

Achieving your running goals!

[Click here to watch the supporting videos](#) 😊

Introduction

We're going to take you through a normally very 1 on 1 athlete plan setting tool and help bring your running ambitions to life 😊

Most of us at one time or another have taken a running plan out the back of a magazine and 'had a go'... That's better than nothing! But we're going to try and add to that some of the emotion and evaluation needed to help you really achieve your running goals 😊

Make sure you visit our facebook posts and watch the videos to help bring this to life

Set your ambition

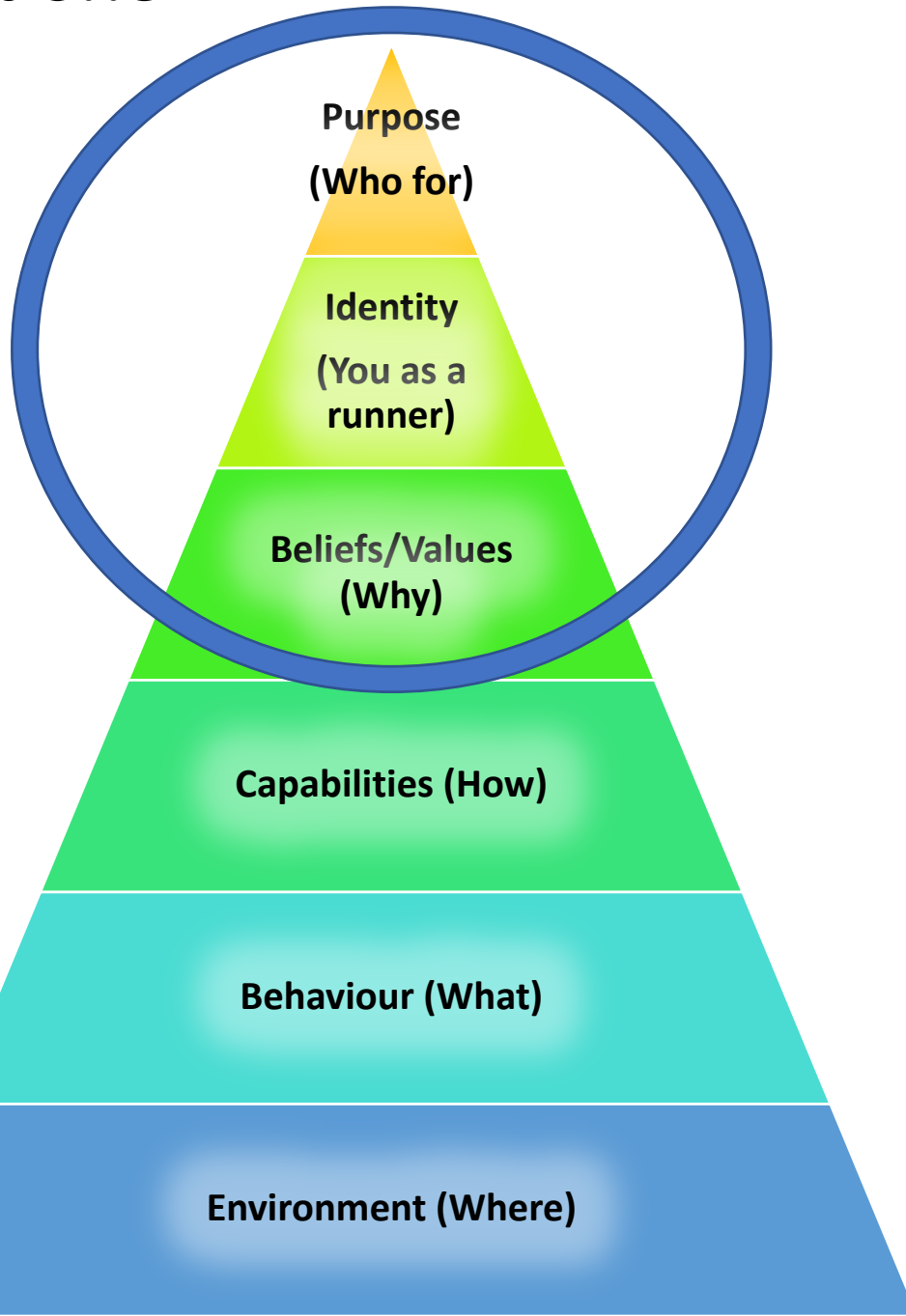
“I want to by.....”

Now you don't have to stick to I want a 60 minute 10k, it can be to start running, to run my first ever 5k, to be fitter/healthier or simply I want to start to enjoy running!

This is probably something you are already aware of and we always prefer longer ambitions, so think 6, 12 or 24 months out 😊

* nb: we will re-visit this at the end to see how it fits and then make sure it turns into a goal 😊

Part one



Purpose - So you've set your ambition now we explore the greater reasons. This is important for future providing you with that extra motivation.

Who else ? Eg: *My running club want me to X, my family want to start doing parkrun, want to inspire kids, I've a charity I want to support, personal health or any other reasons. Basically if there's anyone else your doing it for then list them here 😊*

Identity - Looking forward at not looking at where you are currently, but how you will identify when you have reached your ambition. This 'future' visualisation will help massively with the nuts and bolts of your running plan!

