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The Impacts of Formal Training on the Motivation of Middle-Aged Runners

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THE IMPACTS OF FORMAL TRAINING ON THE MOTIVATION OF MIDDLE-AGED RUNNERS

A Research Study Presented to the Faculty of the Department of STEM Education and
Professional Studies at Old Dominion University

In Partial Fulfillment
Of the Requirements for the Degree
Masters of Science

By
Margaret Turley

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Approval page

This research paper was prepared by Margaret J. Turley under the guidance of my advisor Dr. Karina Arcaute. It was submitted in fulfillment of the requirements for the Master of Science Degree.

APPROVED BY: _____

Dr. Karina Arcaute

Date

Advisor

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Chapter I

Introduction

Participating in running races is popular with the middle-aged population in the United States. In a 2015 study by runningusa.org, it showed that a total of 1,986,600 people finished a half marathon in the United States in 2015, and of those, 40% were in the Masters category (40 years old +) (2015 Running USA Annual Half Marathon Report, 2016). There are many factors that can play a role in why this group has a high participation rate to include seeking out new goals after life goals are completed, or finding a way to stay in shape and healthy as we age. Research shows that adults report different motivational regulations at different ages (Brunet & Sabiston, 2011). In a study conducted to identify motivational factors in different age groups, only autonomous motivation emerged as a significant positive correlate of self-reported physical activity in adult and middle age adult groups (Brunet & Sabiston, 2011). Looking at the self-determination theory, this could conclude that middle-aged adults are intrinsically motivated to better themselves through running. Although the intrinsic motivation is there, motivations can be complex and influenced by factors internal and external to the individual (Goodsell, Harris, & Bailey, 2013).

There is also research that points to the fact that hiring a running coach benefits the recreational runner because they can provide formal training to prevent injury and help reach a running goal (this could be a specific distance or time). Running coaches also provide motivation and accountability which could increase the likelihood of meeting a specific goal. If middle-aged adults who have become intrinsically motivated to start running wanted to improve further, would a trainer help them achieve their goals faster and without injury? Would hiring a running coach help middle-aged adults continue to set goals and commit to running in the long

term? This study will look at what motivates middle-aged adults to start running and if using a formal training such as a running coach has an impact on these runners meeting their goals, and determine if using formal training encourages middle-aged runners to continue formal training for future goals.

Statement of the Problem

There has been research on the impact of formal training in injury prevention and motivation, however, despite the fact that the middle age group has consistently made up the majority of running race participants, there has been very little research conducted on the middle-aged population as it pertains to formal training and running motivation. Therefore, the purpose of this study was to determine the motivation of middle-aged runners to begin running, and the impact of a formal training program (professional running coaching and monitored training programs) among middle-aged adults.

Research Questions

The following questions serve as the framework for this research:

Q1: What are motivational factors behind the increase in middle-aged running?

Q2: Do middle-aged adults use formal training (professionally coached and/or follow a monitored training program) to meet goals faster?

Q3: Will middle-aged adults who use formal training to attain a goal continue to use the formal training to achieve future running goals?

Significance of Study

With the amount of information found online in this day and age, it is easy to find information on the basics of running and the best way to achieve running goals. The information found online can be of value, but does not speak directly to middle-aged runners who make up a

large part of those running today. Research has shown that with age, there is an increase in injury rate that can be partly explained by the changes in the musculoskeletal function such as loss in muscle strength and joint mobility (Kukuchi, Stefanyshyn, Stirling, Duarte, & Ferber, 2014). Also, given the motivation already in place by middle-aged runners, running coaches with formal training in running fundamentals, nutrition, and personal training may offer a client a way to achieve goals while limiting injury because they understand the biometrics and motivation of older runners. Having a running coach may also help runners develop a lifelong habit, and that also has positive benefits associated. Running coaches also bring the element of motivation and accountability, which can also help with goal achievement.

There can be drawbacks when using formal training to achieve running goals. There can be a considerable monetary investment that many people cannot justify in their budget. It can also be quite time consuming with coordinating meeting times each week while trying to maintain a hectic life schedule. These factors will be considered during this study to determine if these factors impact a runner's decision to use formal training. The study will use both qualitative and quantitative methods. The qualitative methods will be used to understand what motivates middle-aged adults to take up running recreationally, and the quantitative methods will be used to understand how formal training impacts how a runner attains their goals.

Limitations

The limitations of this study are as follows:

1. The study is limited to two groups of individuals: A recreational triathlon Facebook group (global Facebook group) and a local running group in the Hampton Roads area of Virginia.
2. The study does not account for people who do not reach their goals due to injuries.

Definition of Terms

The following terms are used for this study:

1. Autonomous motivation: engaging in an activity with eagerness and volition, with a sense of choice and willingness (Deci & Ryan, 2009)
2. Self-determination theory: A theory of human motivation and personality, concerning people's inherent growth tendencies and their innate psychological needs (Deci & Ryan, 2009).
3. Monitored training program: A training program that involves regular observation and recording of activities that take place in a program.
4. Middle-aged runners: runners who are between the ages of 35-55 for the purpose of this study.
5. Formal training: The process by which education is imparted on a person through strict regimentation and scheduled learning sessions (What is formal training, 2017)

Assumptions

The following assumptions were made concerning this research:

1. It was assumed that the individuals who completed the surveys were runners or certified trainers.
2. It was assumed that using a sample of middle-aged runners and trainers who coach middle-aged runners was sufficient to be able to generalize the results of this study to a population of most middle-aged runners.
3. It was assumed that the participants were motivated to be successful during the study because the subject matter related to something they were passionate about.
4. It was assumed that all participants possessed high school level reading comprehension skills and all participants are fluent in English.

Delimitations

The following delimitations were made concerning this research:

1. The study was limited to two running groups: Tidewater Striders in the Hampton Roads area of Virginia, and the Women for Tri Facebook group (global).
2. The study was limited to understand how formal training impacts middle-aged runners. No consideration was given to young adults or children in this study.

Overview of Chapters

Chapter I of this study established what questions this research would try to answer, by trying to understand how a formal training program impacts middle-aged runners. There is quite a bit of research on this subject as it pertains to injury prevention and motivation, but there has been very little research conducted on the middle-aged population as it pertains to formal training and running motivation.

Chapter II will review literature about various topics that can affect the middle-aged runner to include motivation, injury prevention, formal vs. informal training, and achieving running goals. Chapter III contains the methods and procedures used to collect data about from runners and trainers in the Tidewater Striders multi-sport group and the Women for Tri Facebook group. Chapter IV will discuss the relevant findings of this research process. The study concludes with Chapter V, which summarizes the findings, discusses important conclusions, and makes recommendations for future research.

Chapter II

Review of Literature

When a middle-aged adult is motivated to begin running and wants to further improve, formal training could be a viable option to help attain running goals. This can be determined by looking at what goals the runner wants to attain, and where their current level of fitness is. There are also questions about self-determination and how that relates to attaining personal running goals. There is research that suggests middle-aged adults have more self-determination because of the intrinsic motivation they carry (Deci & Ryan, 2009) which drives them to want to better themselves and attain initial goals without the use of formal training. There are also advantages to choosing formal training in the form of a coach or mentored online program because many coaches have competencies that make their coaching valuable, such as injury prevention, nutrition, sports medicine, goal setting, cross training, and lifestyle management (Jenny, 2007). When a recreational runner is looking to improve their running fitness, these competencies could be of great benefit.

Fitness and Health Motivation

It is a phenomenon that many adults in the middle age range take up recreational running, but there could be many reasons behind this motivation. As humans age, the body goes through many changes that can have an impact on one's health. Middle age is also a time when families go through changes. It is during this time when children are becoming more independent and less reliant on their parents, leaving the parents with more time to focus on themselves.

One possible explanation for the increase in middle-aged runners could be the rise in obesity in the middle-aged population. Over the past four decades, the United States and many other countries have seen a dramatic increase in the mean level of body mass index (Stenholm, *et*

al., 2015). Middle-aged adults also use stress management as a motivation for exercise. In a study conducted on the exercise engagement based on age related factors, middle-aged adults showed the most reason to engage in exercise based on body-related and psychological motives, and scored high in health along with the older adults (Quindry, Yount, O'Bryant, & Rudisill, 2011). This study showed that in middle-aged adults, health begins to become a factor of motivation for exercise in middle age, along with the importance in appearance and body image.

Self-Determination Theory in Middle-Aged Adults

There is evidence that suggests middle-aged adults have more intrinsic motivation than other age groups when it comes to goal attainment (Brunet & Sabiston, 2011). Two types of approaches related to self-determination theory are task orientation and ego orientation. These two approaches can be used to determine the reason people get started participating in physical activity and can explain why some adults decide to seek out formal training in an effort to improve performance and become better at their activity.

Task Orientation

Task orientation focuses on the process of initiating challenging activities, exerting effort within an activity, and persisting in an activity (Deci & Ryan, 2002). This orientation focuses on the goal of mastering an activity. When an individual begins running recreationally, one can consider themselves to be attaining mastery as they see improvement in their running time or in how far they can run. Once a runner attains their initial goal, they feel successful because they have completed or mastered their initial task.

Ego Orientation

Ego orientation focuses more attention on performance, where a comparison process of self-worth is developed wherein one's feelings of competence and worth are based upon

successful completion of tasks when compared to others (Deci & Ryan, 2002). In this orientation, it becomes more of an issue of success or failure rather than mastery. If a middle-aged recreational runner started leaning toward a more ego focused orientation after attaining their initial goal, this orientation may lead that individual to seek out ways to improve their chances of success against others doing that activity. This is where formal training in the way of running coaches or formal mentored running programs may be used.

