

Student:

Date:

Ten C's for Successful Training / Running

- 1 - Commitment
- 2 - Coaching
- 3 - Consistency
- 4 - Courage
- 5 - Conditioning
- 6 - Camaraderie
- 7 - Concentration
- 8 - Communication
- 9 - Competition with yourself
- 10 - Control of your body

