

RUNMYWAY

GOAL SETTING METHODOLOGY

At Run My Way Australia, we believe running is about more than just fitness—it's a pathway to self-improvement and a balanced, fulfilling life.

The **RUNMYWAY** methodology helps runners of all levels set meaningful, achievable goals that align with their unique aspirations.

This approach ensures your goals are relevant, deeply personal, and supportive of your overall well-being. Whether you're a beginner or an experienced runner, **RUNMYWAY** goals will guide you toward sustainable progress while keeping running enjoyable and rewarding.

R ELEVANT

U NIQUE

N OURISHING

M OTIVATING

Y EAR ROUND

W ELL ROUNDED

A DAPTABLE

Y OUR LIFE

On the next page, we'll dive deeper into each component of the **RUNMYWAY** methodology and show you how to use it to set your goals.

R ELEVANT

Your goals should acknowledge both your current fitness level and your long-term aspirations.

By crafting them to fit your lifestyle and motivations, they become realistic, meaningful, and achievable. Break down your larger goals into smaller, manageable steps to stay focused on progress, avoiding the stress of unrealistic early expectations. This approach ensures your goals remain relevant to you and your personal journey.

U NIQUE

Your running goals should reflect what matters most to you.

Every runner is different, and what drives one person may not inspire another. Whether it's training for a race, exploring new trails, health and fitness, or running for stress relief, make your goals specific and uniquely yours. Delve deeply into these aspirations to discover the very personal reasons behind setting these goals and how achieving them will make you feel. Embrace what excites you and fits your personality.

N OURISHING

Running isn't just about performance; it's about enhancing your overall well-being.

Goals should be nourishing for both body and mind. Include elements like recovery runs, mindful running, and workouts that leave you feeling stronger and more energised. Avoid setting goals that push you toward overtraining or exhaustion, as this can lead to negative progress, potential injury, and a loss of motivation. A nourishing approach ensures running enriches your life, rather than depleting it.

M OTIVATING

The best goals are those that inspire you to get out the door, even on tough days.

Motivation comes from having goals that inspire and challenge you, ignite excitement and joy, but don't overwhelm you. Whether it's crossing the finish line of your first 10k race, enjoying the serenity of your favourite bush route, or simply feeling the results and satisfaction of consistency, choose goals that spark joy and purpose.

Y EAR ROUND

Consistency is the key to long-term success.

Your goals should reflect a sustainable, year-round approach to running, allowing for growth without burnout. Consider a run on a stunning beach in summer, or a snowy alpine trail in winter, a 5k run once a week for the whole year - goals that invigorate and drive you. Plan your year ahead with inspiring goals that not only excite you, but also contribute to your long-term progress.

W ELL ROUNDED

Incorporate a Whole-Body Approach into Your Goals.

A holistic approach to running ensures your goals don't just focus on distance and minutes, but also on other important aspects of your life. Include goals that address your nutrition, sleep, mental health, and even cross-training. A well-rounded approach supports longevity and ensures running complements, rather than competes with, the rest of your lifestyle.

A DAPTABLE

Life is unpredictable, and your goals need to be flexible enough to adapt.

Busy schedules, unexpected challenges, or even injuries shouldn't derail your progress. Instead, build goals that can shift as needed, ensuring you stay on track in a way that works for you. Adaptable goals are flexible and measurable objectives that can adjust to life's changes, ensuring you stay on track without added stress while maintaining progress and enjoyment.

Y OUR LIFE

As a runner, your life is unique, and your goals should reflect that.

Running isn't a one-size-fits-all journey—it's most sustainable when it aligns with your individual lifestyle, values, and priorities. Your goals should enhance your happiness, health, and well-being, not disrupt them. Think of them as a natural extension of who you are and what you aspire to achieve. Remember, your life, your circumstances, and your aspirations are entirely your own, and your goals should celebrate that uniqueness.

RUN MY WAY

—AUSTRALIA—

GOAL SETTING IDEAS

Setting goals is one of the most powerful ways to **stay motivated, track your progress, and keep running exciting**. Whether you're a beginner looking to build health and fitness, an intermediate runner aiming to improve performance, or an experienced athlete chasing ambitious challenges, **having clear goals can give your running purpose and direction**.

The beauty of running goals is that they can be as varied and unique as the runners who set them. From personal milestones and fitness achievements to fun, adventurous challenges, **there's no limit to what you can aim for**.

Below, you'll find a list of inspiring goal ideas designed to help you realise your dreams, stay focused, and keep your running fulfilling and enjoyable. Use these suggestions to spark ideas and create goals that resonate with your own aspirations and lifestyle.