Formal vs. Informal Training in Middle-Aged Adults

People have many different reasons why they start a physical activity program. In a study completed in Hong Kong where middle-aged swimmers of the Master games were asked about why they participate, most of the participants rated skill improvement, fun, and being active as their main participation motivation (Cheung, Chan, & Levy, 2012). Most of these motivations are the same in recreational runners in that they are looking to become better runners while staying active and having fun.

Formal Training

When runners begin to look at continuing to improve their running, formal training can become a viable option. A running coach can provide valuable insight to an individual who is looking to improve, and design a program that meets the specific needs of the runner by developing a needs assessment, and then tailoring training to meet those needs. This type of coaching does not have to be in person, as there are also many formal training plans online and mobile-based that can be considered formal training if feedback is provided by a coach who can provide motivation and guidance to runners. Mobile based fitness coaching is now becoming popular and can sometimes be considered formal training although this technology is still in the early stages. In an article on mobile fitness coaching, it was concluded that although these

applications are a step in the right direction, many of the tested applications were lacking. For example, the applications that provided “advice” as part of their mobile application was on more of a general level and requires educated interpretation and therefore is not really comparable to expert-like assessment of the individual exercises (Kranz, et al., 2013). As the technology advances, mobile training may become more of a formal training option for those interested in a more guided running program.

Informal Training

There are runners that choose to not use formal training to attain their running goals. For some, the intrinsic motivation inherent to the middle age population may be enough motivation to attain a running goal. There are many informal running plans available online and in publications that provide a guideline for recreational runners to follow, but the motivation to complete the plan is left solely with the runner. These plans are often very generic, and do not account for the vast differences in the age and ability of recreational runners. There can be significant differences in how a runner should train based on their age, weight, fitness level, and health which will not be accounted for in a standard training plan. In the book “Healthy Running Step by Step” by Roy Wallack and Robert Forster, many recreational runners only do some of what is necessary to remain injury free. The authors state that “to keep your running injury-free, stay healthy, and protect against common running injuries that can sideline you for a while or end your running career, and alter your lifestyle, you have to do all the things that you may not like doing, such as stretching, lifting weights, eating better, and correcting your running mechanics” (Wallack & Forester, 2014).

Summary

Research has shown that intrinsic motivation and self-determination can be a large factor in whether or not a runner will choose a formal training plan to attain their goals. When adults begin a physical activity, research has shown it is usually for recreational reasons using more of a task orientation. As task mastery occurs, ego orientation can create a sense of competition that brings about a more ego orientation approach. The research pertaining specifically to middle-aged runners using a formal training plan to complete goals is limited, but there is enough literature to help direct the study and the results may be valuable in other study areas where middle-aged individuals participate.

Chapter III will discuss the methods and procedures used in conducting this research. The chapter will cover in detail the population, instruments used for data collection, and statistical analysis of the research study.

Chapter III

Methods and Procedures

The purpose of this study was to examine how formal training impacts middle-aged recreational runners. To determine this, data will be collected and analyzed from two large running groups.

Population

The population of this study are middle-aged men and women (ages 35-55) who run recreationally, and certified trainers who train middle-aged populations. There are two running groups that will be the focus of this study. The first group will be the *Team Red, White and Blue Running Group* located in the Hampton Roads area, and has a membership of over 3,000 participants. The second group is a Facebook group, *Aaptiv Running Group*, which is a closed group of over 25,000 members worldwide. The reason these groups were chosen is because they consist of a variety of recreational runners of all ages and should be able to provide a good sampling.

Methods of Data Collection

The method of data collection used in this study are surveys distributed to the two running groups via email and Facebook. Two surveys were developed, one for recreational runners and one for certified trainers (see Appendix A). The runners' survey asks participants a variety of questions regarding their running habits, training habits, goal attainment, and if they used formal training to achieve their running goals. The certified trainers' survey asks about how long they have been training professionally, who they were certified by, number of clients, average client age, and average length of time spent with a client, and goal attainment in their middle-aged recreational runners. No personal information was collected that identified the participants. At

the end of the survey, a request for contact information if the participant is willing to have a follow-up interview was included. The data collected from the follow-up interviews provides qualitative information to the data collected in the surveys.

Statistical Analysis

Once all the data was collected, a statistical analysis will be performed. The data will be used to understand if formal training (running coach or paid mentored program) helps middle-aged recreational runners better attain their running goals. The data will be analyzed using various tests in the software Statistical Package for the Social Sciences (SPSS) to determine if formal training has an impact on the goal attainment of middle-aged runners.

Summary

This chapter described the methods and procedures used to gather information on middle-aged recreational runners to determine if formal training is a factor in attaining running goals. These methods and procedures to conduct the study were assessed by the Old Dominion University College of Education Human Subjects Review Committee (see Appendix B for the letter of Determination of Exempt Status). The population was defined as two running groups on Facebook and in the Hampton Roads area, and these groups were surveyed to collect data to analyze in an effort to answer the research questions introduced in Chapter I. Chapter IV presents the findings from the study.

Chapter IV

Findings

The purpose of this study was to determine the motivation behind middle age runners and whether or not formal training has an impact on the goals of middle-aged runners. The data collected was analyzed to determine the motivation of middle-aged runners and if formal training had an impact on the attainment of running goals of middle-aged runners.

Response Rate

Two surveys were distributed to the population via email and Facebook. One survey was distributed to runners, and one to running coaches. There were 236 surveys returned for runners, but only 1 survey returned for coaches so that data was not used. The single response from coaches' survey can be seen in Appendix C. All participants were volunteers and their responses were recorded anonymously. All participants were asked demographic data (age, gender), as well as data about their running habits and motivation to run. The multiple choice and open-ended questions asked in the survey (see Appendix A) helped to determine running patterns, running goals, races ran, formal training use, and motivations. Subjects were asked to answer follow-up questions after their survey was complete to validate the survey responses. The motivation questions were qualitative in nature to help understand what motivates this particular age group to run. The formal training questions were both qualitative and quantitative, and the data was used in aggregate to determine if formal training did have any impact on goal attainment using statistical analysis.

Analysis of Data

The sample of this study consisted of 236 runners from a local Hampton Roads running group and a worldwide triathlon Facebook page. The participants were chosen based whether or

not they fit the criteria of the study. There were 53 respondents that did not meet the age requirement established so that data was not used for further analysis, making the final participant total 183 surveys. Of those participants, 53 were male and 130 were female. Of the 183 respondents, 147 participants chose to answer the follow up interview questions.

Middle Age Runners Motivation

The participant responses regarding motivation to run is shown in Table 1. It can be seen that 40.4% of participants stated that health reasons were their motivation to run. Participants noted in their survey that it becomes harder to lose weight and keep it off in this age group, which was their primary reason to be involved in running. Weight loss or maintenance was also shown to be a significant motivating factor at 29% which can also tie into overall health. In this group, social interaction was not as much of a factor at 7.1% and a small percentage (5.5%) run just for the fun of it.

Table 1. Middle-aged runner motivation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Health	67	36.6	50.4	50.4
	Appearance	3	1.6	2.3	52.6
	Weight loss	9	4.9	6.8	59.4
	Mental health	24	13.1	18.0	77.4
	Social aspect	5	2.7	3.8	81.2
	Races	14	7.7	10.5	91.7
	Other	11	6.0	8.3	100.0
	Total	133	72.7	100.0	
Missing	System	50	27.3		
Total		183	100.0		

Motivation to use Formal Training

Table 2 presents the data on survey participants that used formal training. Of the 183 respondents, 47% have used formal training to attain a running goal. The data collected was put into 6 groups to determine what the motivation was to use formal training.

Table 2. Reasons why study participants paid for formal training

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Improve performance (become more competitive)	28	15.3	32.9	32.9
	Wanted to prevent injury	4	2.2	4.7	37.6
	Wanted a more well-rounded training program	19	10.4	22.4	60.0
	Wanted a more personalized training experience	23	12.6	27.1	87.1
	Other (write in)	11	6.0	12.9	100.0
	Total	85	46.4	100.0	
Missing	System	98	53.6		
Total		183	100.0		

The data shows that a majority (32.9%) of those that paid for formal training were looking to improve running technique. The participants stated that learning running technique was important to avoid injury and help become more efficient runners. Runners looking for a more personalized training plan (27.1%) also looked to formal training.

When looking at whether participants would use formal training to attain future goals, the data shows that many participants would likely not use formal training again (see Table 3). The majority of the participants felt that formal training was too expensive (39.5%) and preferred to train on their own (34.1%). Only 10.1% of participants responded to not see the benefit in hiring a coach.

Table 3. Participant responses to not pursue formal training in the future

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Prefer to train on my own	44	24.0	34.1	34.1
	Too expensive	51	27.9	39.5	73.6
	Don't have the time to dedicate to a running coach	21	11.5	16.3	89.9
	Don't see the benefit in hiring a coach	13	7.1	10.1	100.0
	Total	129	70.5	100.0	
Missing	System	54	29.5		
Total		183	100.0		

One of the survey questions asked participants about the importance of race “swag” (shirts, medals, discounts, etc.). The data showed that a majority of participants felt that swag was at least moderately important to their race participation, which can be considered a motivating factor in this age group. In this group of participants, 31% felt that swag was an important deciding factor when considering races. Over 20% of participants felt it was very important or extremely important when considering participation in races (see Table 4).

