



## Training Tip: Staying Motivated During Summer Training

Summer training can be challenging with the heat and humidity, but staying motivated is key to achieving your goals. Here are some tips to keep you on track during the summer months:

- 1. Set Clear Goals:** Having a clear, attainable goal can provide direction and motivation. With the CHaD Hero as your goal race, there's no shortage of motivation! Keep reminding yourself that you are a HERO and your miles make a difference.
- 2. Mix Up Your Route:** Change your running routes to keep things interesting. Explore new trails, run by the water, or find shaded parks. New scenery can make your runs more enjoyable and less monotonous. If you can, get out on the CHaD Hero course to familiarize yourself with the roads.
- 3. Train with Friends:** Running with a group or a friend can make a huge difference. It adds a social aspect to your training, making it more enjoyable. Plus, you can keep each other accountable.
- 4. Adjust Your Schedule:** Take advantage of cooler parts of the day by running early in the morning or later in the evening. This will make your runs more comfortable and help you avoid the midday heat.
- 5. Incorporate Cross-Training:** Mix in activities like swimming, cycling, or fast hiking to keep your routine fresh and reduce the risk of burnout. Hiking is an especially great way to build leg strength for the hilly course!
- 6. Stay Hydrated:** Dehydration can sap your energy and motivation. Ensure you're drinking plenty of water throughout the day, not just during your runs. Incorporate electrolytes if you're sweating heavily.
- 7. Celebrate Small Wins:** Recognize and celebrate your progress, no matter how small. Each step forward is a step towards your goal. Treat yourself after a tough workout or a successful week of training.

Summer training may have its challenges, but with the right mindset and strategies, you can stay motivated and enjoy the process. Remember, every run brings you closer to your goals.

For more training tips and information go to [chadhero.org](http://chadhero.org)