BEGINNER RUNNER GOALS

- Run or walk/run 3 times a week consistently.
- Complete your first 1K, 3K, or 5K run without stopping.
- Compete in your first ParkRun.
- Run non-stop for 30-minutes.
- Follow our Couch to 5K plan. (on website).
- Log 10 runs in 30 days to develop consistency and endurance.
- Track and run a total of 50kms in a month.
- Gradually increase your longest run by 1km each week for 10 weeks.
- Increase your pace to 6 mins per km (or a challenging time for you).
- Enter a fun run event like a Glow Run or Colour Run.
- Run in 5 different locations to explore new routes.
- Try both sunrise or sunset runs for a memorable experience.
- Test a trail run to experience running on different terrain.
- Run in different weather conditions to build resilience.
- Challenge yourself to run non-stop the length of your favourite song.
- Run to a local landmark, snap a selfie for your running journal or vision board.
- Complete a beach or lakeside run for variety.
- Achieve a target weight.
- Plan a destination run while traveling or on holiday.
- Participate in a charity fun run to support a cause.
- Start a running journal to track your progress and feelings after each run.
- Save up for a GPS running watch to record your pace and distance.
- Set goal rewards like special running gear you've been eyeing, or new running shoes.
- Add strength training twice a week to complement your running.
- Set a new nutrition goal of improving your diet to compliment your running exercise.
- Create variety goals like Recovery runs, Mindful runs, Trail runs, Track runs plus others.
- Spell out a personally significant word or shape using GPS tracking on your route.
- Run in every state in your country.
- Run in a new city or country.
- Watch a list of running movies or read a list of running books.
- Sign up with a running coach.
- Join a running group or club.