Table 4. Participants' responses to the importance of races' "swag" for their motivation to run

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Extremely important	12	6.6	7.6	7.6
	Very important	21	11.5	13.3	20.9
	Moderately important	49	26.8	31.0	51.9
	Slightly important	42	23.0	26.6	78.5
	Not at all important	34	18.6	21.5	100.0
	Total	158	86.3	100.0	
Missing	System	25	13.7		
Total		183	100.0		

Impact of Formal Training on Running Goals

There was a significant correlation in how long people have been running and whether or not they chose to pay for formal training. Table 5 shows this correlation using Pearson correlation. Looking at the data, it showed there were no participants that used formal training if they had less than one year of running experience. The majority of participants that did use formal training had been running consistently for over four years.

Table 5. Pearson correlation for running history vs. paid formal training.

		How long have you been running on a consistent basis?	Have you ever used a running coach or paid for an online training before?
How long have you been running on a consistent basis?	Pearson Correlation	1	-.200**
	Sig. (2-tailed)		.007
	N	183	183
Have you ever used a running coach or paid	Pearson Correlation	-.200**	1
	Sig. (2-tailed)	.007	

for an online training before?	N	183	183
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Interview Questions

As a follow-up to the survey, participants were invited to answer three interview questions where they were asked about their personal motivation to run, whether they thought their age played a role in their running habits, and whether or not formal training was important in the sport.

Question 1 – What motivates you to run?

Table 6 shows the responses received when asked to elaborate on what their personal motivation to run was.

Table 6. Middle-aged runner motivation open-ended interview question

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Health	67	36.6	50.4	50.4
	Appearance	3	1.6	2.3	52.6
	Weight loss	9	4.9	6.8	59.4
	Mental health	24	13.1	18.0	77.4
	Social aspect	5	2.7	3.8	81.2
	Races	14	7.7	10.5	91.7
	Other	11	6.0	8.3	100.0
	Total	133	72.7	100.0	
Missing	System	50	27.3		
Total		183	100.0		

Of the 147 participants that answered the follow-up interview questions, 50.4% participants said health was their primary motivation. Participants wrote about concerns about their health as they age and wanting to stay healthy for their families. Participants discussed medical issues where running has helped alleviate the symptoms, or has helped with weight loss resulting in overall better health. Stress relief was also mentioned by 18% of participants because it helps lower stress levels after a busy day, keeping them motivated to continue in the sport. As in the survey questions, social aspects of the sport were not a primary motivational factor at only 3.8%.

Question 2 - Do you think your age plays any role in why you run today? Why or why not?

The second question asked participants if they felt age played a role in their running habits and why. Of the 147 participants, 31% did not respond, 32.8% of respondents felt their age did play a factor in their running, and 36.1% felt their age did not play a role in their running habits. Participants who believed age did play a factor cited they run in middle age to maintain good health and to prove to themselves they are still able to stay active as they age. Those who felt age did not play a role stated that running is a lifetime sport and can be done by anyone at any time so age is not a factor. Of the 147 participants, 3.3% did say they wish they had started running earlier in life because of how much they enjoy it now.

Question 3 - Do you think formal training is important in running? Why or why not?

Participants were asked if formal training was important, and why they felt that way. Of the 133 participants that answered, 58.6% felt it was important, 21.8% felt it was not important, and 19.5% of participants said it depended on running goals. Those who said formal training was not important wrote they felt everything learned through formal training can be found online

now so formal training was not necessary. Table 7 shows the participant responses as to why formal training was important.

Table 7. Participant responses why formal training is important

Is formal training important?			Frequency	Percent	Valid Percent	Cumulative Percent
Yes	Missing	System	50	100.0		
	Valid	Structure and Consistency	13	16.7	18.8	18.8
		Injury Prevention	29	37.2	42.0	60.9
		Improve Performance	20	25.6	29.0	89.9
		Goal Attainment	7	9.0	10.1	100.0
		Total	69	88.5	100.0	
No	Missing	System	9	11.5		
	Total		78	100.0		
	Missing	System	29	100.0		
	Valid	Injury Prevention	2	7.7	13.3	13.3
		Improve Performance	1	3.8	6.7	20.0
		Goal Attainment	12	46.2	80.0	100.0
Depends on goals		Total	15	57.7	100.0	
	Missing	System	11	42.3		
	Total		26	100.0		

Of the participants that said formal training was important, 37.2% said it was due to injury prevention, 25.7% said formal training was important to improving running performance, and 16.7% of participants said formal training provides structure and consistency. In the participant statements, a majority stated that their use of formal training kept them injury free while training for races, or helped them return to running after an injury. Those that chose structure and consistency stated they used formal training to keep themselves on track with training using a structured and monitored training plan.

Summary

The purpose of this research was to understand what motivates the middle-aged population to run, and understand the impact of formal training on middle age runners. This study showed that many middle-aged runners participate in running because of the many health benefits linked to the sport, rather than competing in the races themselves or for the social aspects of the sport. From a formal training perspective, the study showed that training is not significant to this particular age group, rather it is used as a tool to help with learning better technique and injury prevention after running for more than four years. The study also showed that although middle age adults who run consistently over a period of year will use formal training at one point, the likelihood of using formal training to complete future running goals is less likely.

CHAPTER V

Conclusions and Recommendations

The purpose of this research was to understand what motivates the middle-aged population to run, and understand the impact of formal training on middle age runners. The findings presented in Chapter IV, showed that middle-aged runners participate in running because of the many health benefits linked to the sport (50.4%). Other runners cited mental health as their motivation to run (18%). Of those runners, only 10% use the races themselves as their motivation to run. When looking at formal training, it was concluded that formal training has little impact on the middle age runner unless there is a history of running (over four years). The following sections present a discussion on the findings for the study as well as recommendations for future research.

Discussion

For this age group, there were significantly more runners that have been running more than four years, and that group is more likely to use formal training. In this participant group, no one who had less than a year of running experience chose to use formal training. There were 13.1% of the population group that had been running for 1-3 years that chose formal training to better their running technique or to find accountability for their training. The data shows that the middle age group primarily looks at formal training as a tool to better prepare themselves for more competitive running versus more of a recreational hobby. Middle-aged runners are involved in the sport to maintain or increase their health, and to find new social outlets rather than become more competitive or learn better running technique. Looking at the importance of swag in races, it can be determined that many middle-aged runners are intrigued by what races are offering rather than competing to win. From the analysis of race data, 80% of the

participants have completed races at the 5K distance, 71% have completed races at the 10K distance, 68.8% have completed races at the half marathon distance, and 44.3% have completed races at the full marathon distance.

This study was going to look at the perspective of running coaches to determine if there was further validity to the data collected from the participants. Only one running coach participated in the survey although the social media sites surveyed were a blend of both runners and coaches. It is possible that coaches did not see the survey, or they did not have time to complete it.

Recommendations

The study of the motivation of middle-aged adults is very broad, and can span across many other areas of study. Some other areas for research consideration could include understanding why race swag plays a role in the motivation of recreational runners, and why some middle-aged runners become more competitive athletes later in life. These two areas of research can help race organizers in their marketing efforts to increase participation in this age group. As the number of race participants continues to increase, research in marketing strategies can help draw larger participant numbers from this particular age group. As we continue to see more middle-aged adults participating in running events, these areas of study may help us further understand what motivates this age group to continue to reach for future running goals.

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Appendix A**Survey Questions for Runners and Trainers**

Runner Motivation and Formal Training Survey

Q1 What is your gender?

- ☐ Male (1)
- ☐ Female (2)

Q2 What is your age?

- ☐ 25 or younger (1)
- ☐ 25-35 (2)
- ☐ 35-45 (3)
- ☐ 45-55 (4)
- ☐ over 55 (5)

Q3 How long have you been running on a consistent basis?

- ☐ I am a new runner (up to 6 months) (1)
- ☐ I have been running more than 6 months but less than a year (2)
- ☐ I have been running for 1-3 years (3)
- ☐ I have been running 4+ years (4)

Q4 What was your age when you started running consistently?

- ☐ 25 or younger (1)
- ☐ 25-35 years old (2)
- ☐ 35-45 years old (3)
- ☐ 45-55 years old (4)
- ☐ over 55 years old (5)

Q5 Have you participated in running events since you started running consistently? (This includes races, run/walks, charity events, etc.)

- ☐ Yes (1)
- ☐ No (2)

Condition: No Is Selected. Skip To: Are you signed up to run a running ra....

Q6 What distance races have you run since you started running? (Check all that apply)

- ☐ 5K (1)
- ☐ 10K (2)
- ☐ Half Marathon (3)
- ☐ Full Marathon (4)
- ☐ Other (write in) (5) _____

Q7 How important is the "swag" (medals, shirts, and discounts) offered at races to you?

- ☐ Extremely important (1)
- ☐ Very important (2)
- ☐ Moderately important (3)
- ☐ Slightly important (4)
- ☐ Not at all important (5)

Q8 How did you train for your first running race?

- ☐ Free online training plan (1)
- ☐ No plan, just ran it (2)
- ☐ Paid online training plan (3)
- ☐ Hired a running coach (4)
- ☐ Other (write in) (5) _____

Q9 How many weeks did you train for your first running race?

- ☐ 1-4 weeks (1)
- ☐ 4-8 weeks (2)
- ☐ 8-12 weeks (3)
- ☐ more than 12 weeks (4)

Q10 Are you signed up to run a running race within the next year?

- ☐ Yes (1)
- ☐ No (2)

Q11 What training plan will you use for this upcoming race?

- ☐ Free online training plan (1)
- ☐ no plan, will just practice on my own (2)
- ☐ Paid training plan (3)
- ☐ Hire a running coach (4)
- ☐ Other (write in) (5) _____

Q12 Have you ever used a running coach or paid for an online training before?

