



## Team Fisher House Training Information

It's pre-training time; a time to start organizing your running life. Get ready for the Team Fisher House race season with these great tips.

- **Set goals.** If this is your first race, focus on finishing and finishing injury-free. If you have a timed goal, review your previous races results to ensure you are choosing an achievable goal. Use this [race prediction chart](#) as a guide.
- **Find the right training schedule.** Take a look at our suggested [training schedule](#) and [training tips](#) to help choose a program that fits your fitness level and lifestyle. If our plans do not fit your needs here are some other options: [First Training](#), [Cool Running](#), and [Runner's World](#).
- **Log your training routine.** Active.com has a [Free training log](#). Studies have shown higher commitment and fitness improvements come from logging your daily workout routine.
- **Get some group therapy** by finding a running group/partner. You will gain a wealth of running information and support from other runners. Use the discussion board on our [FACEBOOK](#) page to find team members in your area. Join a [Jeff Galloway training group](#), or go to [active.com](#) to find a group in your area.
- **Invest in good quality running shoes and clothes.** Go to your [local running store](#) to seek professional advice on the perfect fit for your running gait. A good fit will reduce the risk of injury and keep your joints healthy. Take a look at [Runner's World Shoe Finder](#) for the right shoe for you.
- **Get your nutrition on track.** Start incorporating more fresh produce in your diet to help repair and revitalize your systems. The more active you become the more conscience you need to be about what's going into your body. Quality in=Quality out! Fresh whole foods are the way to go.
- **Sign up for a tune-up race.** Take baby steps with your program and schedule short distance races to keep you on track for the big one. Visit these sites to find a race near you: [active.com](#), [Running In The USA](#), or [Runner's World](#).

[www.TeamFisherHouse.org](http://www.TeamFisherHouse.org)

Please note that the information contained in the Team Fisher House training updates are the opinions expressed by the Team Fisher House Training Support Staff, and do not necessarily reflect the opinions of other running "experts" or doctors. Therefore, it is advised that you seek additional support from knowledgeable specialists in your community if you require any training modifications or medical care. *Remember, it is wise to consult your doctor before starting a new exercise program.*