

10 Tips for Staying Motivated at Home



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1. REDUCE BARRIERS & DISTRACTIONS



Train in a space separate from other enticing activities or make it easier to get to the gym where there are no other distractions.

3. LINK TRAINING WITH PURPOSE



Make sure you understand your "why" for your training. Are you trying to make a team? Go faster than last year?

5. VISIBLY TRACK PROGRESS



Make sure you have a physical way to demonstrate progress so that you visually can see the work you are putting in.

7. ACCOUNTABILITY PARTNER



Train with a teammate or friend who will keep you accountable to showing up and giving your best.

9. DRESS THE PART



Make sure you have the right gear for your workouts and weather. And be sure you feel comfortable in the clothing you are wearing.



2. BEAUTIFY YOUR TRAINING SPACE

Make sure your training space is comfortable and welcoming. No one wants to train in a basement full of cobwebs!



4. DIVERSIFY TRAINING

Diversify your workouts to include short hard and long slow distance each week. And incorporate cross training. The variety will make it more likely you will do it!



6. PLAN AHEAD & BE FLEXIBLE

Know the time, place and workout you will do each day. And then if you need to switch days up, you can be flexible.



8. MIX IT UP - CROSS TRAIN

Mix up your training to include other types of training such as running, biking, swimming, hiking etc.



10. CELEBRATE ALONG THE WAY!

Be sure you celebrate even small successes along the way. Complete each workout you had planned for the week? High Five!

"YOU CANNOT DO HARD THINGS, WITHOUT GIVING YOURSELF WHAT YOU NEED TO DO HARD THINGS."

- COACH HOLLY