- ☐ Yes (1)
- ☐ No (2)

Condition: No Is Selected. Skip To: Did using a running coach or paid onl...

Q13 Which option did you pay for?

- ☐ Running Coach (1)
- ☐ Formal paid online plan (2)

Q14 Which most likely made you decide to pay for formal training (coach or paid online training)?

- ☐ Improve performance (become more competitive) (1)
- ☐ Wanted to prevent injury (2)
- ☐ Wanted a more well rounded training program (3)
- ☐ Wanted a more personalized training experience (4)
- ☐ Other (write in) (5) _____

Q15 If you hired a running coach, what made you decide on that type of formal training?

Q16 Did using a running coach or paid online training help you attain your running goals?

- ☐ Yes (1)
- ☐ Maybe (2)
- ☐ No (4)

Q17 How likely would it be for you to use a running coach or paid online training to help with your future goals?

- ☐ Extremely likely (1)
- ☐ Moderately likely (2)
- ☐ Slightly likely (3)
- ☐ Neither likely nor unlikely (4)
- ☐ Slightly unlikely (5)
- ☐ Moderately unlikely (6)
- ☐ Extremely unlikely (7)

Q18 If you are unlikely to use a running coach in the future, which reason best fits why you do not plan to use a running coach?

- ☐ Prefer to train on my own (1)
- ☐ Too expensive (2)
- ☐ Don't have the time to dedicate to a running coach (3)
- ☐ Don't see the benefit in hiring a coach (4)

Q19 What motivates you to run on a consistent basis?

- ☐ Maintain Health (1)
- ☐ Weight loss or maintenance (2)
- ☐ Social interaction with other runners (3)
- ☐ Just for fun (4)
- ☐ Other (write in) (5) _____

Q20 Would you be willing to answer a few follow up questions at the end of this survey?

(Questions will be open ended and will take about 5 minutes)

☐ Yes (1)

☐ No (2)

Condition: No Is Selected. Skip To: End of Survey.

Q21 What motivates you to run?

Q22 Do you think your age plays any role in why you run today? Why or why not?

Q23 Do you think formal training is important in running? Why or why not?

Runner Motivation and Formal Training Survey for Trainers

Q1 Are you a certified trainer?

☐ Yes (1)

☐ No (2)

Q2 Who is your certifying authority?

Q3 What is the general age group of the runners you coach?

☐ 25 and younger (1)

☐ 25-35 years (2)

☐ 35-45 years (3)

☐ 45-55 years (4)

☐ 55 years and older (5)

Q4 In your experience, which age group attains their goals faster?

- ☐ 25 and younger (1)
- ☐ 25-35 years (2)
- ☐ 35-55 years (3)
- ☐ 55 and older (4)
- ☐ There is no group that attains goals faster (5)

Q5 When talking to potential clients, what are some of the concerns you hear when it comes to hiring a coach? (check all that apply)

- ☐ Cost (1)
- ☐ Having enough time to commit (2)
- ☐ Concerns about fitness level (3)
- ☐ Trying to understand the benefits of having a coach (4)

Q6 In your experience, what motivates middle-aged runners (ages 35-55) to hire a coach?

Q7 When you are hired by a runner, do they use your services to attain a specific running goal?

- ☐ Yes (1)
- ☐ No (2)

Q8 Once a runner attains their first running goal, how often do clients continue using your services for their next running goals?

- ☐ Often (1)
- ☐ Sometimes (2)
- ☐ Not often (3)
- ☐ never (4)

Q14 There has been an increase in the number of middle-aged runners running races in the last few decades. Have you seen an increase in the number of middle-aged runners using your services?

- ☐ Yes (1)
- ☐ No (2)

Q9 In your experience, is there one client age group that is more self-motivated than the others?

- ☐ Yes (1)
- ☐ No (2)

Q10 Which age group is the most self-motivated?

Q12 Would you be willing to answer a few open ended follow-up questions at the end of this survey?

- ☐ Yes (1)
- ☐ No (2)

Q13 Do you think joining running groups (local running groups, Facebook groups, etc) help your clients stay motivated to run? Why or why not?

Appendix B

IRB Approval



OFFICE OF THE VICE PRESIDENT FOR RESEARCH



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DATE: July 19, 2017

TO: Karina Arcaute, Ph.D.

FROM: Old Dominion University Education Human Subjects Review Committee

PROJECT TITLE: [1090218-1] THE IMPACTS OF FORMAL TRAINING ON THE MOTIVATION OF MIDDLE-AGED RUNNERS

REFERENCE #:

SUBMISSION TYPE: New Project

ACTION: DETERMINATION OF

EXEMPT STATUS DECISION DATE: July 19, 2017

REVIEW CATEGORY: Exemption category # 6.2

Thank you for your submission of New Project materials for this project. The Old Dominion University Education Human Subjects Review Committee has determined this project is EXEMPT FROM IRB REVIEW according to federal regulations.

We will retain a copy of this correspondence within our records.

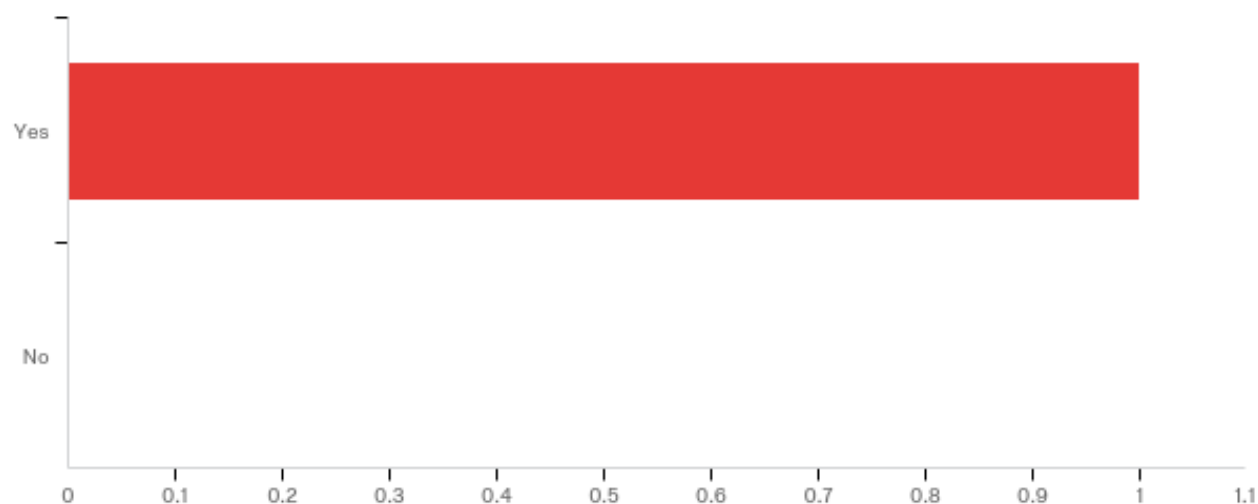
If you have any questions, please contact Jill Stefaniak at (757) 683-6696 or jstefani@odu.edu. Please include your project title and reference number in all correspondence with this committee.

This letter has been electronically signed in accordance with all applicable regulations, and a copy is retained within Old Dominion University Education Human Subjects Review Committee's records.

Appendix C

Trainer Data Collection

Q1 - Are you a certified trainer?



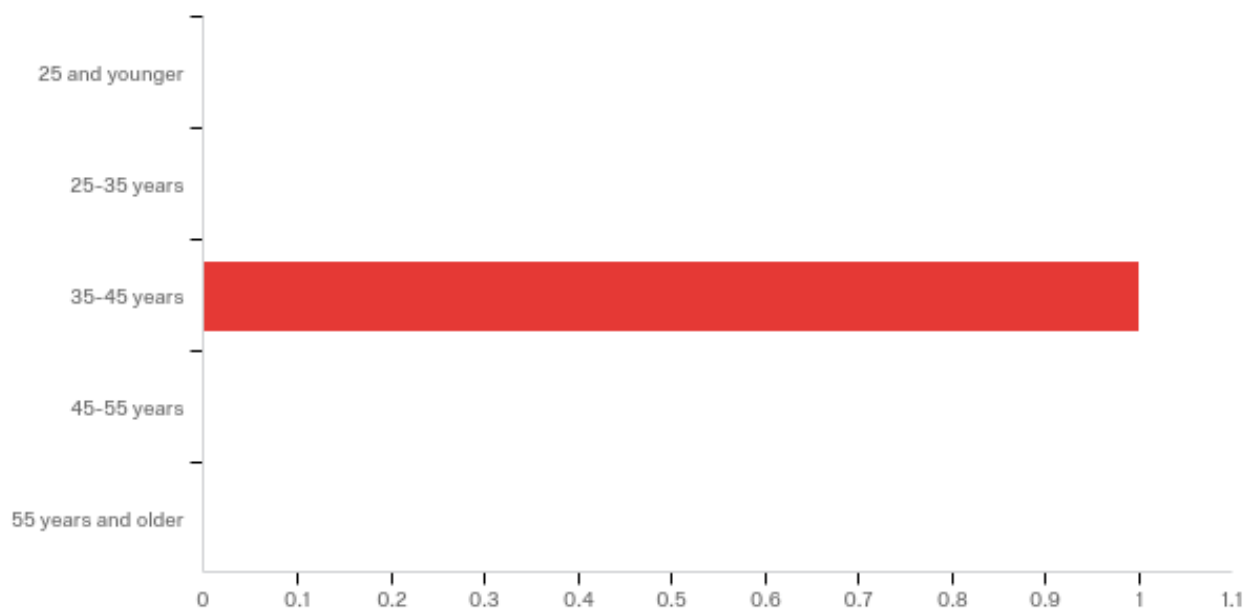
#	Answer	%	Count
1	Yes	100.00%	1
2	No	0.00%	0
	Total	100%	1

Q2 - Who is your certifying authority?

