

Handout for Week 10:

## Congratulations

Congratulations on reaching week 10 of your training course.

So, what next?

### Set yourself a goal

It must be:

- S** - Specific
- M** - Measurable
- A** - Agreed
- R** - Realistic
- T** - Time phased
- E** - Exciting
- R** - Recorded

If you talk to your group leader they will be able to help you plan your next target, whether it's just to keep running, or a 10 km run and base it around the principle above to make sure you best achieve your target.