

# The Big List of Running Goals

## On the Run

- Run on the beach
- Run on vacation
- Run in a new city
- Run in a new state
- Run in a new country
- Run with music
- Run to a podcast or audiobook
- Run in silence
- Run every day for a week
- Run every day for a month
- Run every day for a year
- Do a trail run
- Run without any technology
- Run alone
- Run in a group
- Run in the snow
- Run in the rain
- Run (safely!) run in the dark
- Take a treadmill class

## Other Fitness

- Do regular strength training for a month
- Take a yoga class
- Take a barre class
- Take a stretching class
- Foam roll regularly
- Cross train

## Racing

- Run a 5k
- Run a 10k
- Run a half marathon
- Run a marathon
- Run an ultra
- Racecation! (Race while on vacation)
- Run a random distance race
- Win a race
- Win an age group award
- Run a virtual race
- Do an obstacle course race
- Do a fun race (like a glow run or a color run)
- Run a race of any distance- just for fun
- Run a race in costume

## Running Adjacent

- Spectate at race
- Volunteer at a race
- Crew or support a friend as they race
- Create a running-specific social media account
- Read a book about running
- Listen to a running podcast
- Keep a running or training journal
- Join a running club
- Join an online running community