



# Weekly RUNSPO

DATE: \_\_\_\_\_ TOPIC: \_\_\_\_\_

My goal for this week is to improve:

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Two things I can do to help me achieve my goal:

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I feel awesome because:

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Words to inspire me this week:

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## Weekly RUNSPO TOPICS

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|--|--------------------------------|
| 1 Intro to Grace and Pace, Setting Goals | 6 Overcoming Obstacles         |
| 2 Stress Management                      | 7 Sleep / Finding Balance      |
| 3 Flexibility and Strengthening          | 8 Affirmations, Goals, Mantras |
| 4 Mind Body Connection and Mantras       | 9 Prepping for Race Week       |
| 5 Hydration and Nutrition                |                                |

**PACING**  
*ourselves*  
through life