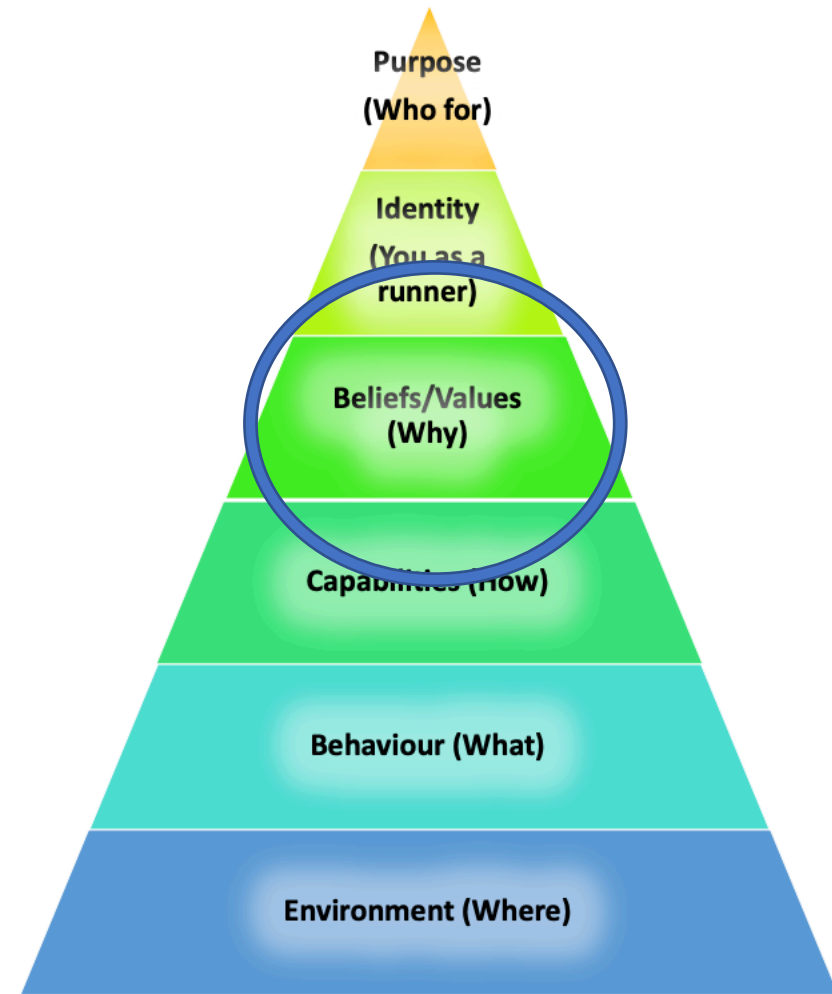
You as a runner ? Eg: *I am a sub 50 minute 10k runner, I'm a champion for X charity, I'm an inspiration for my kids / bob at work 😊*

Beliefs/Values -

PTO!

**CURLY'S
ATHLETES**

Part one



Beliefs/Values - Leading on from your identity we start and visualise who this 'future you' is. What beliefs do you hold to achieve your ambition, what values do you think you will need to have.

Why? Firstly the big personal question, why are you doing this... now it's ok to be all about you and this section should include why you personally are doing this. You can also include the parts from your purpose that you've already thought about

Beliefs / values:

Eg: To run a sub 40 minute 10k

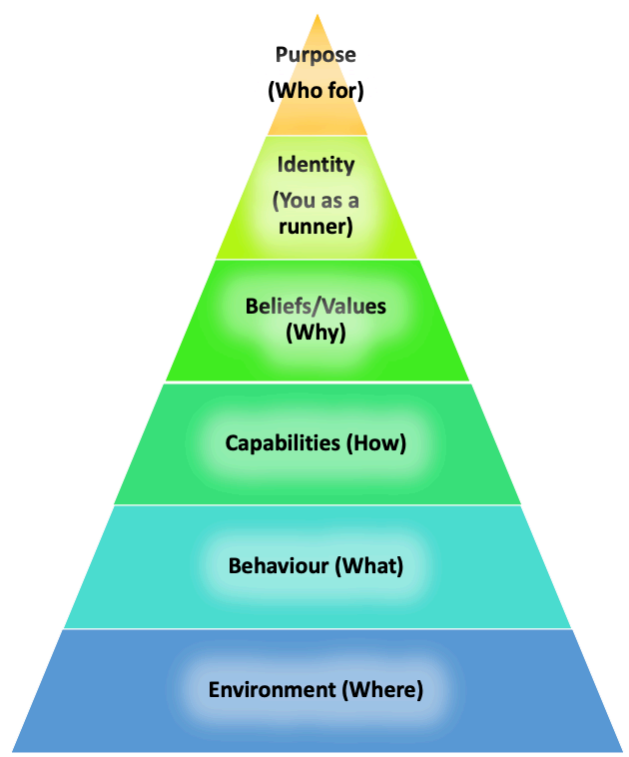
Firstly visualize yourself and a sub 40 minute 10k runner and here's an example