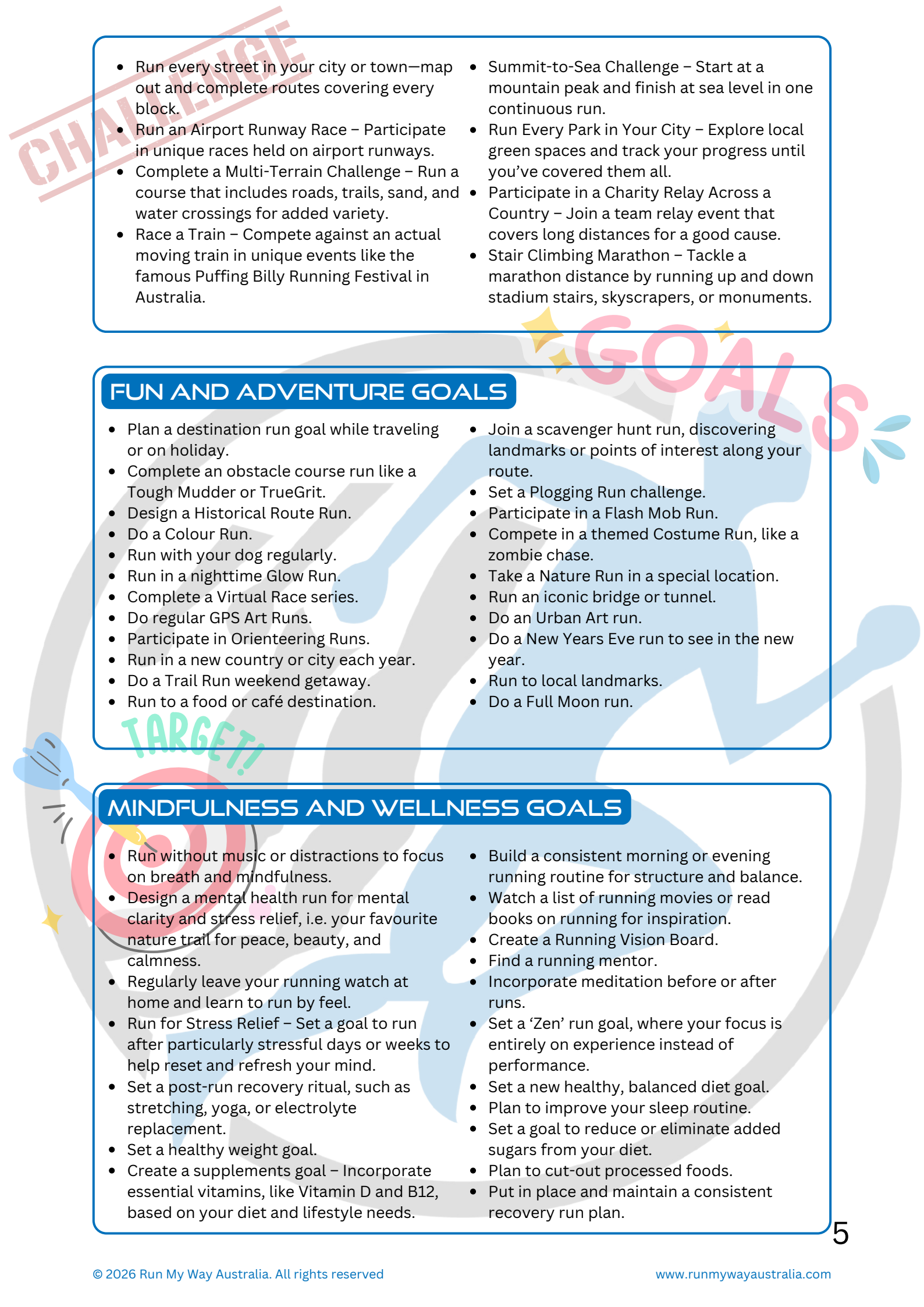


INTERMEDIATE RUNNER GOALS

- Run your first 10K.
- Improve your 5K time—set a new PB (personal best).
- Complete a Half-Marathon.
- Run 3–4 times per week for a set time period to build consistency.
- Increase your weekly distance.
- Plan to introduce different workouts such as Intervals or Fartlek runs.
- Set a goal to conquer a local hill.
- Run a pre-determined distance in a month to boost endurance and consistency.
- Run different terrains like trails, city parks or beaches.
- Participate in a relay race.
- Run a destination race—travel somewhere new to combine running with adventure.
- Try a running streak challenge—run every day for a set period, even if it's just 1K.
- Set a time-based distance goal—e.g., run 10K in under 50 minutes.
- Enter a trail race or an obstacle course race such as a Tough Mudder.
- Set and implement an effective Warm Up and Cool Down strategy.
- Run a charity race in your town.
- Attend a running boot camp.
- Run in a new city.
- Achieve a target weight or fitness goal.
- Try a barefoot run in a safe area.
- Save up for a pair of elite running shoes.
- Run regularly with your dog.
- Test yourself with a Time Trial series—run a set time and track distance improvement.
- Plan to run a pre-determined track session.
- Incorporate cross-training—add swimming, cycling, or yoga to balance strength and flexibility.
- Set recovery run goals and master the art of proper recovery.
- Master running drills—improve form and efficiency with strides, skips, and bounding exercises.
- Run without a watch or GPS—practice 'feel-based' pacing and enjoy the freedom of unplugged running.
- Enter a themed or Fun Run to add excitement and variety to your routine.
- Try night running—use a headlamp and explore evening or early-morning routes.
- Plan to explore trails in your local area, or in a new area as a 'runcation' (running vacation).
- Set goals around diet and sleeping to compliment your running exercise.
- Implement your own Running Mantra and Mindfulness running techniques.
- Create a Running Vision Board or other visualisation techniques.
- Set a regular 'rest' week to boost recovery and revitalisation.
- Join a run club, hook up with a running buddy, or get a coach.
- Begin and maintain a running journal.

ADVANCED RUNNER GOALS

- Run your first Marathon.
- Get a PB in a race.
- Do a virtual race.
- Do a Run-Streak.
- Take a runcation in place you've always wanted to visit.
- Incorporate advanced workouts into your routine like Intervals.
- Run an Ultra-Marathon.
- Win a local race, overall or age-group.
- Set a yearly distance goal.
- Try altitude training.
- Run in a Trail marathon.
- Finish in the top 3 of your favourite race.
- Compete in a major world Marathon like New York or London.
- Do a Tough Mudder or True Grit event.
- Be a pace-marker in your favourite event.
- Run a distance in a target time.
- Improve your beep-test results.
- Compete in a Sky-Running or Vertical-Kilometre event.
- Participate in a Triathlon or Ironman event.
- Take on extreme marathons like the Antarctic Marathon or the Marathon des Sables in the Sahara Desert.

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- Run every street in your city or town—map out and complete routes covering every block.
 - Run an Airport Runway Race – Participate in unique races held on airport runways.
 - Complete a Multi-Terrain Challenge – Run a course that includes roads, trails, sand, and water crossings for added variety.
 - Race a Train – Compete against an actual moving train in unique events like the famous Puffing Billy Running Festival in Australia.
 - Summit-to-Sea Challenge – Start at a mountain peak and finish at sea level in one continuous run.
 - Run Every Park in Your City – Explore local green spaces and track your progress until you've covered them all.
 - Participate in a Charity Relay Across a Country – Join a team relay event that covers long distances for a good cause.
 - Stair Climbing Marathon – Tackle a marathon distance by running up and down stadium stairs, skyscrapers, or monuments.

