben-greenfield.html)

I like the 3-in-5 out. Has anyone tried the "arm shake" "tongue press" or "horizon glance" that Ben describes?

Sara

Tags: running, breathing, ben, greenfield, relaxation