- *I can run a 19 minute 5k*
- *I'm injury free*
- *My training is consistent*
- *I can run a 39:59 10k*
- *I eat well, I'm rested and I enjoy running*
- *My run position is at the front of the pack at races*
- *I feel relaxed and confident that I can run sub 40 minutes whatever the conditions*
- *I pace my events well*
- *I stick to my training plan and run slow when I need to*
- *I'm a confident, strong runner*
- *I run in group 1 at club training*

Scribble down lots in this section and then re-visit to shorten the list and combine some bits together 😊

Part one your turn

Your ambition: _____



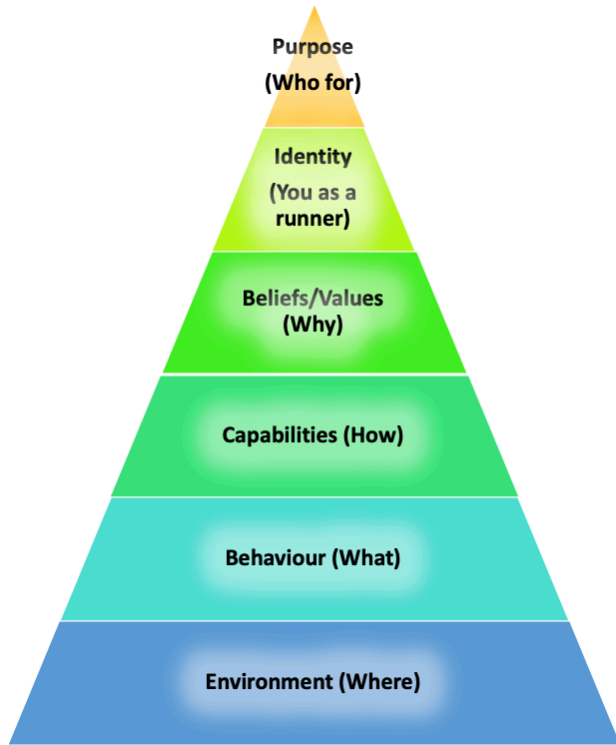
Purpose -

Identity -



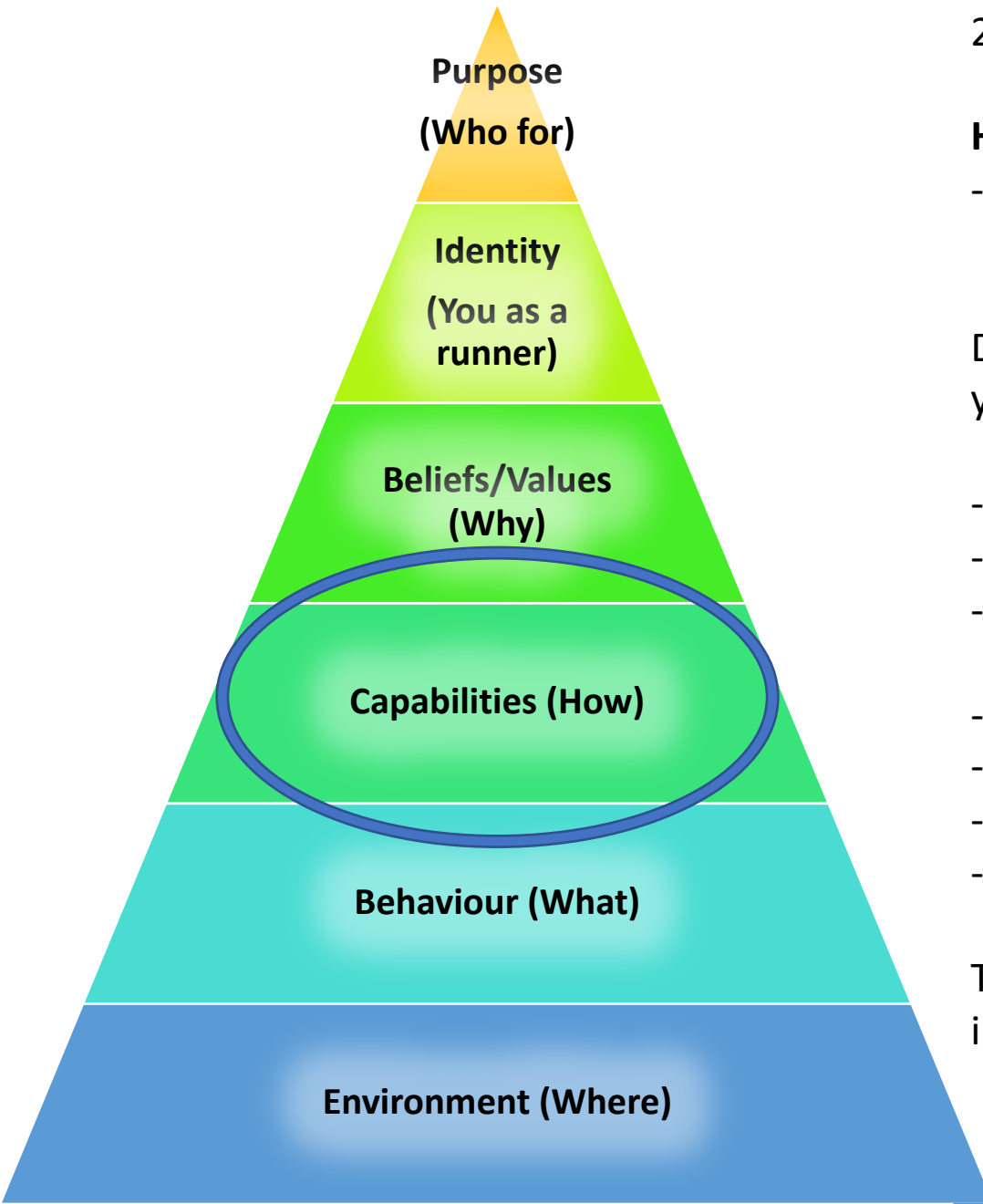
Part one your turn

Your ambition: _____



Beliefs -

Part two



Capabilities - This is almost broke into two sections ...

1. What skills / abilities / behaviours do you currently have
2. What skills / abilities / behaviours do you need to develop

How?

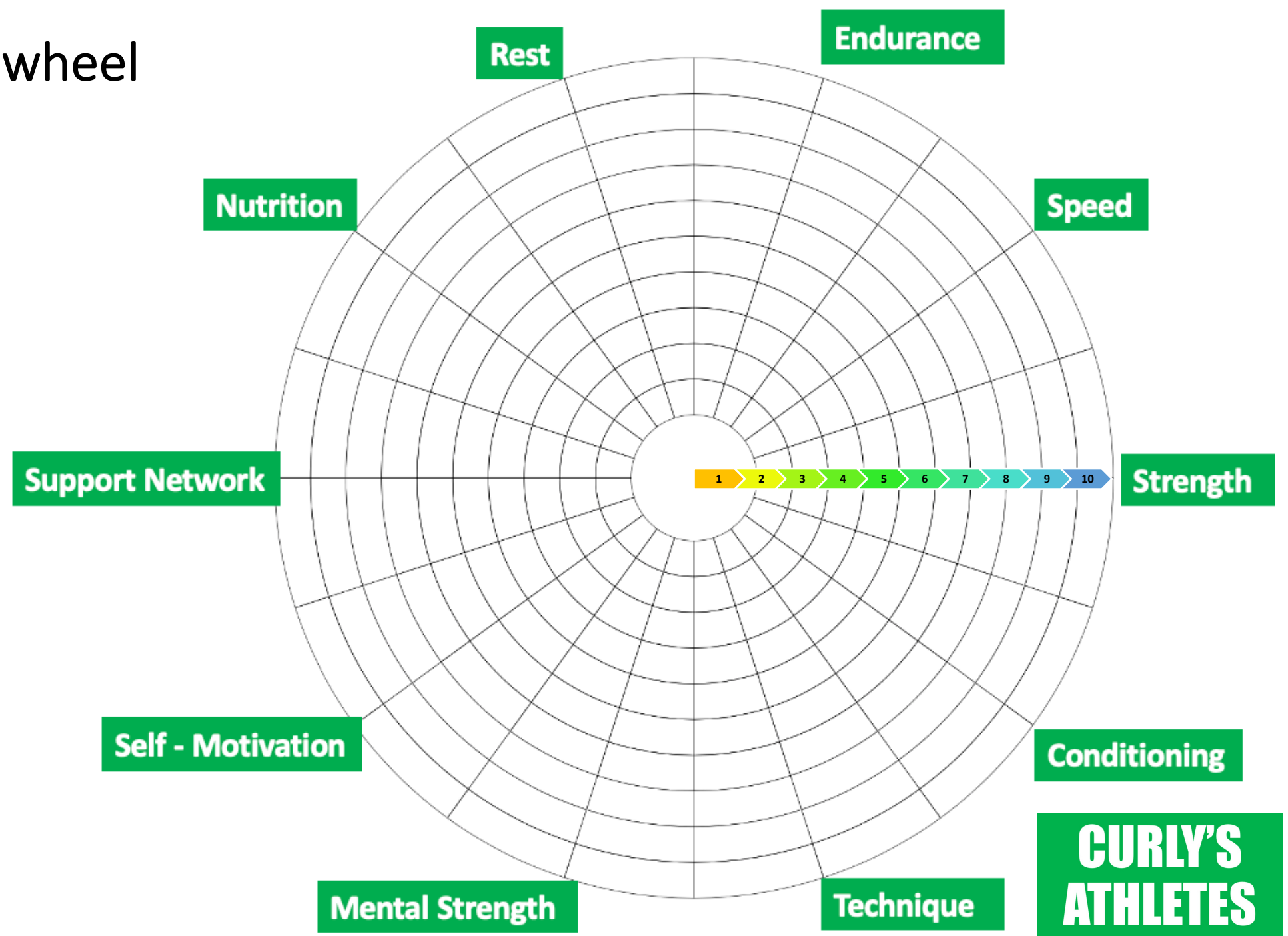
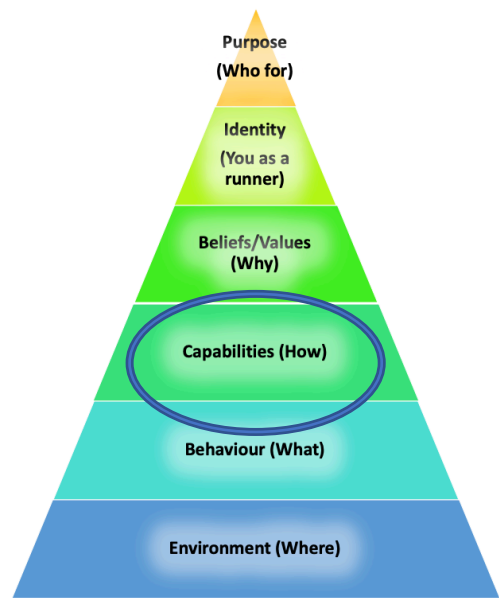
- Complete the **athlete wheel (we've included on the next page)** to understand where I need to develop and what strengths I have