FUN AND ADVENTURE GOALS

- Plan a destination run goal while traveling or on holiday.
- Complete an obstacle course run like a Tough Mudder or TrueGrit.
- Design a Historical Route Run.
- Do a Colour Run.
- Run with your dog regularly.
- Run in a nighttime Glow Run.
- Complete a Virtual Race series.
- Do regular GPS Art Runs.
- Participate in Orienteering Runs.
- Run in a new country or city each year.
- Do a Trail Run weekend getaway.
- Run to a food or café destination.
- Join a scavenger hunt run, discovering landmarks or points of interest along your route.
- Set a Plogging Run challenge.
- Participate in a Flash Mob Run.
- Compete in a themed Costume Run, like a zombie chase.
- Take a Nature Run in a special location.
- Run an iconic bridge or tunnel.
- Do an Urban Art run.
- Do a New Years Eve run to see in the new year.
- Run to local landmarks.
- Do a Full Moon run.

MINDFULNESS AND WELLNESS GOALS

- Run without music or distractions to focus on breath and mindfulness.
- Design a mental health run for mental clarity and stress relief, i.e. your favourite nature trail for peace, beauty, and calmness.
- Regularly leave your running watch at home and learn to run by feel.
- Run for Stress Relief – Set a goal to run after particularly stressful days or weeks to help reset and refresh your mind.
- Set a post-run recovery ritual, such as stretching, yoga, or electrolyte replacement.
- Set a healthy weight goal.
- Create a supplements goal – Incorporate essential vitamins, like Vitamin D and B12, based on your diet and lifestyle needs.
- Build a consistent morning or evening running routine for structure and balance.
- Watch a list of running movies or read books on running for inspiration.
- Create a Running Vision Board.
- Find a running mentor.
- Incorporate meditation before or after runs.
- Set a 'Zen' run goal, where your focus is entirely on experience instead of performance.
- Set a new healthy, balanced diet goal.
- Plan to improve your sleep routine.
- Set a goal to reduce or eliminate added sugars from your diet.
- Plan to cut-out processed foods.
- Put in place and maintain a consistent recovery run plan.



COMMUNITY AND SOCIAL GOALS

- Participate in a charity fun run to support a cause you care about.
- Regularly participate in your local ParkRun.
- Organise a Group Run – Plan and host a casual or themed group run to bring runners together in your area.
- Coordinate a Park Clean-Up Run – Combine running with giving back by organising a group to pick up rubbish during a run.
- Encourage Workplace Wellness – Start a workplace running club or fitness challenge to inspire colleagues to stay active.
- Run for Awareness – Participate in runs that promote awareness for causes like mental health, cancer research, or environmental conservation.
- Host a ‘Run and Coffee’ Meetup – Plan a regular group run followed by a casual coffee catch-up to build connections.
- Join a running group or club.
- Have someone plan a Mystery Run for you and your running mates.
- Find a running buddy.
- Become a Race Volunteer – Give back to the running community by volunteering at races, handing out water, being a pacer, or helping with setup and logistics.
- Compete in a Corporate or Team Race – Represent your workplace or group in corporate races and relay events.
- Collaborate with Local Businesses – Partner with cafés, gyms, or yoga studios to create events combining running with social activities.
- Attend or volunteer at Running Expos and Events – Meet fellow runners and learn about new gear, races, and techniques at running expos.



LONG-TERM AND LIFESTYLE GOALS

- Make Running a Lifelong Habit – Commit to running consistently for the long haul, focusing on enjoyment and sustainability.
- Incorporate Pilates or Yoga to improve your flexibility.
- Add strength training twice a week to complement running.
- Set nutrition and diet goals to boost your health and fitness.
- Set a goal of buying a GPS tracker or running watch to monitor your pace and distance.
- Learn a new language through an audio course as you run.
- Set a goal to run on every continent.
- Become a Role Model for Healthy Living – Use running to inspire your family, friends, or community to lead active, healthy lifestyles.
- Use Running to Mark Life Events – Plan races or runs to celebrate birthdays, anniversaries, or other milestones.
- Create a Multi-Generational Goal – Inspire your family to stay active by setting goals like running a 5K together
- Design a proper warm-up, cooldown, and stretching routine to protect against injury.
- Plan to incorporate recovery runs in your routine—essential for progress.
- Set an accountability goal by sharing your goals with a friend or online community.
- Achieve your target weight.
- Create a running journal to track your progress and identify patterns of performance and mood.
- Become a long-term participant in your favourite marathon. Complete ten, twenty or more.
- Incorporate a regular Cross-Training goal – Commit to including activities like swimming, cycling, or yoga to support your running and overall fitness.
- Run for Stress Relief and Mental Health – Make running a go-to strategy for managing stress and boosting mental well-being.
- Complete a Bucket List of Iconic Races – Target world-famous races like the Boston Marathon, New York City Marathon, or Comrades Marathon in South Africa.