

**Goal:** To be able to run 10km (6.21 miles) in under an hour by April 21/24 for The Vancouver Sun Run.

**If** I assess my current fitness level by timing my current 10km time by running as much of it as I can and walking when needed

**Then** I have a starting point and know specifically how much time I need to shave off to get to under 1hr (59.59 minutes).

**If** I find a training plan online that shows how much to run each day to get to 10km in under an hour by my deadline

**Then** I will follow the plan as part of my exercise training regiment.

**(Potential Unknown) If** for some reason I cannot find a training regiment that outlines how to get to my goal

**Then** I will ask one of the experts at the local running club to help me create a plan to achieve my goal.

**(A potential unknown) If** It rains, snows, or is too dark to run on a particular day of my regiment

**Then** I will go to the gym and run on the treadmill at the correct distance and pace.

**If** I follow through and sign up for the road race that I want to enter on April 21/24 and register in the start time that finishes races in under an hour

**Then** I will be heavily motivated to follow my training regimen to avoid not wasting the registration money and risking potential embarrassment by not being able to complete my goal.

**If** I stretch before and after running

**Then** I will help reduce injury and promote faster recovery time by not having tight muscles

**(Risk/Unknown) If** I get injured during my training leading to the race.

**Then** I will train all uninjured parts of my body using substitute exercises with the goal of being able to make my goal by the deadline. The continued training will help me maintain gains and continue to make progress.

**(Risk/Unknown) If** for some reason my injury prevents me from racing

**Then** I will continue to train uninjured parts of my body while recovering from the injury, move up my goal to a further date and continue to train as before until it's accomplished.

**If** I reduce my weight to a healthy body weight over the course of my 10km run training.

**Then** I will be able to run faster due to not carrying extra weight.

**Then** I will reduce injury on my joints - particularly my knees.

**Then** I will feel confident running in front of other people without my t-shirt sticking to my extra tire.

**If** I eat nutritious food while training for the 10km race

**Then** I will lose the excessive weight that makes running that much harder to do.

**Then** I will be fueling my body with the right foods that give me energy to run faster and make 10km in under an hour.

**Then** my family will be eating more nutritious foods since I am the one that usually makes meals.

**Then** I will find training more enjoyable because I didn't have food that makes me feel run down after eating.

**If** The race gets unexpectedly canceled

**Then** I will still run 10km on April 29/24 and time myself to measure if I achieved my goal.

**If** The race is canceled and for some unexpected reason I cannot measure my progress on April 29/24

**Then** I will find a way to either run on a treadmill or outside on a date that's as close as possible to April 29/24 to time myself and measure if I achieved my goal.