Don't just focus on the mechanics of training also ensure you consider your character, examples below:

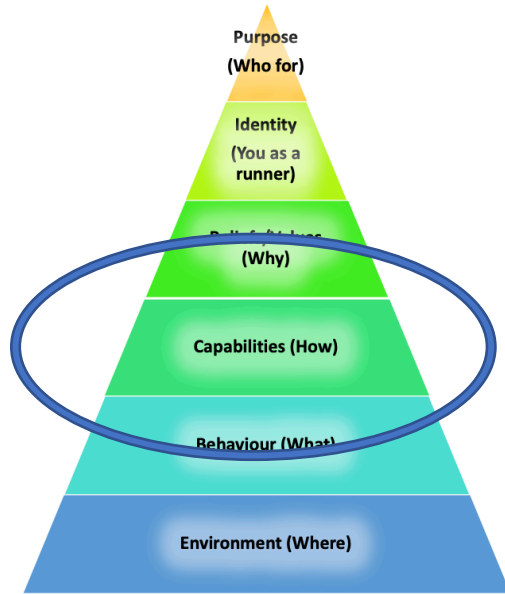
- What's your running knowledge like?
- Can you manage work / life balance ?
- Do you have a history of sticking to a plan (if yes... then how can you build in flexibility, if no then how do you improve staying on plan!)
- Do you record your training? (you should!)
- What's your motivation to train like?
- Do you know how to prevent injuries and do you do any conditioning work?
- Pacing on training sessions & race day?

The more aware you are of yourself as a runner the better you can build in systems to support how you are 😊

Part two athlete wheel



Part two your turn



Print off a blank circle and feel free to add in your own sections (next page). Colour in how you rate yourself 1-10 (10 been amazing!) in each of the areas. You may not know or you simply rate based on your current environment/experience, try to be honest. Put yourself in the mind set of 'where you want to be and line up against where you are'

Endurance: Ability to keep running and ability to keep running at your target pace

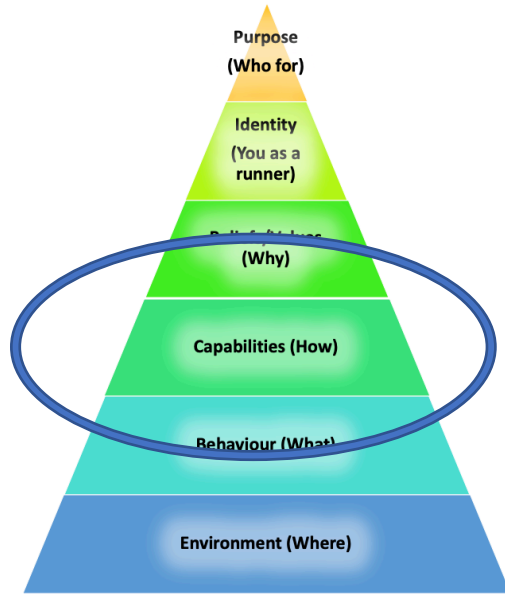
Speed: How are you for short distances (100-400m), sprint finishes

Strength: Cross country running, hills, tough conditions? What about squats, sit ups, planks? We can also consider into this section your general bio-mechanics... can you hop, standing long jump how far can you jump?

Conditioning: Which include flexibility, A sit and reach test is best if you can (google!) or a general assessment of how flexible you feel your body is / can you touch your toes). How often do you pick up niggles or injuries?

Technique: Ok this is a big open debate so again without professional assessment how would you rate your running style? (look at the bottom of your trainers, it's a good indicator of how you run and again a quick google will give you some interesting results) also cadence if you measure it should be around 90 rpm (180)

Part two your turn



Mental Strength: Right! Your head controls the legs, it also controls if you go out running in the rain and makes you finish training sessions / races. It also keeps you away from the cookie jar!

