

# 2014 CAP CITY

5K, Quarter &  
Half Marathon  
May 3rd, 2014

## Training Tips



### Week 3: Staying Motivated

Motivation doesn't happen on its own. Just like you schedule your walks and runs, you also have to plan to get (and keep) yourself motivated:

**Find a buddy:** The social aspect of walking and running is one of the key reasons people start, and stick with it. Find a local walking /running club or recruit some friends or co-workers to train with you.

**Write it down:** Keeping a training log is an excellent way to track your progress and stay motivated. Get a notebook and write the date, your mileage, time, and a few comments about how you felt. Some people keep a blog and write in detail about all their walks and runs. If this sounds like a lot of work, use your daily planner and cross off the days when you exercised to keep you going.

Looking back at your previous entries will remind you how far you've come and give you more incentive to get out there again.

**Find a mantra:** Picking a short phrase or lyrics to a song that motivates you and playing it over in your head can be your inner motivation when you need it most.

**Reward yourself:** Every now and then, treat yourself to some new training gear, such as a new shirt, or a massage (this also helps with injury prevention) as a reward for your hard work. The treat will make you feel energized, and reinforce your commitment to your training.

**Don't think all or nothing:** If you don't have time to do an entire workout, don't take the "all or nothing" approach. If you're short on time, go for a quick walk or run. Or get in 20 minutes of strength training. You'll still get some benefits and you'll feel much better mentally for not skipping a workout entirely.

**Remember the health benefits:** One of your goals in training for an organized race may be to improve the way you feel and look. So make sure you periodically remind yourself of the health improvements you're making. Get your blood pressure tested, or step on the scale and check your weight. Think about how much more energy you have, how much better you are sleeping, and how you now have a healthy way to relieve stress.

**Cut yourself some slack:** Sometimes you get stuck at work, or you're really tired, or life happens and you just don't have time to get your workout in. Don't beat yourself up just because you don't stick to the exact schedule. Your body won't lose its muscle tone or fitness level because you wait an extra 24 hours to train again. In fact, sometimes a rest day can benefit you more than a workout. Accept that you will have bad days or missed days, and then get back on track.