

Take Your Running to the Next Level

A mini workbook course to focus, organize, and plan your running workouts

Michelle has been running road races from 5ks to marathons, and competing in all distance triathlons, for over 10 years. She's taken home multiple age group and overall awards--many of these after having her two daughters. These principles have taken significant time off her finishes for all distance races, but most notably she has been able to slice over 30 minutes off her marathon time. Visit fruitionfitness.com to read more about Michelle's journey and accomplishments.



Contents

1- The 5 Essential Tips

I've identified these as the top 5 areas that need to be addressed in order to break through the plateau. Start by reading them over, then move to the next page.

2- The 5 Essential Tips Inventory Sheet

Now it's time to reflect on the 5 Essential Tips. Writing thoughts down is an effective strategy and a necessary step towards achieving goals.

3- How to Use the Worksheet

This page gives an explanation of each section of the worksheet and tips for using it.

4- Take Your Running to the Next Level Worksheet Page

Use this sheet to plan your weekly running schedule! Print over and over to see progress over time

Take Your Running to the Next Level

The 5 Essential Tips

1

Set concrete goals. Only then will you be able to layout a plan to help you reach them. If the goals seem lofty, or if you don't quite know where to start, you may want to enlist the help of a coach.

2

Ensure that each workout has a specific purpose. A good rule of thumb is including a tempo run, speed workout, and long run into your program.

3

Focus on your form. Running with poor form is a recipe for disaster when trying to take your running to the next level. Your local running store may be able to do an analysis.

4

Fuel your runs. If your running is going to the next level, your nutrition is the fuel to get it there. Eat clean, eat often, and consume the necessary amount of protein and carbs.

5

Stay motivated. The body achieves what the mind believes, so keep your mental focus strong with a mix of strategies that work for you.

Take Your Running to the Next Level

The 5 Essential Tips Inventory Sheet

Set concrete goals: What is your goal?

1

Ensure that each workout has a specific purpose: Have you ever tried this strategy of workouts? Do you need more information on how to effectively use speed, tempo, and long run workouts?

2

Focus on your form: Do you get injured often? Struggle to find the right sneakers? Do you think you need a form analysis?

3

Fuel your runs: Is pre-run nutrition a factor? Have you experimented with different healthy fuels?

4

Stay motivated: What motivates you to run, and to keep running? A person, a quote, a goal, etc.

5

How to Use the Worksheet

Notes:

Mon

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

For each day, check off the planned workout. Using the checklist as a starting point ensures each workout has a purpose.

2. Record:

Write down your exact workout including mileage, time, and pace. This will help you revisit certain workouts and track your progress.

3. Reflect:

How did you feel during the workout? What were your strengths and weaknesses? What would you do different next time. Being aware enables the quality of workouts to evolve.

In the notes section, record goals for working out, group runs, cross training you would like to do, ideas for next week, etc.

This worksheet is not about perfection, but about progress! You should see your workouts and thought processes evolve over time. With consistency, you should see patterns of workouts, and clear pace ranges for each one.

Fuel

Jot down any meals that really worked well for you and why they did. Also take note of pre-workout foods that fit your schedule and needs.

Motivation

Quotes, people, goals, etc...anything driving force you need to keep visible.

Take Your Running to the Next Level

Notes:

Mon

Tues

Wed

Thurs

Fri

Sat/Sun

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

1. Choose:

- speed
- tempo
- long
- rest
- strength
- crosstrain

2. Record:

2. Record:

2. Record:

2. Record:

2. Record:

2. Record:

3. Reflect:

3. Reflect:

3. Reflect:

3. Reflect:

3. Reflect:

3. Reflect:

Fuel

Motivation