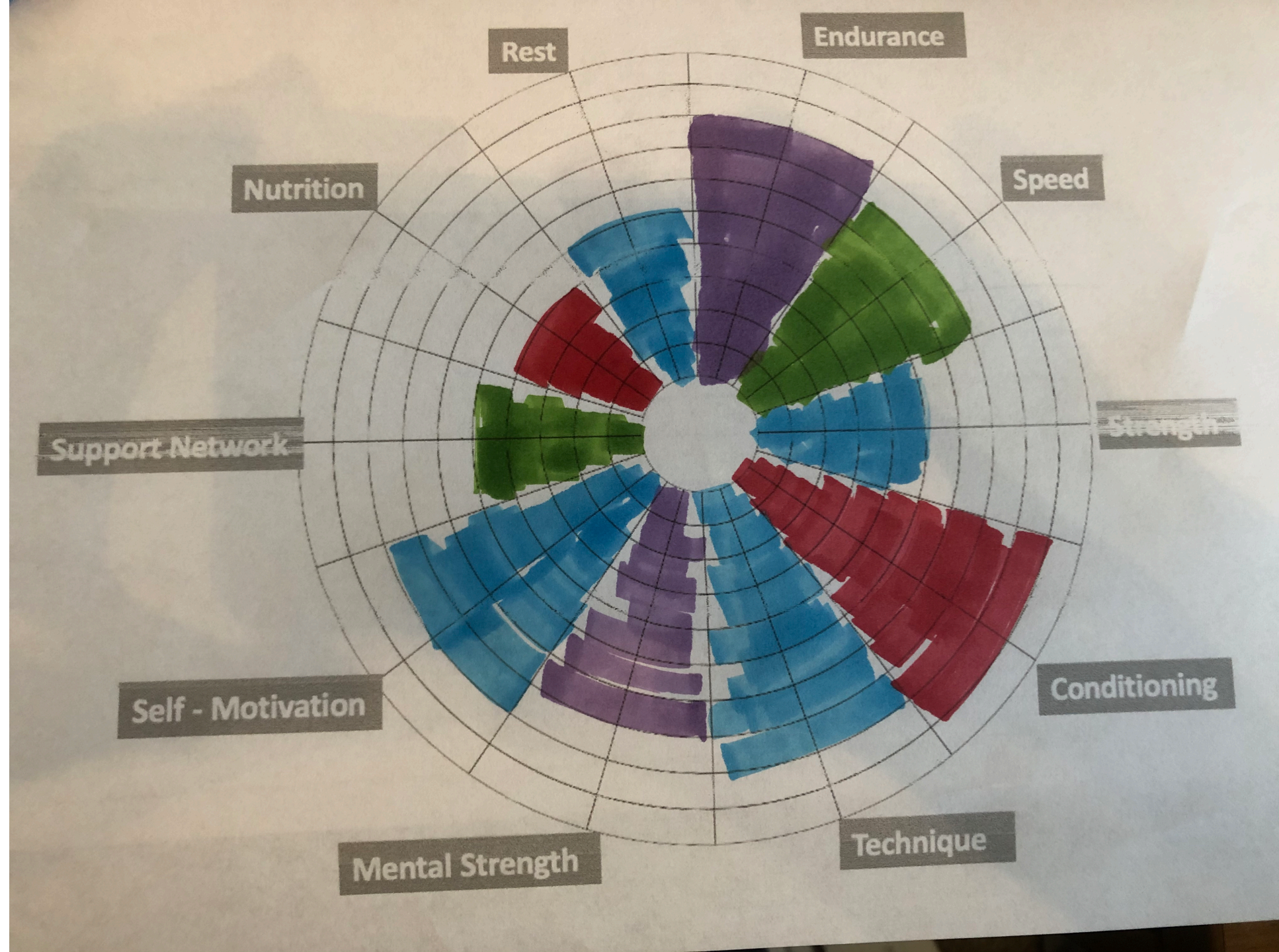
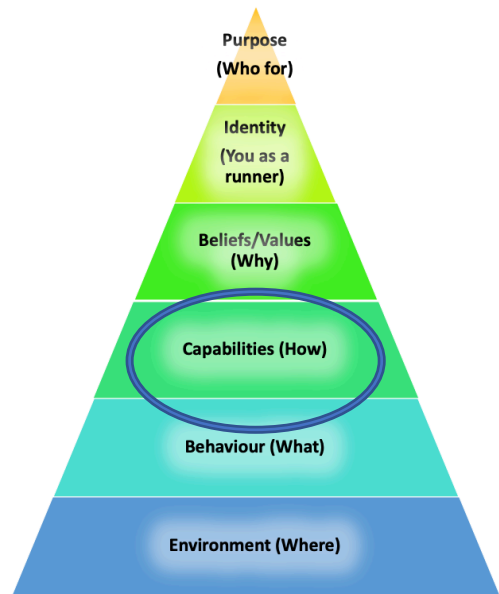
Support Network: Who's 'got your back' friends/ family. Are you part of a running club and do you have access to good advice. Have you got a running chum that drags you out in the snow!

