

# THE RUNNER'S MANIFESTO

18 INSPIRING WAYS TO IMPROVE YOUR RUNNING AND YOUR LIFE ~ JASON FITZGERALD | STRENGTHRUNNING.COM

..... MAY THIS BE OUR RALLYING CRY TO FIND THE RUNNER IN ALL OF US! .....

01



**NOW!**

GOOD RUNNERS TAKE ACTION. STOP THINKING YOU'LL GET IN SHAPE "SOME DAY."

02



SET STRETCH GOALS WITH A PLAN TO ACCOMPLISH THEM.

03



FORGET WHAT OTHERS THINK. RUN TRUE TO YOURSELF.

04



BUT ALSO VALUE SMALL GOALS (THEY'RE WHAT MAKE THE BIG GOALS POSSIBLE).

05



DO EVERYTHING YOU CAN TO STAY HEALTHY — INJURIES PREVENT PROGRESS.

06



LEARN WHAT KEEPS YOU MOTIVATED AND DO EVERYTHING YOU CAN TO INCLUDE MORE OF THAT IN YOUR LIFE.

07



RUNNING MORE WILL USUALLY HELP YOU RUN FASTER.

08



KNOW YOUR LIMITATIONS AND RESPECT YOUR BODY.

09



IF THOSE AROUND YOU SAP YOUR MOTIVATION OR QUESTION YOUR GOALS, CHANGE WHOM YOU CHOOSE TO HANG AROUND.

10




STOP WASTING TIME DOING THINGS THAT AREN'T IMPORTANT.

11



DO THE LITTLE THINGS: SLEEP, DIET, STRENGTH EXERCISES, SELF-MASSAGE. IT'S ALL IMPORTANT.

12



YOU'RE CAPABLE OF A LOT MORE THAN YOU THINK.

13



RUN MORE TRAILS — THEY'RE GOOD FOR THE BODY AND MIND.

14



A LITTLE BIT OF BAREFOOT RUNNING GOES A LONG WAY. BE SENSIBLE.

15



RUNNING IS FUN. ALWAYS ENJOY YOURSELF.

16



A STRONG COMMUNITY CAN HELP YOU REALIZE YOUR POTENTIAL. JOIN DAILY MILE, FITOCRACY, OR RUN YOUR BQ.

17



SUCCESS REQUIRES PATIENCE AND A LONG-TERM OUTLOOK.

18



EMBRACE THE PROCESS. EVERY STEP YOU TAKE BRINGS YOU CLOSER TO YOUR GOALS.

EACH OF US HAS A STRONG, VIBRANT RUNNER INSIDE WAITING TO BREAK FREE. UNLEASH YOUR INNER RUNNER AND DO SOMETHING GREAT.