Starting your Personal MOVEment Through a Virtual Race

Just as with any type of race, it is important to do some training before your virtual race. Here are some things you can do to make the most of your virtual race experience.

Create a Goal for Yourself

When you begin training for your race, begin with a goal in mind. Perhaps you want to complete an entire race without stopping. Maybe you want to achieve your personal best, or maybe it is something that is completely unique for you. Goals can give you the motivation you need throughout your training. If you accomplish your goal during the race, it will mean so much more.

Make a Training Plan

Before you begin training, create a training plan. Decide which days you will train and figure out how long you will train on each of these days. This will help you stay focused on your goals and will give you a schedule that you will want to stick to.

Find a Place Where You Love to MOVE

Your environment can make a huge difference on your training and your mindset during the race. One of the benefits of doing a virtual race is that you can participate wherever you want, whether that’s swimming in an indoor pool, walking around the mall, or wheeling yourself through the neighborhood. Find that place that makes you feel great when you are moving so you can have a wonderful time during your training and during your race.

Have a BLAST

The most important part of any virtual race is to have a great time. You can have a fun time while you are training too! Training for your race not only helps you be prepared for your race, but it also can make you more excited for race day. We want to make sure you truly treasure that medal after all of your hard work!