

# Winter Motivation

5 TIPS TO HELP YOU GET YOUR SOGGY, COLD RUN DONE



## 1.) RUN STRAIGHT FROM WORK

Avoid the cosy warm temptation of staying in by getting changed and running directly from work.

## 2.) HAVE A GOAL

Running with purpose will help keep you motivated. Set a goal to achieve by the end of winter and make every run count.

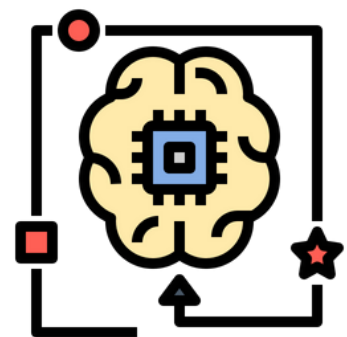


## 3.) RUN WITH OTHERS

Running with a group, club or with mates is a great way to keep motivated in the worst of our winter weather.

## 4.) REMEMBER HOW IT FEELS

Relish the feeling of achievement you get after you've battled the elements - you did it! Remind yourself of this feeling next time as great motivator.



## 5.) GET A LIGHT RUNNING JACKET

Simple protection in the first few minutes of a blustery, wet run can help to take the edge off. Once you're wet, your wet - so after the first few minutes you'll settle in and forget all about the weather.



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