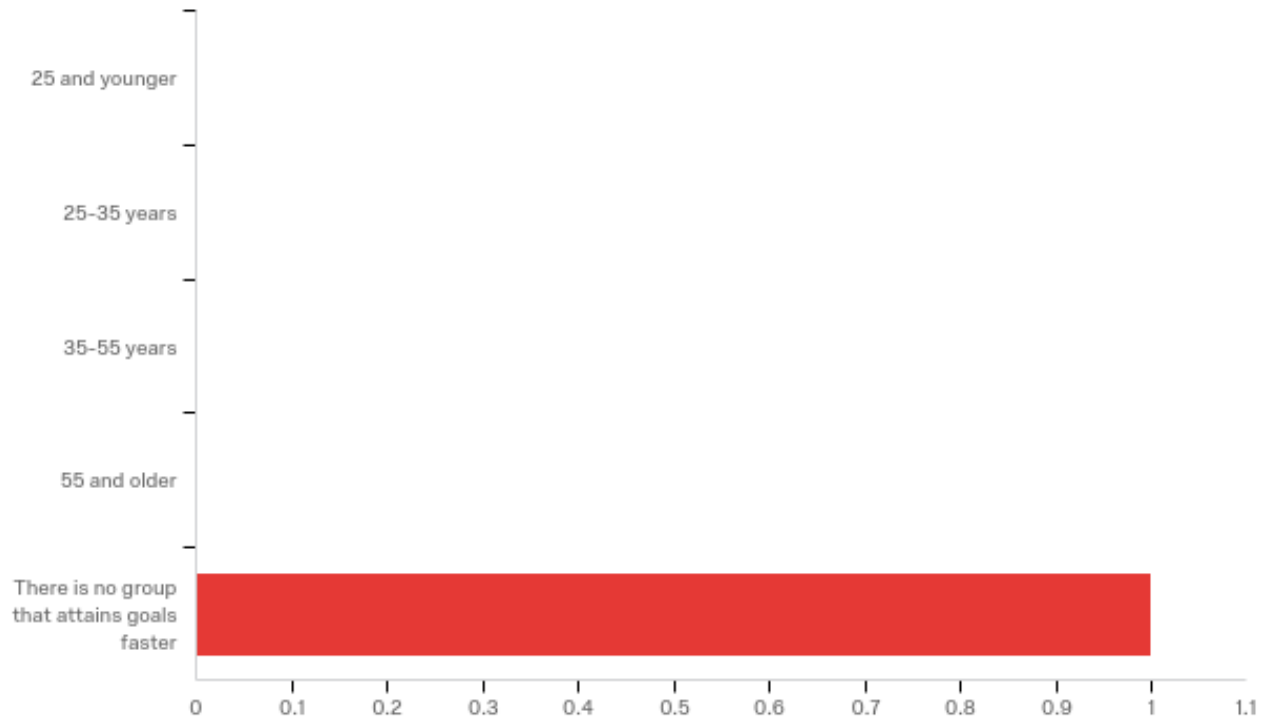
Who is your certifying authority?

USATF, IRONMAN, USA CYCLING, USMS

Q3 - What is the general age group of the runners you coach?

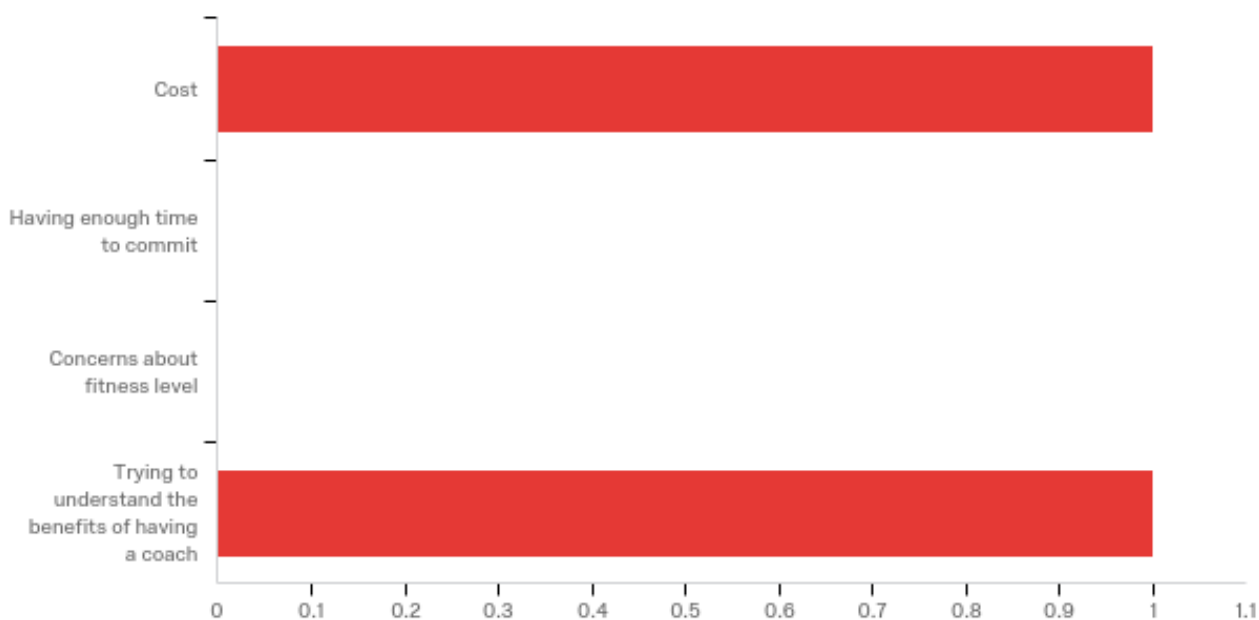


#	Answer	%	Count
1	25 and younger	0.00%	0
2	25-35 years	0.00%	0
3	35-45 years	100.00%	1
4	45-55 years	0.00%	0
5	55 years and older	0.00%	0
	Total	100%	1

Q4 - In your experience, which age group attains their goals faster?

#	Answer	%	Count
1	25 and younger	0.00%	0
2	25-35 years	0.00%	0
3	35-55 years	0.00%	0
4	55 and older	0.00%	0
5	There is no group that attains goals faster	100.00%	1
	Total	100%	1

Q5 - When talking to potential clients, what are some of the concerns you hear when it comes to hiring a coach? (check all that apply)



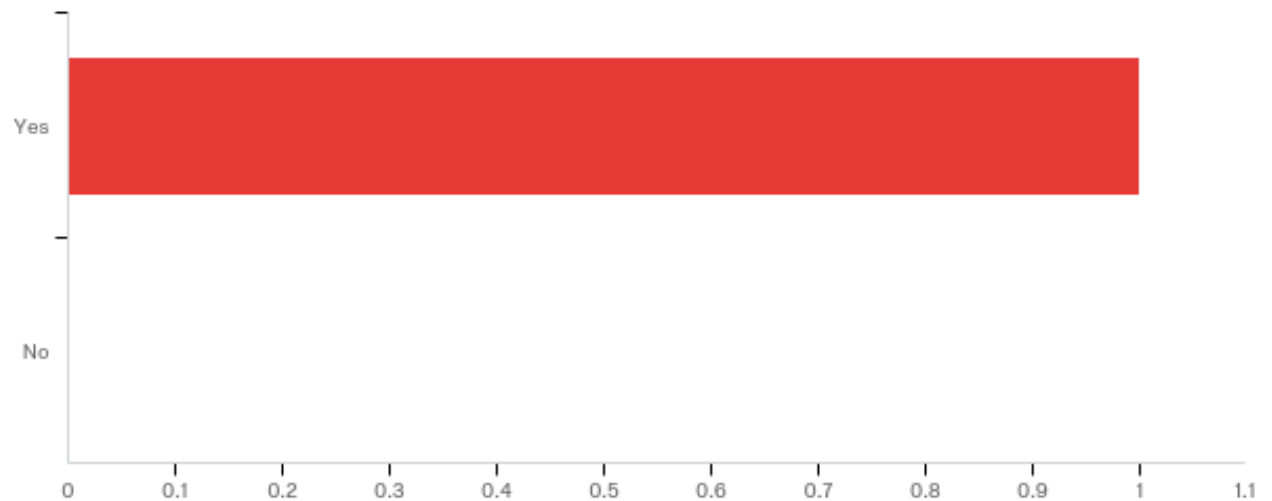
#	Answer	%	Count
1	Cost	50.00%	1
2	Having enough time to commit	0.00%	0
3	Concerns about fitness level	0.00%	0
4	Trying to understand the benefits of having a coach	50.00%	1
	Total	100%	2

Q6 - In your experience, what motivates middle-aged runners (ages 35-55) to hire a coach?

In your experience, what motivates middle-aged runners (ages 35-55) to hire...

