When you run, you’re doing aerobic exercise, also called cardio. It gets you huffing and puffing and makes your heart stronger, so you can run faster and longer.

**WHAT’S THE SECRET?**

Regular training (practice) will help you get better at running, swimming, biking, or any activity that requires endurance.

**ALL-STAR TIP**

Set a reasonable goal for yourself, such as running the length of the court in a certain number of seconds. Have someone time you and then try to shave a second or two off of your time. Train toward your goal. When you reach it, set a new, tougher goal.

**FAST FACT**

You’ve probably seen the NBA’s All-Star Skills Challenge. Players take a variety of shots, pass, and dribble around obstacles. The fastest of the fast have completed the course in just 25 seconds!