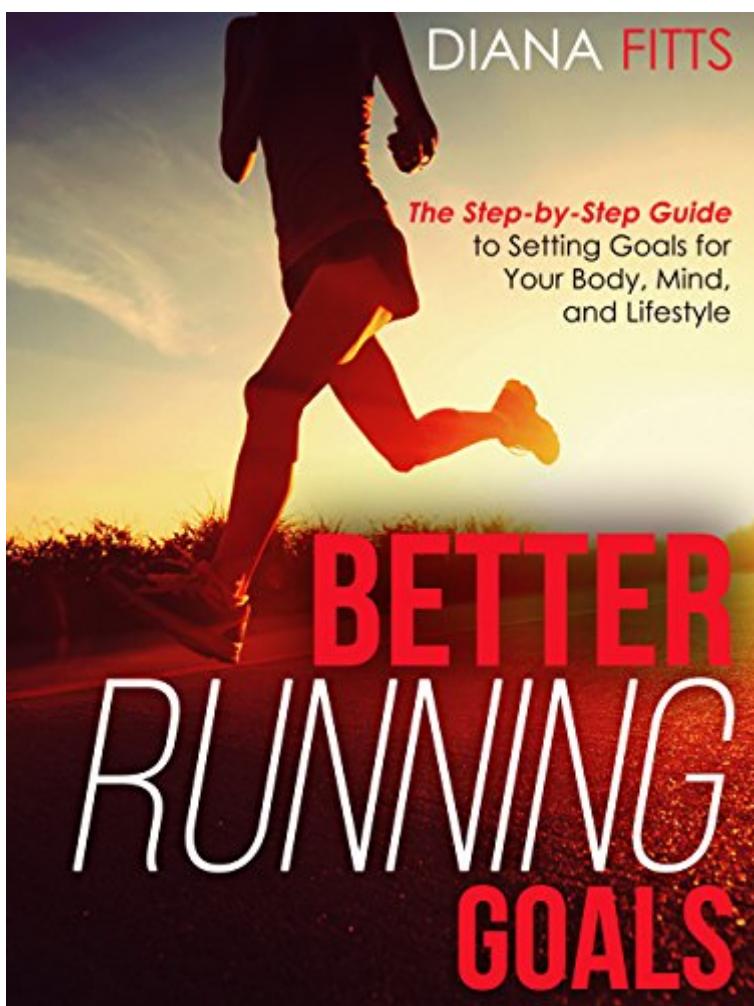


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Better Running Goals: The Step-by-Step Guide To Setting Goals For Your Body, Mind, And Lifestyle



Synopsis

From a runner who understands what it takes to maintain a running routine with a busy lifestyle, comes the essential step-by-step guide to setting better running goals. Whether you are a beginner or an advanced runner, finding the time to train can be an unforeseen stumbling block in your success. How do you balance a new running routine with your other responsibilities? How do you make running a sustainable part of your life? How do you prevent burnout, injury, and getting overwhelmed by your goals? Better Running Goals is a different type of running book. Leaving behind generic advice, Fitts takes you through a customizable process for developing a sustainable running life. Based on your priorities, your desires, and your needs, this guide will help you understand how your lifestyle and goals work together to promote your happiness and success. Don't be blindsided by the demands of a running goal that clashes with your ability to live a meaningful life. Whether you dream of completing a 5k or an ultramarathon, Fitts will offer perspective on how your running goal fits into the bigger picture of your life. Don't forget to grab the free, companion workbook to get the most out of your goal setting process. In 4 quick steps, with interactive charts and questions, Fitts makes it easy to set a schedule, time your upcoming race, determine your "why," and foresee upcoming detours. For free access to the workbook, visit dianafitts.com/run.

Book Information

File Size: 2514 KB

Print Length: 122 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01I2UCXQI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #400,277 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #54

inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

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Customer Reviews

This book is great for anyone that wants to make running more important to their fitness goals while also actually having a life. It hits home that you can do it even if you feel your life is jam-packed to the hilt. And for \$2.99, you can't beat it! Some of the things talked about can be used in your everyday life, too. It was an easier read but also many points that make you think about your goals. I definitely recommend it if you're struggling trying to figure out the next steps in your fitness journey.

I really enjoyed the book. It is an easy and fun read, as the author has a great sense of humor. The suggestions and guidelines are realistic and easy to apply to any type of fitness program.

To start with, there are two things I need to let you know. One, I received a digital copy of this book in exchange for an honest review (which is what you are getting here despite the naysayers who deride reviewers that did not shell out full monetary price for what is being reviewed). Two, I'm not a runner. Once upon a time I was a runner but that was twenty-five years ago. I have been considering taking up running again in the hopes that I can stay relatively healthy and active. The author does a good job of presenting a method for determining your running goals and helping you identify the realistic impact that such goals will have on other areas of your life. She does not offer a running plan but instead gives advice on how to select one from the near endless available supply. The book gives some stories from the author's life to help illustrate various points that she makes. But honestly, my favorite thing about the book is that the author doesn't come across as preachy. She obviously loves running but manages to avoid the trap of "I run marathons/barefoot/sprints/cross-country/etc. so you should too" into which enthusiasts (of any type) can easily fall. I also think that a lot of her advice for narrowing down a goal and weighing its effect on other parts of your life could be applied to other areas of interest as well, not just running. There were a couple of editing errors that knocked me out of the flow of reading for a moment, but I didn't have the foresight to make adequate note of their location and I got over it quickly. Overall I feel like this is a very good book to help clarify one's running goals, especially for a novice runner. This is especially true if you are looking at a competitive or social running goal, but can also apply to someone like myself who is interested in a solo activity that will provide health

benefits. Even if you know what your goal is, this book has good advice that can help you determine if that goal is feasible while allowing you to have the non-running life you want also.

As a running coach, I work with my athletes to set challenging, yet realistic running goals. We want goals that challenge us but are obtainable based on where we are at as runners and ones that are realistic based on our busy lifestyle. Many times, runners set goals that are beyond their capability or not high enough to be challenging thus never really allowing the runner to see maximum results. On the other hand, running without goals can lead to fly by the seat of our pants, underachieving results. In this book Diana walks us through the process of setting realistic goals as well as integrating running into our busy lives in such a way that is healthy and productive. The book goes beyond traditional running tips and looks at ways to create sustainable running so that you stick and maintain your running programs and reduce your chances of fizzling out after a few weeks. What I like best about the book is that it approaches running from a lifestyle perspective and is coming from someone we can relate with. While we can learn from elite athletes, not many of us can relate to that level of training, nor is it always healthy. This book fills a much needed space in the running space where most books focus on just the How-To mechanics of running. Spread throughout this book are stories, small lessons, checklists, and tips which also make it highly actionable as well as easy to read.

I started reading this book with skepticism. I don't believe in self-help books and I have learned a lot about running from previous coaches and runner blogs. To my surprise I learned a lot. The best thing about this book is that it was able to re-orient my after I had fallen in a rut. I wasn't just in a running rut, but a life rut. The story telling in this book is engaging and the content is applicable to more than just running. This book is set up in a running context to create running goals for any lifestyle, but it is nicely outlined to apply to different areas of life. I will use the tools described in this book to restart my running schedule and to better prioritize other areas in my life. It describes practical steps for materializing the quote by Brian Andreas, "Everything changed the day she figured out there was exactly enough time for the important things in her life." I received an early copy of this book for free from the author in exchange for my honest review. I am not sure if I would have picked this book off the shelf to read if I didn't have the incentive to critique it before publication. I am grateful that I did. It was exactly what I needed to organize my life at the time. The information will be useful for years to come.

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