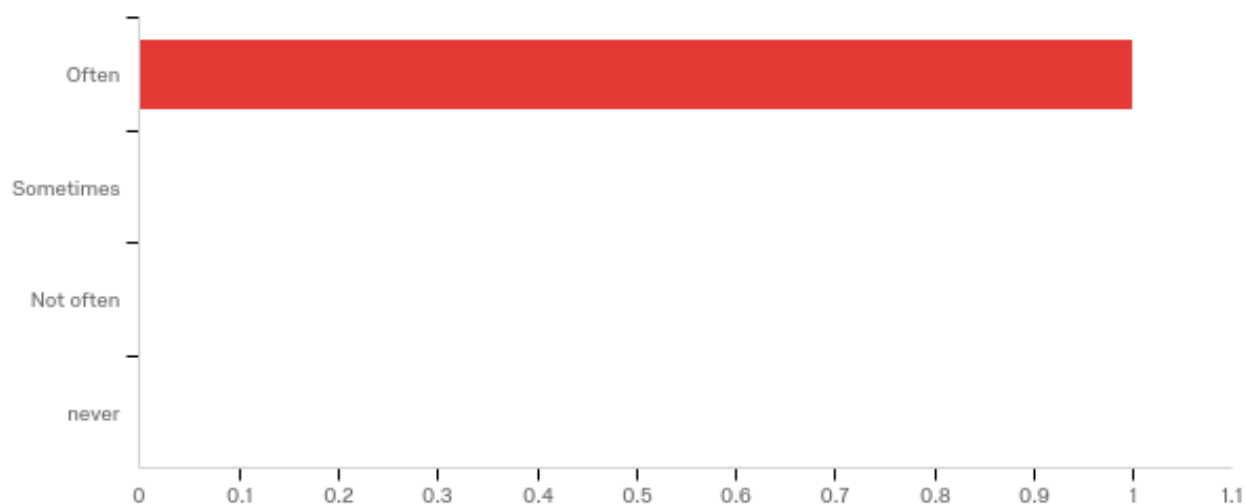
Goals, a lack of knowledge how to train and fitting everything into life.

Q7 - When you are hired by a runner, do they use your services to attain a specific running goal?



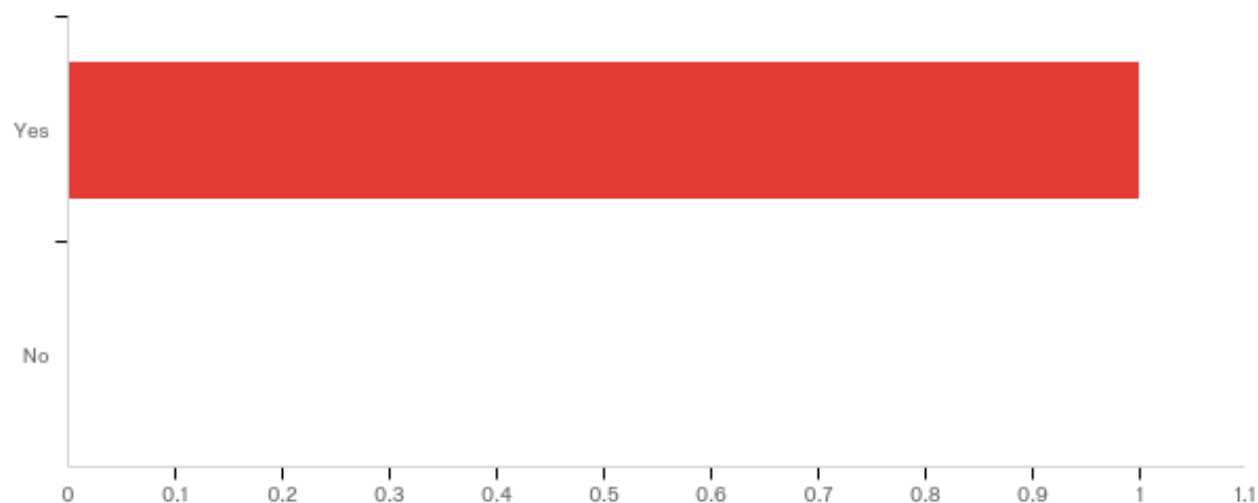
#	Answer	%	Count
1	Yes	100.00%	1
2	No	0.00%	0
	Total	100%	1

Q8 - Once a runner attains their first running goal, how often to clients continue using your services for their next running goals?



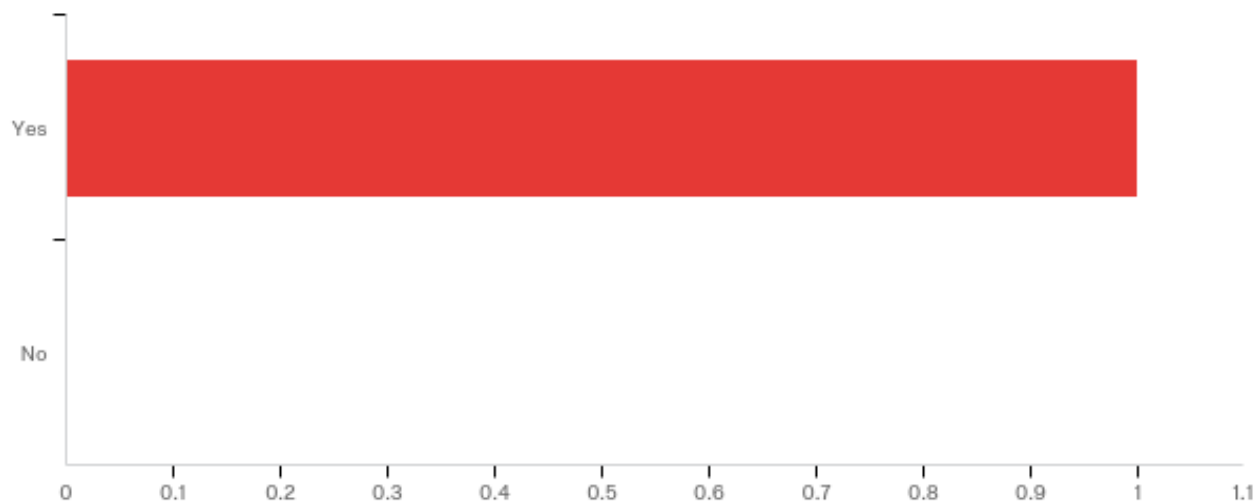
#	Answer	%	Count
1	Often	100.00%	1
2	Sometimes	0.00%	0
3	Not often	0.00%	0
4	never	0.00%	0
	Total	100%	1

Q14 - There has an increase in the number of middle-aged runners running races in the last few decades. Have you seen an increase in the number of middle-aged runners using your services?



#	Answer	%	Count
1	Yes	100.00%	1
2	No	0.00%	0
	Total	100%	1

Q9 - In your experience, is there one client age group that is more self-motivated than the others?

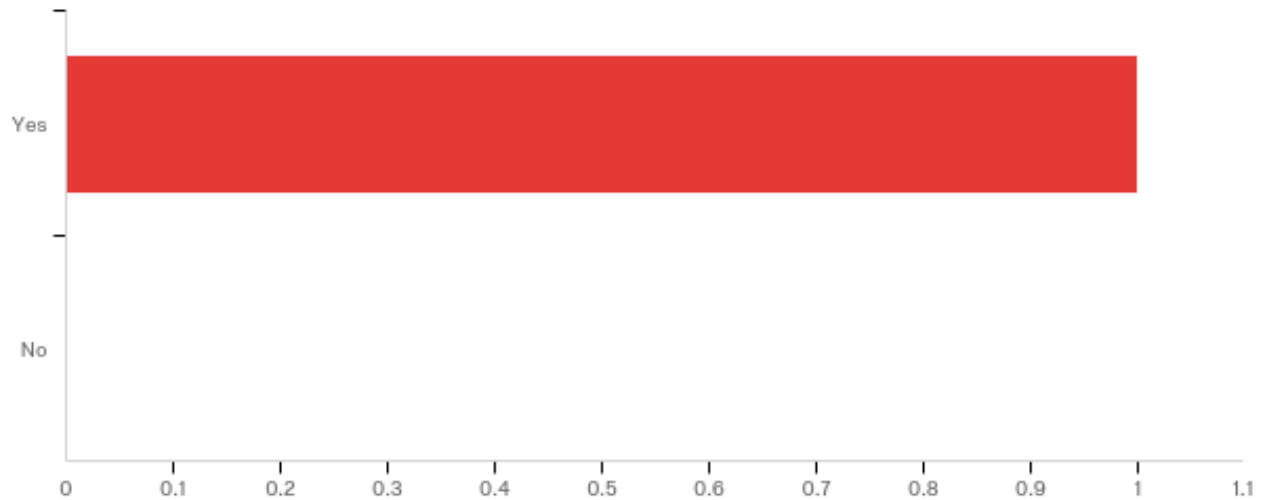


#	Answer	%	Count
1	Yes	100.00%	1
2	No	0.00%	0
	Total	100%	1

Q10 - Which age group is the most self-motivated?

Which age group is the most self-motivated?

