



Outer Game Check List

I have:

- ✓ A training plan that supports my goals
- ✓ A training plan that enables me to start with my current abilities
- ✓ A training plan that I'm excited about
- ✓ A training plan that fits my schedule and needs
- ✓ Clothing that is appropriate for my climate & training conditions
- ✓ Clothing that is comfortable
- ✓ Clothing that I love
- ✓ Clothing that promotes safety (bright colors, reflective strip...)
- ✓ Sneakers that fit well and allow my feet to be comfortable
- ✓ Gear that supports my goals (not just because I think I need it)
- ✓ Running form that promotes energy efficiency and injury prevention (no heel striking or running on your toes!!!!)
 - Chi Running clinic, book, app, school, dvds...
 - Get a technique translation (email Sarah@RiseAndShine.Run for information) so I know how I currently run
- ✓ Foods support my running
- ✓ Proper hydrate my body
- ✓ Fuel for during and after a run (when necessary)
- ✓ Scheduling: I am ready to commit to the schedule I've laid out for myself
- ✓ Logistics: I have scheduled any travel plans for runs, and/or races I've signed up for