



6 MOTIVATIONAL RUNNING TIPS TO KEEP YOU GOING

1. CALL YOUR RUNNING PARTNER

GET WORDS OF ENCOURAGEMENT OR HAVE THEM JOIN YOU!



2. SET A SHORTER RUNNING GOAL

YOU DON'T HAVE TO DO IT ALL! SET A SMALLER GOAL THAT IS LESS INTIMIDATING.



3. UPDATE YOUR TUNES

START A NEW PLAYLIST TO SWITCH THINGS UP.

4. SLOW DOWN

DON'T PUSH YOURSELF TO BONK! TRY WALKING OR A SLOWER PACE.

5. REVISIT YOUR GOALS

FINDING THE RIGHT REASON WHY CAN MAKE ALL THE DIFFERENCE.



6. CHANGE YOUR ROUTE

GO TO A DIFFERENT NEIGHBORHOOD OR EVEN MAKE IT UP AS YOU GO.