



EQUINOX 24X
Goal Club

Welcome to the Equinox24 Goal Club

If you have a training goal in mind, something you really want to achieve, then you are in the right place! If you stick with us for the next 3 months, we will help you achieve your training goal and maybe you can help others along the way!

Why set a goal?

Everyone has things they want to achieve with their sport, hobby or fitness – whether it is to get a little (or a lot) fitter, to run faster, to complete an event or race (like Equinox24!), raise money for a good cause or even take on a huge, ambitious challenge that seems impossible. We all say ‘one day I will....’ but despite really wanting it, it isn’t always that easy to turn in to reality. If you set your goal now with us – put it out there, make it concrete and crucially, set a time limit, then you are much more likely to get there. It may be that this goal is one step towards a bigger goal or this is the first of many goals ahead for you. It could be that this is the only ambition you have. Either way – the Equinox24 Goal Club is the perfect place to be!

Why join the goal club?

Joining our goal club is going to help you make your goal a priority and give you the best chance of achieving it. Just by signing up and reading this shows that you are serious and have the motivation. Now it is time to get started and make it happen!

Going it alone without a proper goal or plan, we run out of steam, we get distracted, we start well but then life gets in the way. But we all have the power to achieve these goals – big or small – if we go about them in the right way. The Goal Club beats apps and journals alone as a tool to help you set a goal and keep you on track as in Goal Club you benefit from real people with similar aspirations and challenges as well as industry professionals and athletes in the Facebook community .

How does it work?

When you join our goal club we help you to:

- Set your goal**
- Plan how you will get there and make it manageable**
- Help keep you motivated and on track**

We have a little planning time set a goal and then 12 Goal Weeks to achieve your goal.

We help to keep you on track with regular motivational emails and our supportive Facebook community.

We spend 3 months working towards your end goal – we plan and prepare and then spend 12 weeks working towards it. This is long enough to work towards a goal that will challenge you, to allow you enough time to achieve a meaningful result, but not too long that you get bored or run out of steam.

The club will give you a clear vision for your goal, it will keep it in the front of your mind, it will help you plan it into every week, it will give you access to a community to share your steps, your achievements, to offer support and advice. It will make your goal a reality and offer you accountability. Ultimately – it will give you a better chance of staying on track and achieving your goal.

To stand the best chance of success you will need to be willing to spend a little time planning and thinking about what you want to achieve, be willing to work at it little by little and to read the motivational emails and join in our Facebook group.

So are you ready to get started?....

Setting your goal

You probably already have something in mind – or at least a rough idea.

That's why you're here!

So let's turn that idea into a great goal.....

Be Specific

If you are serious about achieving it then you need to get really clear on precisely what you want to achieve.

'I want to run faster', 'I want to run more laps at Equinox24', 'I want to run solo', 'I want to improve my core strength' – all too vague. You need to be really specific and ideally have a measurable outcome – otherwise how will you know if you've achieved it? You want to see the progress you make and have something to work towards, and be certain of the difference you are making to stay motivated.

So rather than 'run faster' it could be 'I will run 10k in 50 minutes'. Instead of 'I want to do more laps at Equinox24' you could aim to complete a specific number of laps. 'I want to improve my core strength' could be to complete the Kinetic Revolution/Equinox24 Free Core strength and Stability training plan.

TIP - Make it something that is an outcome e.g. 'Run 3 times a week' is an input to help you achieve your goal, you want an outcome goal which you can ideally measure, reach or complete. This will keep you motivated e.g. I will be able to run for 20 minutes non stop, or I will 5 laps/50k.

Is It Achievable?

If you currently can't run to the corner shop then aiming to run the London Marathon in 3 months time may be too big a goal to achieve and you are setting yourself up for failure. But you could keep that goal in mind and aim to run a 10k in April and work towards the next marathon in future rounds of the goal club! Your goal needs to push you out of your comfort zone and challenge you (if you can do it easily then you don't need our help and you won't be motivated to get there!) but it also needs to be sensible.

