

SETTING GOALS AND PLANNING YOUR WORKOUT:

To set a goal is to make a commitment.

- Define your ultimate goal. Why are you doing this? Why are you choosing to live this way?
- Match your goals with your abilities and desires. What are your abilities? What are your desires? Your goals should be challenging, yet realistic.
- Set both intermediate and long term goals.
- Set goals for your specific workout/for the day.
- Set nutrition goals.
- Set specific competition or weight loss goals (for example: finish a race, make it to the top of a peak, qualify for the championships, loose 10 lbs before the wedding, etc.)
- Write down all your goals
- Re-evaluate and change your goals based on your progress and other factors in your life that may influence your goals. Remember you future is not set in stone. Goals are something to strive for. It's ok if they aren't always met. Just keep setting new goals. Don't give up, whatever you do.
- Some suggestions for helping achieve your goals: develop correct technique (hire a coach or trainer.), workout/train with others or in groups (with friends or family or fitness center classes), be consistent (yo-yo training takes its toll), add variety and spark to your workouts (cross train year round), prevent injuries by being aware of your body and backing off or choosing a different activity to avoid injury.



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GETTING STARTED:

- Start Slow, be realistic
- Start training using time vs. distance
- Use cross training/vary workouts to achieve balance
- Rest and recovery, including good nutrition, should be part of your planning
- First build an aerobic base, then add endurance (longer workouts) then add speed, hill, and interval workouts.
- Start with building core strength, then add weights and plyometrics.
- A session with a trainer is recommended to learn good technique and form, and/or to give you a good starting point.
- A heart rate monitor can be a good tool to identify proper effort.

