

Guidelines for Successful Distance Running

Want to Run Faster? Try and remember to do the following things:

- 1. Be patient as well as realistic**
- 2. Become goal-oriented, set goals for yourself**
- 3. Be persistent and develop consistency in your life and training**
- 4. Complete workouts even if adjustments have to be made.**
- 5. Get regular sleep - 7.5 to 9 hours per night**
- 6. Eat wisely - develop and practice good nutrition**
- 7. Ask questions**
- 8. Develop a level of trust in your coach - Listen - Be coachable**
- 9. Develop self discipline for yourself in all phases of your life**
- 10. Compete to the best of your ability regardless of the circumstances - this develops mental toughness**
- 11. Challenge yourself to the limit on occasion**
- 12. Work on developing your self confidence**
- 13. Simplify your life: find ways to reduce your stress levels**
- 14. Be a winner in life - achievement and satisfaction isn't exclusively for the runner in first, getting the best out of yourself is being a winner.**
- 15. Never, ever give up on yourself**