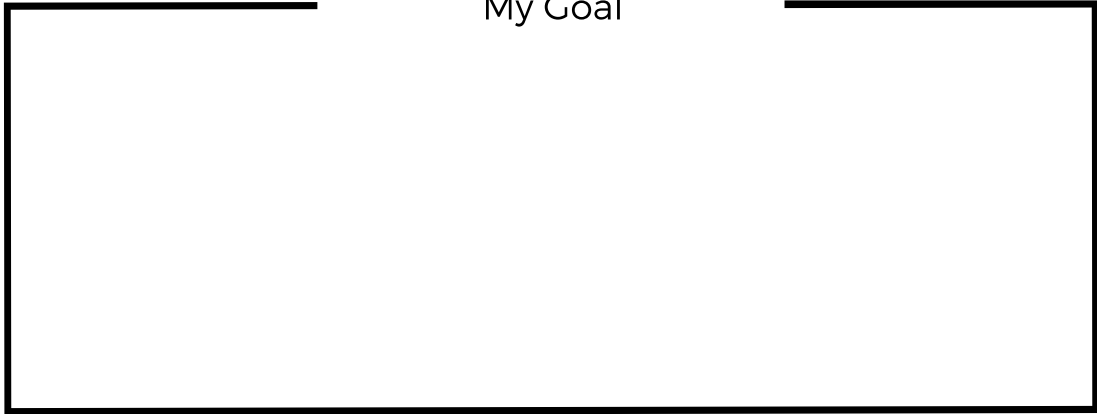
Your goal needs to be right for you. It doesn't matter if someone else would find it easy, it doesn't matter if someone else says it's impossible. You need to really want it, be willing to work each week to achieve it and you need to know when you have reached it.

So time to get thinking and working on that goal.

If you get stuck why not pop over into the Facebook group and share your goals or ask for help if you are finding setting the right goal tricky!

Planning

My Goal



Write down the goal you came up with in Part 1

Use your printable *Goal Planning Sheet* to help with the following stages.

How does that goal make you feel? You should feel excited, motivated, perhaps a little apprehensive if it is pushing you. If you don't feel any of these things, or if you are just overwhelmed and terrified, maybe you need to rethink your goal. Shout out in the group if you need help!

Turning your goal into reality

The secret to making it happen in these 12 weeks rather than 'one day' is by breaking down your goal into the small things that will add up to you achieving it. Use the sheets in the Goal Pack to help you figure out what you need to DO to make it happen. It will help you break down the goal so that you can achieve it in the time we have. The process might lead you to adapt or rethink your goal. Try to be ambitious but realistic. If you know that you can't train every night of the week because of work commitments, other responsibilities that can't be moved you will need to either get creative to fit in what your goal demands or alter your goal to one which is more realistic (but make sure you still really want it!)

Steps to Success

Now you have your goal, let's break it down!

You are going to list all the things you will need to do over the 12 weeks to achieve your final goal. They might relate directly to your goal or could be things to put in place to help you get there.

For example, one step could be 'attend a weekly yoga class' – break that down further into smaller steps to help that happen e.g. 'research yoga classes', 'phone and book a yoga class', 'arrange childcare for the yoga class', 'buy some new shorts' etc.

The smaller the better – break it down into little chunks. It will feel great to cross them off as you achieve them!

If you use the *Goal Planning Sheet* you can separate them into daily, weekly, monthly and one-off tasks. However you organise it – its fine – just write as many down as you can possibly think of. Each is a tiny step towards your goal. Small is best! These are your Steps to Success.

Example

JOIN THE GROUP RUN IN MY TOWN EVERY WEDNESDAY EVENING.

RUN 3 TIMES EACH WEEK MINIMUM

RUN IN 1 LUNCH HOUR PER WEEK

EAT ONLY NUTS, FRUIT AND VEGGIES FOR SNACKS

DO 1 SESSION OF CORE STRENGTH WORK A WEEK

STRETCH AFTER EVERY RUN

SORT OUT A PLAYLIST FOR MY IPOD FOR RUNNING

SEE A PHYSIO ABOUT MY SORE KNEE

ARRANGE TO RUN WITH A FRIEND

BUY A NEW WATER BOTTLE AND USE IT!

