January 2020

Hello, Runners!

ONLY ONE THING LEFT TO DO!

Goal Setting

How many of your 2019 running goals did you accomplish? Did you make goals for 2020? Goals form a road map to success and are what drive runners of all abilities and experience levels. Goals can really guide your training and do not have to be performance oriented. Running PR's are great but maybe you want to increase your weekly or yearly mileage totals. Perhaps joining a weekly group run suits you. Your goal could be a simple as conquering that hilly 5 mile loop in your neighborhood. However different our individual goals are, they need to have certain common elements that will increase the likelihood of success. As you think about your 2020 running goals consider these key elements.

- Is your goal personal to you? Your goals should be based on what YOU want for YOU.
- Be specific with your goal. Saying, I want to run faster, is great but how will you truly

measure your success. A better approach may be to say, "I am going to add speed interval track workouts to my weekly routine."

- Challenge yourself but be realistic. You may want to run an ultra marathon but if you have never run more than a 5K

distance, an ultra may be too ambitious. Work outside your comfort zone but break your big goals into mini milestone goals that are still achievable.

- Set a deadline. It is difficult to stay focused and engaged with open ended time goals. Give yourself a date in

which you hope to achieve your goal, and be realistic with deadlines as well. "Big" running goals take 3-6 months of focused work for most runners to realize success.

- Tell someone your goal. Find someone that is invested in your success, that can hold you

accountable,
and
that
can
keep
you
motivated.
Goals
are
personal
but
you
don't
have
to
tackle
them
on
your
own.

I hope for all of you that you crush your 2020 running goals, whatever they may be. If I can be of any help to you in that process, please let me know.

EMBRACE THE JOURNEY

ENJOY THE REWARD

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