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Better Running Goals: The Step-by-Step Guide to Setting Goals for Your Body, Mind, and Lifestyle

Diana Fitts

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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.

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