



Why Do I Always Have to Go to the Bathroom When I Run?

Trevor Clinger

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The runs, the trots, the poos, whatever you want to call it, this article will help you identify your problem and learn prevention techniques.

There is an answer that almost every runner wishes was answered. Why do I have to go to the bathroom when running long distances, or races at a high intensity? You'll be surprised to read this article and find out that these trots could be 100% normal. Find out why this occurs and how to prevent this unfortunate surprise from happening during race day.

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