BUY COMPRESSION SOCKS TO HELP MY RECOVERY

....and so on. Keep going with as many as you can think of – aim for a minimum of 25 but aim for more!

TIP – if you are stuck, look at some you have already thought of – can they be broken down any more? Shout out in the group if you are stuck!

12 Week Planner

Now, thinking of your main goal at the end of the 12 weeks, can you break that down into 12 smaller 'mini goals' – one for each week of our journey? This is easier for some goals than others but having something to aim for each week will help keep you motivated and help you see your progress. This creates the road map to your goal.

So for example – you want to run 10k at the end of the goal. What can you run now? If you can run 2k comfortably – lets start there. Set a weekly mini goal that will gradually move you towards the 10k.

So perhaps week 1 run 2.5K, Week 2 run 3K, Week 3 run 4K etc or run non stop for 15 mins, 30 mins etc

Add your mini goals to your *12 Week Planner*. This is also a good time to consider the main focus for each of the 12 weeks to help you get reach your mini goal using the weekly and monthly Steps to Success lists you created.

At this stage you don't have to specify which days you will do each of the steps or specific training sessions on, just allocating them to a week and noting them down is fine.

This stage may take a little time. It is flexible and as you get started on your Goal Weeks you may find you need to make some adjustments, but doing this now really will help you get to your goal. If you only plan week one, chances are you will have given up or be coasting by week 4. Even if it has to be tweaked you will benefit from seeing the road map to your goal, seeing that it is achievable, knowing you can do it if you stick to the plan.

Why not take a photo of your 12 Week Plan and share it in our Facebook Group? This may help other people who are finding it tricky. Plus it is a commitment from you - putting it out there, making it public will help you to stick to your plan!

Weekly Plans

This is where you will plan each week with a little more detail, one week at a time using the *Weekly Plan* sheets.

Use your *12 Week Planner* and list of Steps to Success to do this.

This part is really important - it will stop 'life getting in the way' and realising by Wednesday that you haven't done anything yet. It is where you assign Steps to Success to each day of the week and make a plan to succeed.

We advise you to think about your regular commitments so you can work round these. Check your calendar – consider things you have got planned in (you know you won't be going for that early run the night after that wedding so best to plan around it!). If Wednesday is your busiest day at work then don't plan a big session – you don't want to set yourself up to fail

Tick off the Steps to Success on your *12 Week Planner* and your *Goal Planning Sheet* to make sure you get everything in. You will find as you move through the 12 goal weeks what works for you and you may pick up some tips from other Goal Club members too.

Once you have done this why not share in the Facebook group what your mini goal is this week. Putting it out there will help make it real!

Every 4 weeks we help you complete a Review of your progress so far and give some tips and advice to help you keep on track and motivated. There is also a Review Sheet in your printable pack to make this even easier. It is a really useful step in the process and gives you chance to reflect on what is working and possible what isn't and why. It also encourages you to look back see the progress you are making and how much closer to your goal you are getting.

All that's left to do now is get started!! We look forward to sharing your journey and seeing you achieve your goal!

Top Tips

- **Do the tough things first – plan to get it out the way early and give yourself less chance to make excuses!**
- **Tick off your achievements each day, watch your progress!**
- **Try to plan something in for each day, even if it is not actual training – keep momentum and keep your goal front of mind!**
- **Keep track, keep notes, analyse. You will learn what does and does not work for you. Write it down and use it to get better at planning an achievable week.**
- **Read our emails – we will email with words of encouragement, tips, suggestions or a kick up the bum! We will help you keep your goal a priority.**
- **Monthly reviews. We will email to remind you but use the monthly review sheet in the Goal Pack to reflect on your progress and make any changes to keep you on track.**
- **Share your journey – join our Facebook group and share your tips, learn from others.**
- **Remind yourself of your goal as much as possible – stick it on the back of the toilet door, change your password to your goal, make it your screen saver- whatever it takes to keep it in mind.**