

THE ULTIMATE RUNNING CHECKLIST

Are you feeling unmotivated or unsure of how to approach your running training? This simple checklist will keep you on track even when the motivation is lacking.

Make sure your shoes are in good order

- Taking care of your feet, legs, hips and back is imperative to your success at getting into the ADF. Running shoes are generally only good for 6 months. Prioritise having good shoes that are suitable to your feet to avoid injuries like shin splints.

Review your running session

- Mentally prepare for your next running session. Know where you've got to be and know what's expected of you. Plan to have enough time for your session including warm up and cool down.

Measure out a track with the right distances for the session

- Have a pre measured track and timing yourself using a watch is a far better way to do running training than using your phone to give you the distance while you run. Try using this online tool to measure out your track.
<https://www.freemaptools.com/measure-distance.htm>

Hydrate and nourish yourself with nutrient dense foods

- To avoid muscle cramps and a lack of energy make sure you're hydrated and have had sufficient, quality food to fuel your training session.

Warm up

- Start with some slow jogging for 5 minutes
- Active stretching to increase range of motion in the hips, mid-section and legs
- Increase the intensity through specific running drills
- Prepare to start your running session

No music or other distractions

- Listening to music is a way of enhancing motivation but you won't have that luxury at basic training or in any fitness assessments in the military. So use this time to motivate yourself. Rely on your own thoughts to get yourself through the training session with good results.
- It's just you, your watch and your running track

Run!

- Make every second count. This is your time to shine. Every step and every lap is edging you ever closer to wearing that uniform and representing Australia.
- Give it your all.
- Record results.

Cool down and restore

- 5 minute walk
- 30second static stretches on your legs, hips and mid section
- If you have access to an ice bath go use it

Hydrate and nourish

- Replace the fluids lost and include some electrolytes if you were sweating
- Eat a healthy meal

Rest and restore yourself

- Stretch again if you are tight or sore
- Take some magnesium (if allergies allow)
- Get a good night sleep

Repeat

Training for the military can be a tough journey and you may encounter many hurdles along the way. Discipline will be required at times, especially when motivation is lacking.

Our methods have worked for hundreds of applicants just like yourself. This simple checklist will help keep your dreams alive of one day earning yourself the opportunity to wear the uniform.

If you need help figuring out what relevant training to do to improve your running performance then feel free to [get in touch](#), and one of our team members will be in contact for a commitment-free chat.