



Humor me and allow me to tell you a tale of 3 runners who all signed up for the same race.

Runner #1 signed up for the race as a way to keep herself motivated to stay fit, healthy, and to lose a couple pounds.

She circled the date on her calendar and started training the following Monday morning. The first week went very well because she ran everyday.

She didn't follow a written plan. Her plan was simple—just run.

After a couple weeks, life got busy and waking up early in the morning became difficult.

So...she started missing runs.

She always said to herself that she'd run later in the day, but rarely did that happen.

The last couple of weeks before the race was filled with dread and regret about signing up for the race.

The day of the race arrived and she finished the race.

Other than finishing, it wasn't a very rewarding experience for her. She wasn't any faster or healthier liked she hoped to be.

Runner #2 signed up for the race and wanted to set a huge PR.

Excited to do something huge, she researched and compared plans to find the perfect one.



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She announced to the world (via social media) that she was going to be incredibly dedicated and run faster than ever.

But there was a problem...her goal made her feel very anxious.

She constantly doubted herself.

Her runs felt difficult, even the easy runs.

Doubt and fear were her constant running companions. In fact, they never left her alone—especially in bed the night before a long run.

She tried to push through the doubt and the pain but it became exhausting.

So...she abandoned her goal.

She was tired physically, mentally, and emotionally. She felt broken.

Most days she still ran, but the guilt remained because she felt like a quitter and a fraud.

She ran the race and set a new PR...but it wasn't the PR she hoped for. She felt disappointed in herself despite being better than ever.

Runner #3 signed up for the race and took some time to figure what she wanted to achieve with this race.

She examined her life to see what was realistic for her to do in the next couple of months.

She zeroed in on her goal and then said it out loud.



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Hearing herself say her goal excited her.

She wrote it on her mirror and got to work making a realistic plan to take her to where she wanted to be.

The training started good. Almost too good. She felt like she could do more but decided to trust the plan and enjoy the journey.

As the mileage slowly built and the workouts became harder, she loved the fitness and speed she felt building within her.

Some of the workouts were hard and she couldn't hit her target pace zones.

But it didn't discourage her because she recognized that most days were going well.

She was excited to show up everyday and put in the work.

As the race neared, her excitement grew with the nerves. She toed the starting line knowing she was ready to do something big that day.

And...she did!

She ran smart and achieved her goal.

She wasn't the fastest runner on the course that day. But that didn't matter to her. She ran her race and achieved her goal.

So...

Which runner are you?



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Maybe you have been all three runners at different times.

But what runner do *you* tend to be?

If you are most often like Runner #1, you need to **set goals that excite you.**

If you are most often like Runner #2, you need to **set goals that don't make you feel anxious.**

If you are most often like Runner #3, then continue to set the right goals that keep you motivated.

Staying motivated can be difficult.

Work gets busy. The kids get sick. Then you get sick. The in-laws come in town. The weather is bad all week long.

There are so many ways to lose motivation and find excuses.

Having a goal that excites you but doesn't make you feel anxious will help you stay motivated—even when the *excuses are easy to find.*

And having a good support system can help you, too.

We can all use some encouragement from time to time.

We can all use expert advice guiding us along.

We can all use accountability from our running peers to give us that little nudge we need.