



Women's 101 Fitness, LLC

Running Logs & Goal Setting...

A running log is your personal training diary. Make it work for you.

Set up a system that is easy for you to use on a daily basis. It can be electronic, or paper.



Ask yourself the following, “What do you want to track to evaluate progress toward your goals?” Also, “What do you want to look back on?”

The following items are good to record:

- Resting pulse and weight (best to take that first thing in the morning for consistent results.)
- Physical condition (overall feeling, illnesses, injuries)
- Type of workout
- Miles or time done in the workout
- Workout partners
- Route taken
- Weather

Your logbook can be a valuable tool in helping you reach your goals. Maintaining a log provides a record and can serve as a motivator.

Goals

Setting goals is the first step on your path to fulfillment as a runner. It gives meaning to your endeavor, provides incentive, and is a measuring rod for your progress.

Goals should be

- Realistic
- Attainable
- Specific as to timeframe
- Measurable

Usually it is best to start with a short-term goal, i.e., being able to run/walk for 30 minutes by the end of the spring.

Set goals that will help you develop the things you value:

- Trying a new route for your daily run
- Running longer than you're accustomed to

- Running with friends one day a week
- Running a hilly or challenging route

Write it down

It serves as a motivator if you have a record of it. Make your goals “SMART”.

- **S** = Sincere – you really want it.
- **M** = Measurable – can you track your progress and know when you've done it?
- **A** = Achievable – can you reasonably expect to achieve it?
- **R** = Relevant – will the goal actually help you meet your high objectives?
- **T** = Timely – when will you accomplish it?

Once you have established your goal the key is to follow through.

- Arrange your environment (i.e., set the alarm clock) to make sure that something will push you to do what you've decided to do.
- Prepare – Take your training schedule and note it on your planner, your calendar at home and your calendar at work. These will serve as constant reminders about your workout days. If a conflict arises, you can quickly see what you can do to juggle your schedule around. This will also commit your family to your schedule. Your spouse or children will be able to see the days that mommy has to workout and respect them.
- Do your homework. Go out and map out routes in your neighborhood. Check the mileage. Map out a 3-mile loop, a 5-mile loop, a 6-mile loop. Always plan your routes close to water/bathrooms.
- Write it down on your training log. Note down time, number of miles and the route you took. Compare your time from week to week for any improvements.
- If you belong to a health club, get on a treadmill once a week. If you live near a high school, go to the track once a week.