Younger

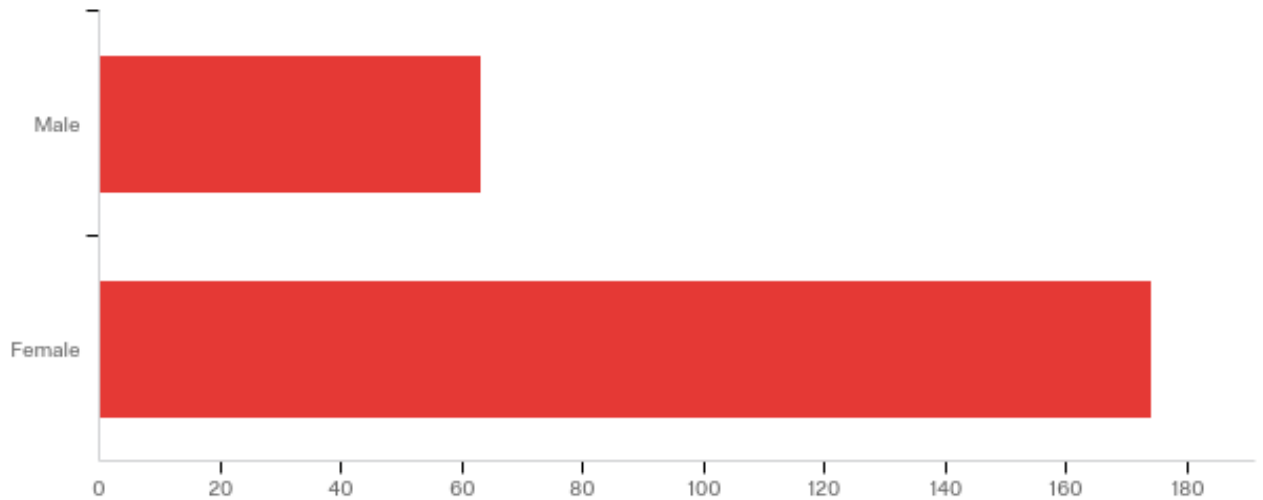
Q12 - Would you be willing to answer a few open ended follow-up questions at the end of this survey?

#	Answer	%	Count
1	Yes	100.00%	1
2	No	0.00%	0
	Total	100%	1

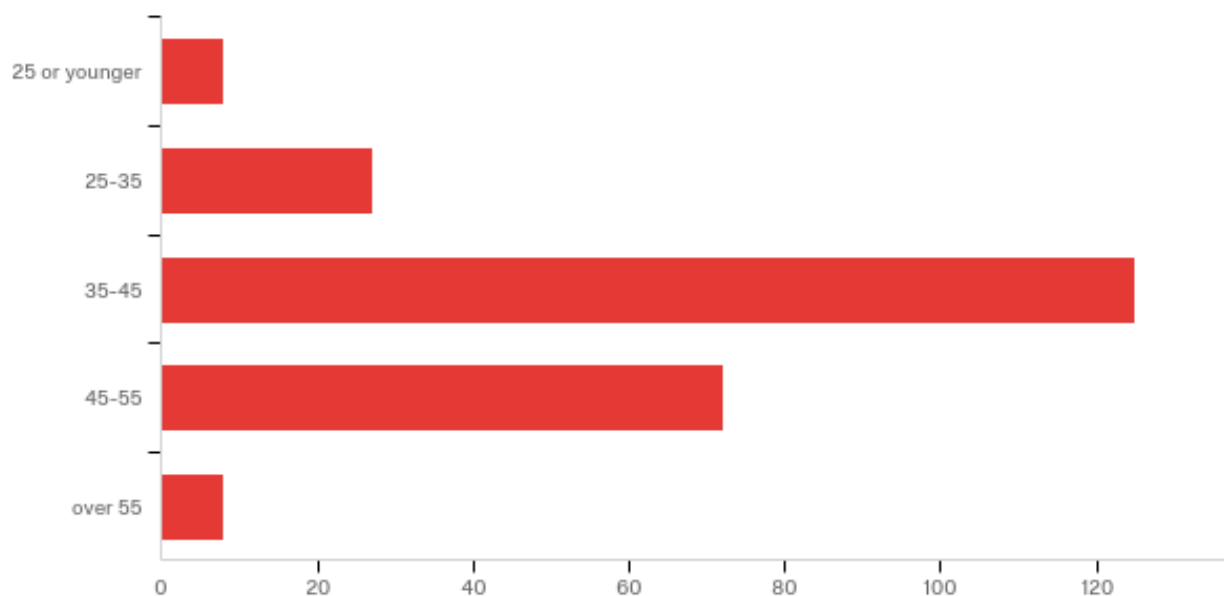
Q13 - Do you think joining running groups (local running groups, Facebook groups, etc) help your clients stay motivated to run? Why or why not?

Do you think joining running groups (local running groups, Facebook groups,...

Yes accountability is key

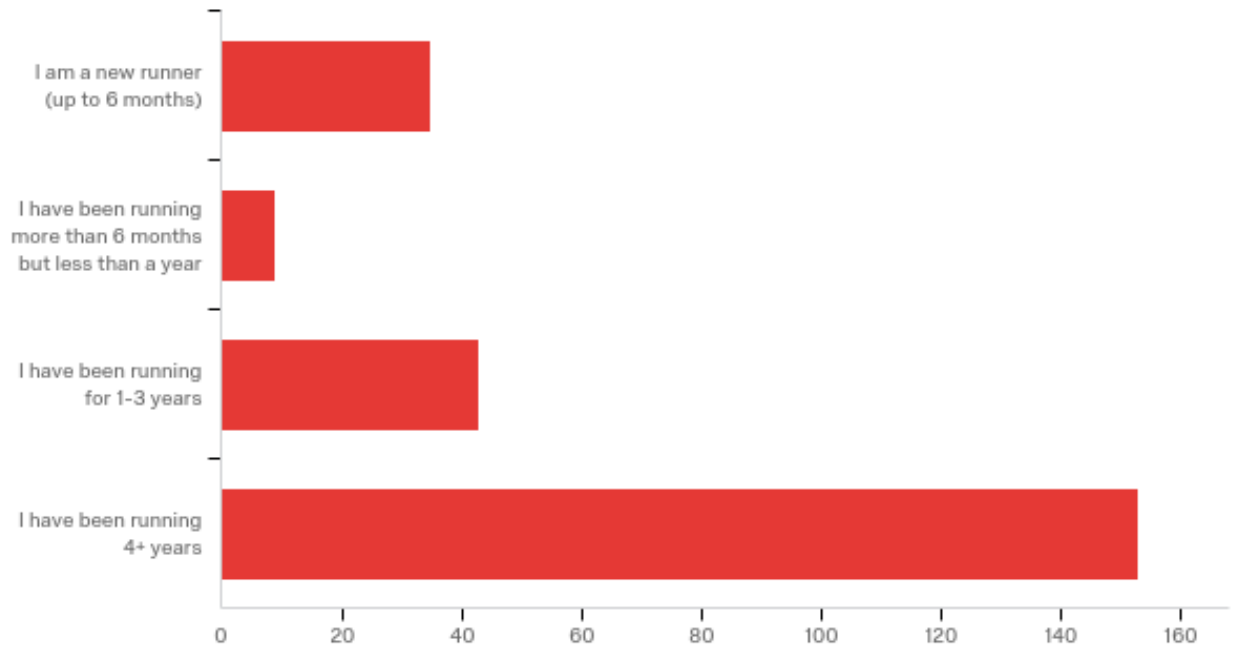
Appendix D**Runner Data Collection****Q1 - What is your gender?**

#	Answer	%	Count
1	Male	26.58%	63
2	Female	73.42%	174
	Total	100%	237

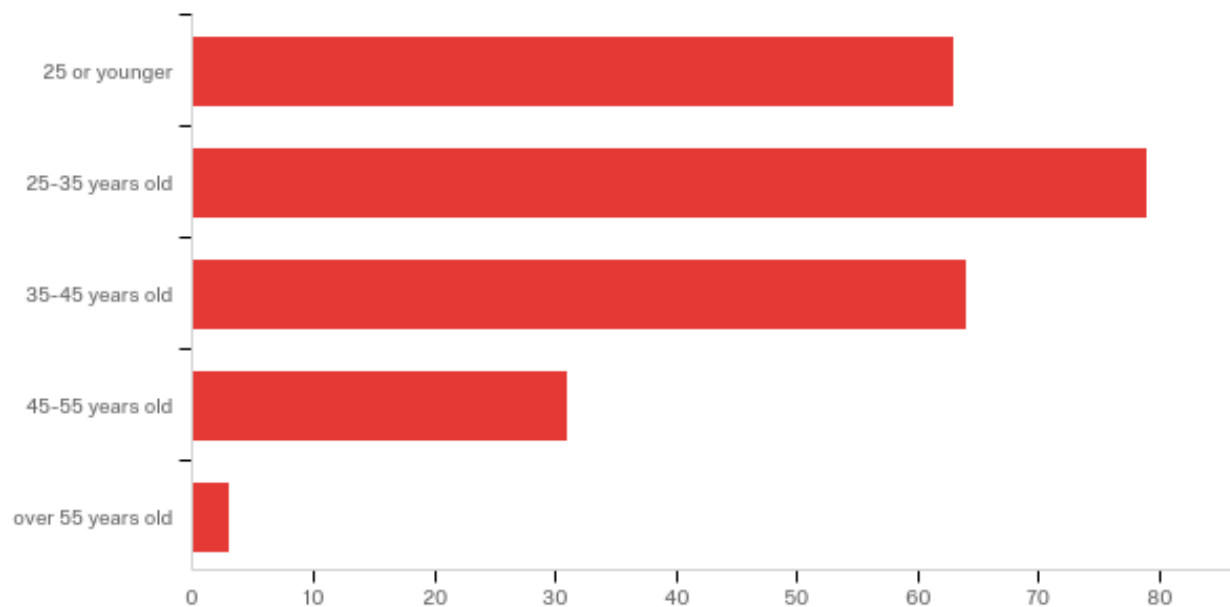
Q2 - What is your age?

#	Answer	%	Count
1	25 or younger	3.33%	8
2	25-35	11.25%	27
3	35-45	52.08%	125
4	45-55	30.00%	72
5	over 55	3.33%	8
	Total	100%	240

Q3 - How long have you been running on a consistent basis?

