

women's **running**



Long-Term Motivation With Neely Gracey

What are the benefits of longer-term goals? Circle all those that apply to and resonate with you.

By planning ahead, you can:

- Race more, treating those races as rehearsals that support the big performance goal
 - Dial in pre-race and race-day nutrition and hydration plan
 - Develop the recovery routines your body thrives on
 - Work on your weaknesses
 - Rebuild safely postpartum
 - Build confidence as your fitness shows progress
 - Create greater trust with your coach, if you have one
 - Build a team—of experts along with friends and family—to support you
 - Learn more about who you are as a runner
 - Allow for the celebration of short-term goals as stepping stones
 - Can you think of more? Write in your own:
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Use those motivations you circled to set one or two process goals. You can write them on this sheet, or go back to the [process goals worksheet](#) from the last article and add them in.

Here's an example that relates to each of those benefits:

- Plan out a schedule and register for tune-up races
- Experiment with different types and amounts of fuel
- Increase your amount of sleep by 15 to 30 minutes, or try a new recovery tool
- Add in more of the training sessions that feel harder to you, whether it's short repeats or longer tempo sessions—or even schedule a whole training cycle based around your weakness (a 5K plan for a marathoner, for example)

- Embark on a safe return-to-running program
- Repeat workouts or races, so you can appreciate your progress
- Set up regular calls and check-ins with your coach
- Identify an area where you need support—from an expert such as a dietitian or coach, or someone close to you like a family member or training partner—and reach out
- Keep a training log—with a few notes about how you felt along with mileage and paces—to track patterns and gain self-knowledge
- Build in mini-rewards when you hit milestones along the way—say, a massage, new gear, a glass of wine, or dinner out with friends
- Write in your own:
