



MedStar Health

New year new you.

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Kickstart Your Running Journey in 2025: 5 Tips to Set Effective Running Goals

As we welcome the new year, it's the perfect time to hit the reset button and elevate your running game. Whether you're a seasoned runner or just lacing up your shoes for the first time, 2025 offers a fresh opportunity to commit to your fitness goals. At MedStar, we're here to guide you in setting clear, realistic running goals that will help you crush it all year long.

Here are five tips to set effective running training goals:

1. Reflect on Your Past Running Experience

Before setting new goals, take a moment to reflect on your previous running year. What went well? What obstacles did you face? Did you reach your goals, or were there setbacks you need to address? Reflecting on your past experiences helps identify your strengths, weaknesses, and areas for growth.

Action Step: Write down your accomplishments and any lessons learned. Use this as a foundation for setting your goals in 2025.

2. Set SMART Goals

The SMART framework ensures your goals are clear, actionable, and attainable. By setting specific, measurable, achievable, relevant, and time-bound goals, you'll be more motivated to stay on track.

Example:

- **Specific:** "I want to run more" is vague. Instead, try: "I will run three times a week to build endurance."
- **Measurable:** Track progress with metrics like distance or time. For example: "I will run 15 miles per week."
- **Achievable:** Challenge yourself but keep it realistic. If you're new to running, a goal like "run a marathon next month" might be too soon.
- **Relevant:** Align your goals with your personal motivations. If your focus is health, try: "I will run 30 minutes every day to improve cardiovascular fitness."
- **Time-bound:** Set a deadline for your goal. For instance: "I will complete my first 5K by May."

Action Step: Choose one SMART running goal for the first quarter of 2025.

3. Focus on Consistency Over Perfection

Running is more about building a routine than chasing perfection. Instead of fixating on race times or extreme distances, focus on making running a regular part of your lifestyle. Consistency builds endurance and helps prevent injury over time.

Action Step: Set a weekly running schedule and stick to it, even if some sessions are shorter or slower. Your body will thank you!



4. Prioritize Injury Prevention

Injury is a runner's worst enemy. Make injury prevention a priority this year by incorporating strength training, stretching, and proper warm-ups/cool-downs into your routine. Strong muscles, especially in your core, legs, and hips, are key to maintaining good form and avoiding overuse injuries.

Action Step: Dedicate time twice a week to strength training, and always prioritize your warm-up and cool-down routines to keep your body in peak condition.

5. Join a Running Community for Motivation

Staying motivated is easier when you have a support system. Whether you join a local running group, sign up for virtual events, or follow MedStar's running specialists on social media **@medstarhealth**, **@medstarhealthpt**, and **@medstarsportsmed**. Having a community can inspire you to push further.

Action Step: Find a running buddy or group that fits your goals, or join online running communities to keep the motivation going all year long.

Wrapping Up: Make 2025 Your Year of Running Success

Setting running goals for 2025 is exciting but remember that the journey is just as important as the destination. At MedStar, we're here to help you create a balanced, effective training plan that fits your unique needs. Stay consistent, celebrate small victories, and enjoy every step you take towards a healthier, stronger you.

Lace up your shoes, set those goals, and let's make 2025 a year to remember!