

NOT YOUR AVERAGE RUNNER

30-DAY RUNNING START

PODCAST LISTENING GUIDE

If you want to really lock in your chance of success, make sure you listen to these 7 podcast episodes! Use the following pages to take notes on each one to help you remember the lessons you learned. It's also OK to listen to them a few times for extra motivation!

You can find all of the episodes at notyouraveragerunner.com/podcast or search your favorite podcast app for Not Your Average Runner.

Recommended Listening:

1. Episode 4: How to Pace and Breathe for Your Best Run
2. Episode 7: Run-Walk Like a Pro
3. Episode 9: How to Shut Down Your Inner Mean Girl (plus Runkeeper tutorial)
4. Episode 11: Proper Running Form
5. Episode 33: How to Coach Yourself
6. Episode 116: 3 Phrases That Destroy Motivation
7. Episode 128: How to Think Like a Runner

Other Episodes I Want to Listen to:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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Main points:

How I will apply this to myself:

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