

Running Mustangs

Summer Training Goals

Most serious runners agree that it is vitally important to establish personal training goals. Training goals help to get, and keep you motivated. Training goals should be personal, relevant, and realistic. Training goals are intended to take you from your present state to your preferred state, and should therefore make you just a little bit uncomfortable. This means that good training goals are not easy to achieve. If your training goal is too easy to achieve then it is probably not a lofty enough goal. Remember, though, that goals must be realistic. Making progress toward achieving a realistic goal is intrinsically rewarding and motivating. An unrealistic goal can be demoralizing because no matter how diligent or hardworking you are you are probably not going to achieve it.

When training goals are set most people use multiple level goals (usually three). The first level goal is very realistic and can be met with modest dedication. The second level goal requires more dedication and a much more focused effort. The third level is sometimes called a “dream goal.” This does not mean that it is attainable only in your imagination. It means that this goal will probably only be realized if you are highly dedicated and encounter virtually no obstacles or setbacks in your training.

It is usually easier to stay dedicated and motivated to achieve your goals when you publish them (make them public). This may mean that you share them with a trusted friend who will encourage you to stay dedicated. It may mean that you display them in a semi-public place, like your bathroom mirror or the refrigerator door, so that others can help to keep you accountable. You may choose to make them public in a small group, like your teammates or your captains and coaches. People you know and trust can be great motivators.

Please establish your summer training goals and publish them.

Remember, the sport of Cross Country is **running**. Don't fool yourself into thinking you can substitute other activities for running. It is healthy to augment your training with other aerobic activities like cycling and swimming, as well as weight lifting, but **to improve you must work at your running**. Beginning May 31st we will run every Tuesday at 7:00 p.m. on the PHS track. These work-outs won't be glamorous, but they will make you better runners. Each week we will run 400's, and each week we will run one more than the previous week—up to a maximum of 12.

My summer training goals:

1. _____

2. _____

3. _____

I will publish my goals by _____