

11 Tips and Ideas to Keep You Motivated to Run in the Heat

1. Remind yourself why you run. Whether it's physical, mental, emotional, spiritual or a combination, there's a reason you run. Remind yourself often of how running benefits you personally.
2. Find a shady route and wear sunscreen when you can't.
3. Map out your route ahead of time in the car. Drop water bottles along the way for those long runs.
4. Run early when you can. Or run on a lit track when you can run late in the day.
5. Hydrate. Hydrate. Hydrate. Before. During. After.
6. Treat yourself to some new running gear. New gear is a great motivator. Whether it's new running shoes (with a fresh set of color coordinated Speedlaces, of course), a water bottle, or some well worth the expense moisture wicking clothing you'll be excited to go test out your new stuff.
7. Sign up for a race. 5k and beyond. Anything to give you a goal. And while you're at it, plan a silly costume to ramp up the fun.
8. Run with a [buddy](#). It's often easier to push yourself to run more often or further when someone else is doing it with you.
9. Suck it up and get on a treadmill if you have to.
10. Reward yourself. Make a goal. Accomplish it. Then do something nice for yourself as a reward. Drinks with friends. A decadent dessert. A present for yourself. A mini-vacation. The bigger the goal, the better the prize.
11. Remind yourself again why you run and how accomplished you feel when you do.