

R ELEVANT

Your goals should acknowledge both your current fitness level and your long-term aspirations.

By crafting them to fit your lifestyle and motivations, they become realistic, meaningful, and achievable. Break down your larger goals into smaller, manageable steps to stay focused on progress, avoiding the stress of unrealistic early expectations. This approach ensures your goals remain relevant to you and your personal journey.

U NIQUE

Your running goals should reflect what matters most to you.

Every runner is different, and what drives one person may not inspire another. Whether it's training for a race, exploring new trails, health and fitness, or running for stress relief, make your goals specific and uniquely yours. Delve deeply into these aspirations to discover the very personal reasons behind setting these goals and how achieving them will make you feel. Embrace what excites you and fits your personality.

N OURISHING

Running isn't just about performance; it's about enhancing your overall well-being.

Goals should be nourishing for both body and mind. Include elements like recovery runs, mindful running, and workouts that leave you feeling stronger and more energised. Avoid setting goals that push you toward overtraining or exhaustion, as this can lead to negative progress, potential injury, and a loss of motivation. A nourishing approach ensures running enriches your life, rather than depleting it.

M OTIVATING

The best goals are those that inspire you to get out the door, even on tough days.

Motivation comes from having goals that inspire and challenge you, ignite excitement and joy, but don't overwhelm you. Whether it's crossing the finish line of your first 10k race, enjoying the serenity of your favourite bush route, or simply feeling the results and satisfaction of consistency, choose goals that spark joy and purpose.

Y EAR ROUND

Consistency is the key to long-term success.

Your goals should reflect a sustainable, year-round approach to running, allowing for growth without burnout. Consider a run on a stunning beach in summer, or a snowy alpine trail in winter, a 5k run once a week for the whole year - goals that invigorate and drive you. Plan your year ahead with inspiring goals that not only excite you, but also contribute to your long-term progress.

W ELL ROUNDED

Incorporate a Whole-Body Approach into Your Goals.

A holistic approach to running ensures your goals don't just focus on distance and minutes, but also on other important aspects of your life. Include goals that address your nutrition, sleep, mental health, and even cross-training. A well-rounded approach supports longevity and ensures running complements, rather than competes with, the rest of your lifestyle.

A DAPTABLE

Life is unpredictable, and your goals need to be flexible enough to adapt.

Busy schedules, unexpected challenges, or even injuries shouldn't derail your progress. Instead, build goals that can shift as needed, ensuring you stay on track in a way that works for you. Adaptable goals are flexible and measurable objectives that can adjust to life's changes, ensuring you stay on track without added stress while maintaining progress and enjoyment.

Y OUR LIFE

As a runner, your life is unique, and your goals should reflect that.

Running isn't a one-size-fits-all journey—it's most sustainable when it aligns with your individual lifestyle, values, and priorities. Your goals should enhance your happiness, health, and well-being, not disrupt them. Think of them as a natural extension of who you are and what you aspire to achieve. Remember, your life, your circumstances, and your aspirations are entirely your own, and your goals should celebrate that uniqueness.