

Running



PREPARATION

- Set a long-term goal/objective
- Divide objective into smaller goals achievable on a daily/weekly basis
- Identify route
- Plan out a schedule

Running Prior:

- Gather the proper equipment
- Get plenty of hours of sleep
- Stay hydrated
- Enjoy the run!



IMPORTANCE OF PREPARATION

- Set a specific, measurable, attainable, realistic, and time-bound (SMART) objective even in running lapses; Discipline goes very far
- Lack of sleep is counterproductive to physical fitness
- Hydration is vital in your athletic performance
- Keep a positive attitude



BARRIERS

- Lack of access to resources
- Unforeseen circumstances
- Lack of proper fitness
- Conflict with personal schedule
- Lack of motivation



WAYS TO OVERCOME BARRIERS

- Explore available alternatives & ask around
- Adjust schedule of the activity
- Condition your body prior to running
- Create a plan or schedule
- Integrate enjoyable, small actions into routine



Group 2

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