Self-Motivation: Think about what it would mean to achieve your goal. Also consider your history of achieving running ambitions If you've a history of abandoning goals (not matter what the reason) then rate this lower so you know it's a focus area 😊

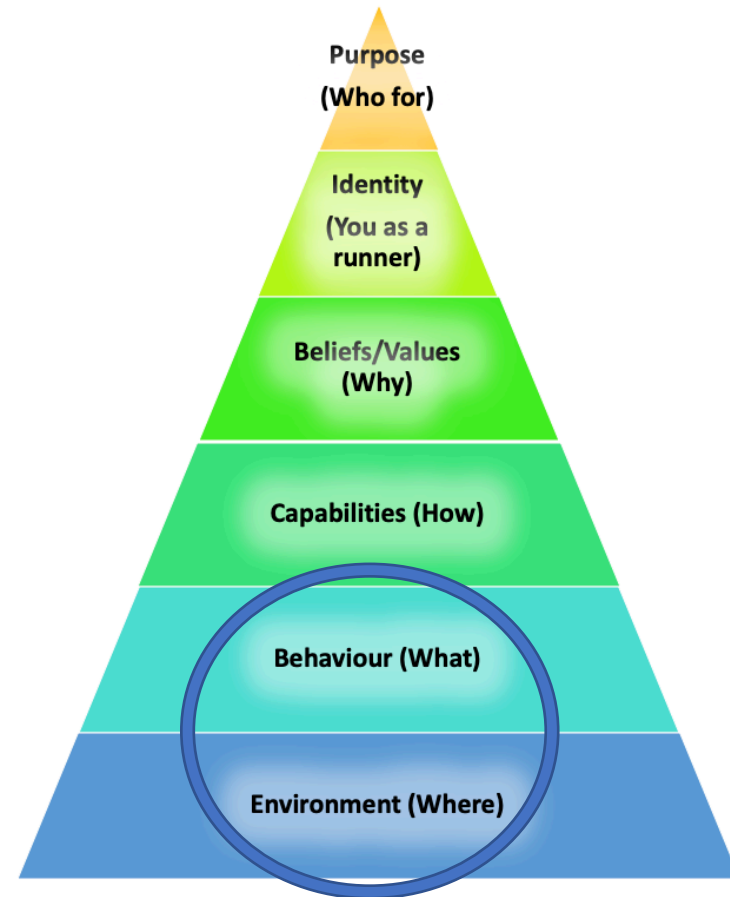
Nutrition: Do the wheels come off ? Have you ever done a food diary ? Have you ever made a food plan that's not been about losing weight? ... remember we fuel the engine! ... what you put in is what you get out and we don't focus on weight loss just the best diet to help you achieve your running goals, balance and enjoying life !

Rest: If you're now smirking and popping yourself down as a 10 then you've got the wrong idea 😊 Do you vary your training do allow the body recovery vs just not training. Quality of sleep, time off you feet etc 😊

Part two athlete wheel, here's one we did earlier!



Part three



Behaviours (What) and environment (Where)

Wahoo! ... its time to get stuck into the nuts and bolts of your training plan 😊 Now this get's very individual so watch our videos and facebook post for more hints and tips!

Behaviours: What are you going to do)be specific and don't be shy on the detail. This is the specific activity your going to be doing.

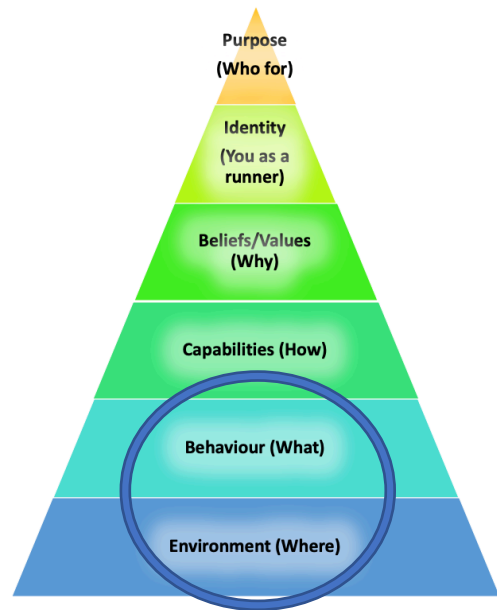
Environment: Where is your training going to take place, hills, running club, at park run etc and who with ... yup add your friends to your running plan!

The four week plan should then be reviewed and progressed (ie: get quicker/go long etc) every four weeks 😊

We also appreciate everyone is going for different goals so we will return with some specific examples to help you plus lot's of opportunities to ask questions!

Part three

Behaviours (What) & Environment Some 'GROUND RULES'



