Tough Runners

\*You can’t become tough overnight, but you can start by actively working to practice the following ideas. Show people how tough you are, don’t tell them.

1. Tough runners love a challenge! They don’t complain about workouts being too hard or other runners being too fast. Embrace the challenge and the opportunity to improve.
2. Tough runners don’t give up when somebody passes them, or things aren’t going their way! Keep a positive attitude. Your performance affects more than just you.
3. Tough runners are mentally tough! They are smart enough to know that you learn as much from a bad race as you do from a good race. They are confident enough to be leaders and expect the best from their teammates.
4. Tough runners don’t whine about PE and they do their best whether they like it or not! Being called a “Try Hard” is a compliment. “Try Hards” grow up to be successful because they are tougher. Anybody who uses the term “Try Hard” as a put down is just acknowledging that the other person is tougher and more successful than them.
5. Tough runners are dedicated! They are dedicated to their team and to improvement. They understand that their continued hard work will make a positive impact over time.