

10 Ways to Improve Your Running

Improvement is the name of the game in this sport. Here are some tips to keep you on the right road to success.

1. Accentuate the positives.
2. Be realistic in your goals.
3. Believe in your training - your training must complement your goal.
4. Train for your strengths; strengthen your weaknesses.
5. Be moderate and varied with your training.
6. Balance the stresses of hard training with adequate rest.
7. You will never accomplish your goals without a plan - work with your coach to help develop that plan.
8. Consistency is needed in your daily life and training.
9. Keep things in perspective - it is only a sport, a lifestyle at best. We are not talking life or death that depends on how fast you run.
10. Running is fun, or should be. Enjoy your running, your team, and your experiences on this team.