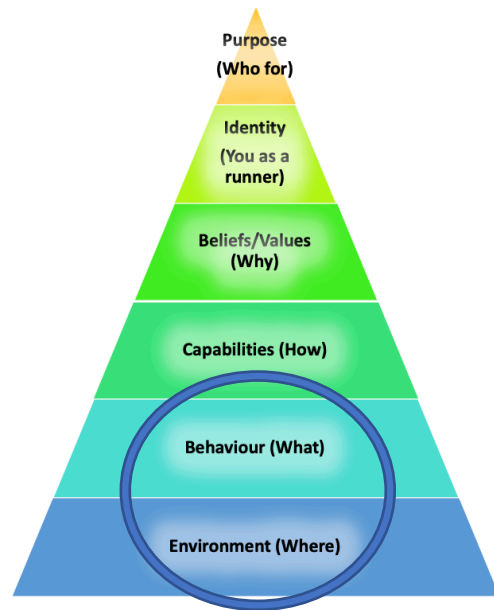
- **Use all the information from the earlier part of this plan**, so if you've said you lack endurance Then make sure it filters into your four weekly plan
- **Make one of the weeks 'easier' than the other three**, this should be a 50% drop in training and use this time to book in time with the family, catch up with extra work, household chores etc!
- Work backwards if it helps, take where you want to be in say 6 months in terms of speeds and then dial it back gradually back to today.
- Share it, with your friends or running club or with us (although we have around 15,000 people seeing our info every week so it gets pretty tricky 😊)
- Include a long run each week and progress it each week
- Include 'race pace sessions' but break into sections
- Don't be afraid to do a good % of your training at recovery, building running efficiency is often through 'little, steady and often'
- Do you vary your running pace ? (if not then do!)
- Make sure your 4 week plan is working towards areas you needed to focus on, so if self motivation was one... maybe adding more group runs or running with a friend would help?
- We would often see people dive off with massive ambitions for the first few weeks (like January for dieters) but you're **better building up than falling down!** (also plan to only increase training time by 10% each week)

Ps: we know you will need more of a hand in this section so **we will be following up with some sample plans 😊 and how to calculate training paces!**

Part three

Behaviours (What) & Environment (Where) 'Time and location - options'

First off let's write down where we can train and the time to train, this will really help later with flexibility and helps you self assess you plan 😊 . And be honest plust make sure you get the buy in of partner / family ! Ps: your not going to do all of these... but it's understanding options!

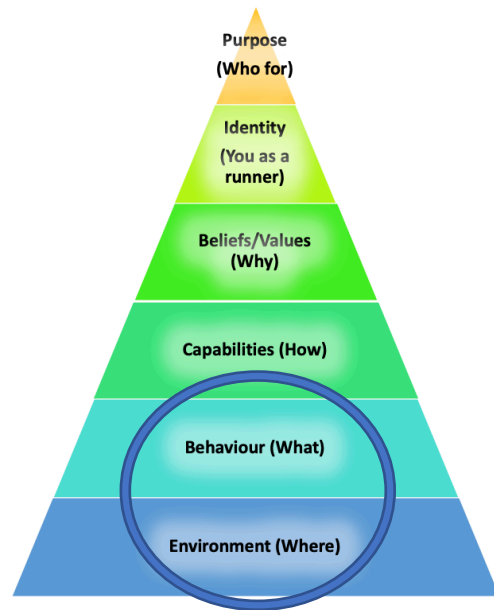


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 (eg)	Run straight after work 60 mins	Club running - track 60 mins	Cant train ---- 15 mins stretching time	Club running road 60 mins	Run before work 45 mins	Park run plus 45 mins if needed	Long run (early) or short run (late)
	---- Lunch run 30 mins	---- solo run from house 90 mins		---- solo run from house 90 mins		----- 30 mins stretching time	--- Race event
	---- 15 mins stretching time	---- 15 mins stretching time before work		---- 15 mins stretching time before work			----- Family run with kids on bike

Part three

Behaviours (What) & Environment (Where) 'normal training week'

Now lets write down our current normal week of training (and be honest!) 😊 You need to use this to balance vs what you can train....



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 (eg)	30 mins in the evening ----- Pace - just below 10k pb (make sure you right your actual pace in here)	Run from home 30 mins ----- Pace - just below 10k pb	Nothing	Club running road 60 mins	nothing	Park run ----- Race it	short run (late)

Part three

Behaviours (What) & Environment (Where) eg plan: (add in target paces)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Lunch run 30 mins ---- 15 mins stretching	Club running - track 60 mins	Day off 15 mins stretching	Club run - easy (discipline!)	Day off 15 mins stretching	Park run recovery +15 mins	Long run
Week 2 -diet log week	Lunch run 30 mins ---- 15 mins stretching	Club running - track 60 mins	Day off 15 mins stretching	Club run - easy (discipline!)	Day off 15 mins stretching	Park run recovery +30 mins	Long run +10%
Week 3		Club running - track 60 mins	Day off 15 mins stretching	Club run - easy (discipline!)		Park run recovery +45 mins	Long run +10%
Week 4 -recovery week	Day off 15 mins stretching	Run from home 30 min	Day off 15 mins stretching	Club run - worked	Day off 15 mins stretching ---- Review plan for next 4 weeks	Park run race week	Short recovery

Some handy links 😊

Find the supporting videos here: <https://www.facebook.com/pg/curlyspathletes/videos>

Like us and follow us on facebook for the latest posts:

<https://www.facebook.com/curlyspathletes/>

Join our athletes chat group (perfect for chatting about training)

<https://www.facebook.com/groups/1916283308685045/>

Join our strava group (so you can spy on your friends running ;))

<https://www.strava.com/clubs/curlyspathletes>

Check out our training blogs here:

<https://curlyspathletes.co.uk/?blog=y>