

Getting Plugged In

In order to fully maximize your training season, you'll want to get plugged into a community and find your tribe. This will help motivate, encourage and support you through the next three months as you work towards your goals. These are the first three steps you should take:

- Join a training group. Coaches and mentors are an integral component of a successful training season. These individuals have been in your shoes, and can offer insight and wisdom along with exercise-specific advice to keep you happy and healthy. Studies show that a team atmosphere is crucial to staying accountable, consistent and engaged. Joining our [Great Race No Boundaries program](#) at [Fleet Feet Pittsburgh](#) is going to be the best possible thing you can do for yourself as you embark on this new endeavor.
- Get social. Running should be fun and enjoyable, so it's good to supplement a training program with relaxed fun runs. [Fleet Feet Pittsburgh](#) offers [pub runs](#), [trail runs](#) and [scavenger-hunt runs](#) to keep things fresh and funky!! You can also join the [Fleet Feet Running Club Facebook group](#) where a community of certified coaches, health professionals and like-minded runners can act as your resource for all things running.
- Expand your horizons. Running is about more than just exercise, and you might be surprised by the nuance that goes into such a simple movement. Learn the basics of running efficiency and economy, heart rate zone training, active vs. passive recovery and strength/cross-training with [Fleet Feet Pittsburgh's Tools of the Trade workshop series](#).