

Stuck in a Running/Walking Rut?

Start a walking book club. Each month (or however often you decide), choose a book to read and discuss during your walks. The miles will fly by as you dissect every chapter.

Reverse your route. It's amazing how different everything looks from the opposite direction.

Meet your partner/group at a favorite breakfast spot. Start and end your run or walk there. The new scenery will boost your motivation and the good food at the end doesn't hurt!

Pray during your run! The time will fly by.