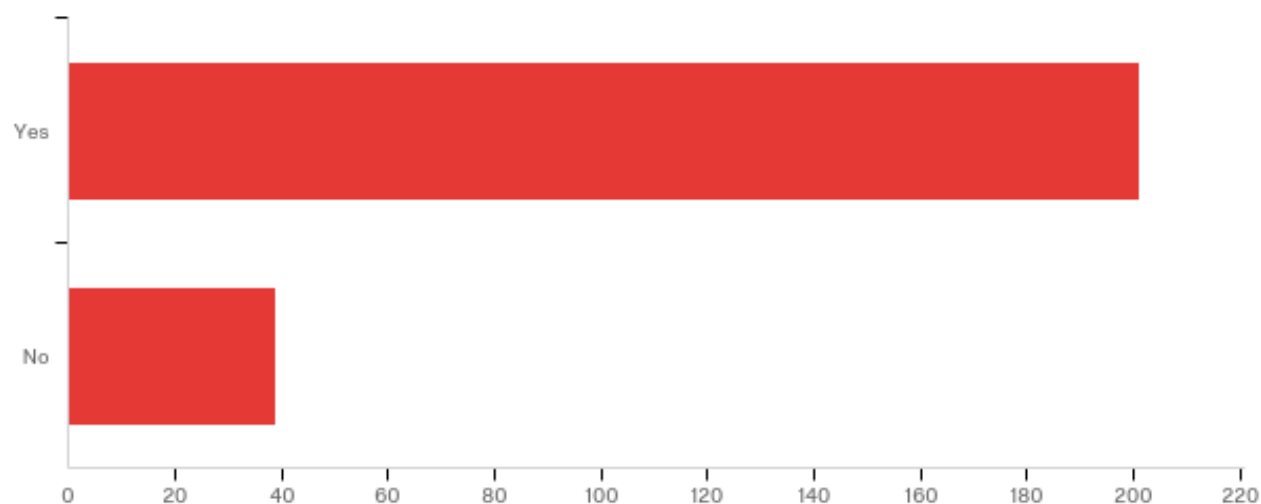


#	Answer	%	Count
1	I am a new runner (up to 6 months)	14.58%	35
2	I have been running more than 6 months but less than a year	3.75%	9
3	I have been running for 1-3 years	17.92%	43
4	I have been running 4+ years	63.75%	153
	Total	100%	240

Q4 - What was your age when you started running consistently?

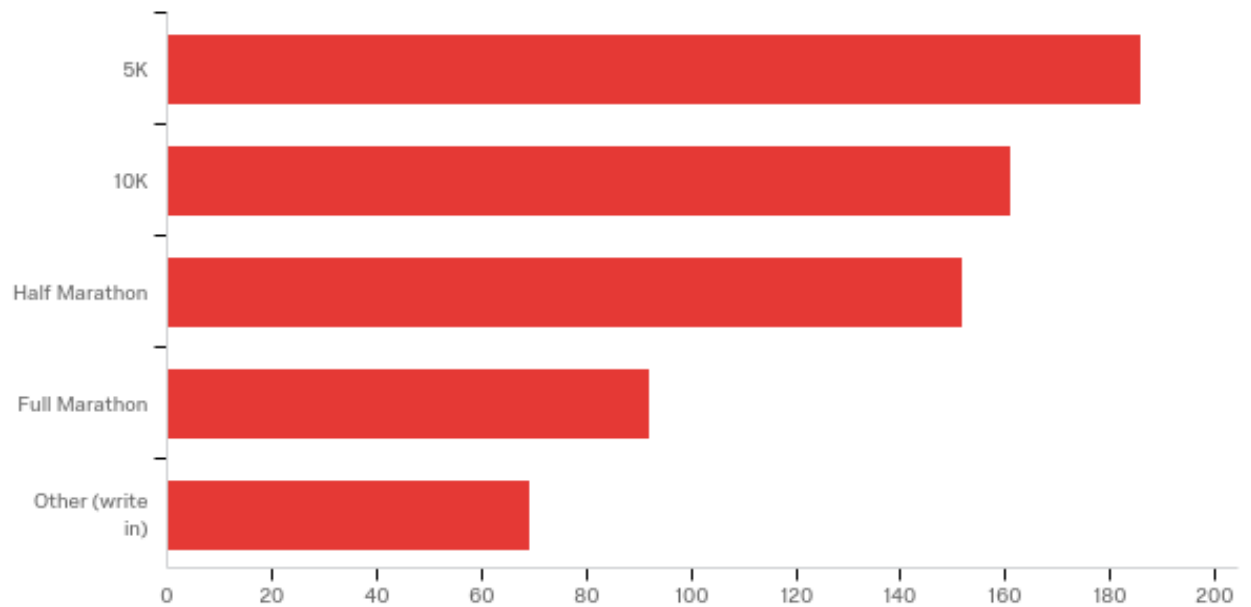
#	Answer	%	Count
1	25 or younger	26.25%	63
2	25-35 years old	32.92%	79
3	35-45 years old	26.67%	64
4	45-55 years old	12.92%	31
5	over 55 years old	1.25%	3
	Total	100%	240

Q5 - Have you participated in running events since you started running consistently? (This includes races, run/walks, charity events, etc.)



#	Answer	%	Count
1	Yes	83.75%	201
2	No	16.25%	39
	Total	100%	240

Q6 - What distance races have you run since you started running? (check all that apply)



#	Answer	%	Count
1	5K	28.18%	186
2	10K	24.39%	161
3	Half Marathon	23.03%	152
4	Full Marathon	13.94%	92
5	Other (write in)	10.45%	69
	Total	100%	660

Other (write in)

Other (write in)

Ultramarathons

"Mud" Runs

8k

8k

Ultra marathons

50k, 50m

9.11 miles

8k

Olympic distance Triathlon

Ultramarathon (50k)

Spartan Trifecta

50k

Mud runs

7K, 8mile

37.5 miles ran/walk in a 24 hour ultra

8k, 16k, & 25k Trail run

10 mile

Ultramarathon (50.2mi JFK)

10mile, 25 mile

Triathlons

Obstacle mud run Spartan and Savage Race

50k

6k, 7k, 8k, 10mile

ultra

10 miler

Pixie Dust challenge -10k sat and half on Sunday

Ultra Marathon

Ultra distance relays

Ultramarathons and triathlons

Sprint, Olympic and Half Ironman triathlons

50k, 50 mile, 100k, 100 mile

50 miles, 100 miles

Sprint triathlon

ULTRA

Ragnar Relay

Ultra marathon, 8k, 10k 14k etc

8k

8k

triathlon

Triathlons

15k

Ultra

4 mile, 8 mile, 15k, 10 mile

50K

8k

8K

50k

Triathlon

50K

14k, marathon relay, 2 mile, & 5 mile

8k, 8 miler

Obstacle course/Mud Runs, All day "Relay" runs

8K

Ultras

Ragnar Relay

Ultra's, obstacle course races

DNF full marathon; made it to 18

Everything from a mile up through 100 miles

70.3, 8k

50k

Ultra distances 50 miles. 100 miles

50K

50k, Ultra relay

Half Iron Man/Spartan

Up to 50 miles

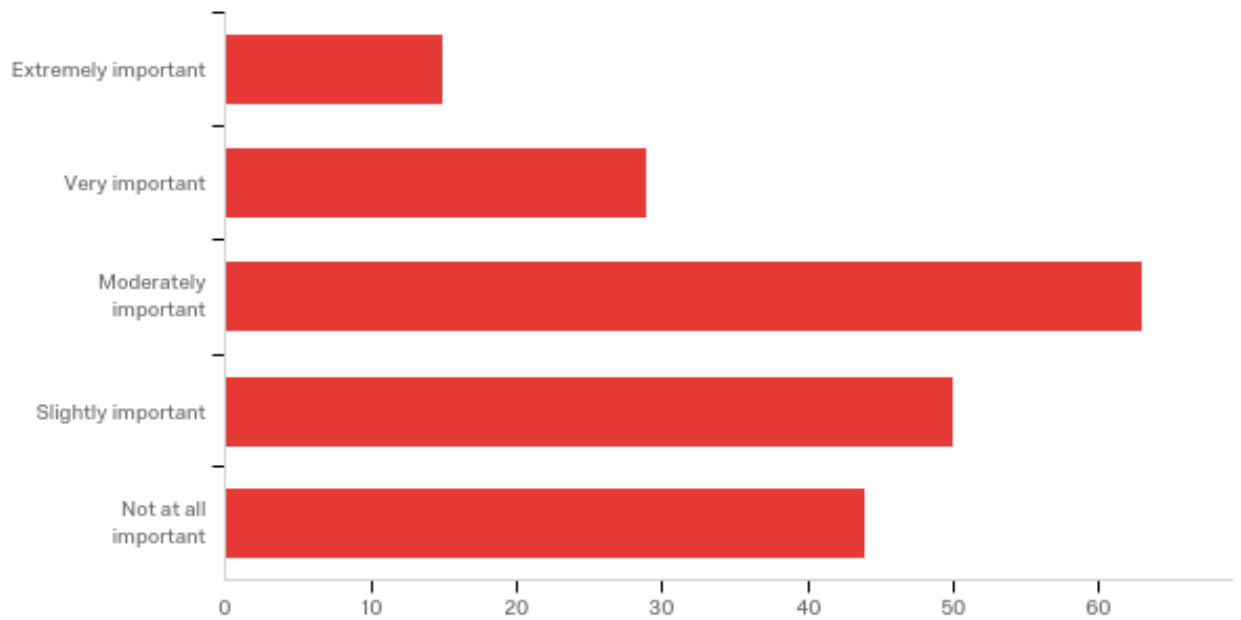
100 miles, 100k, 50k

5 miles

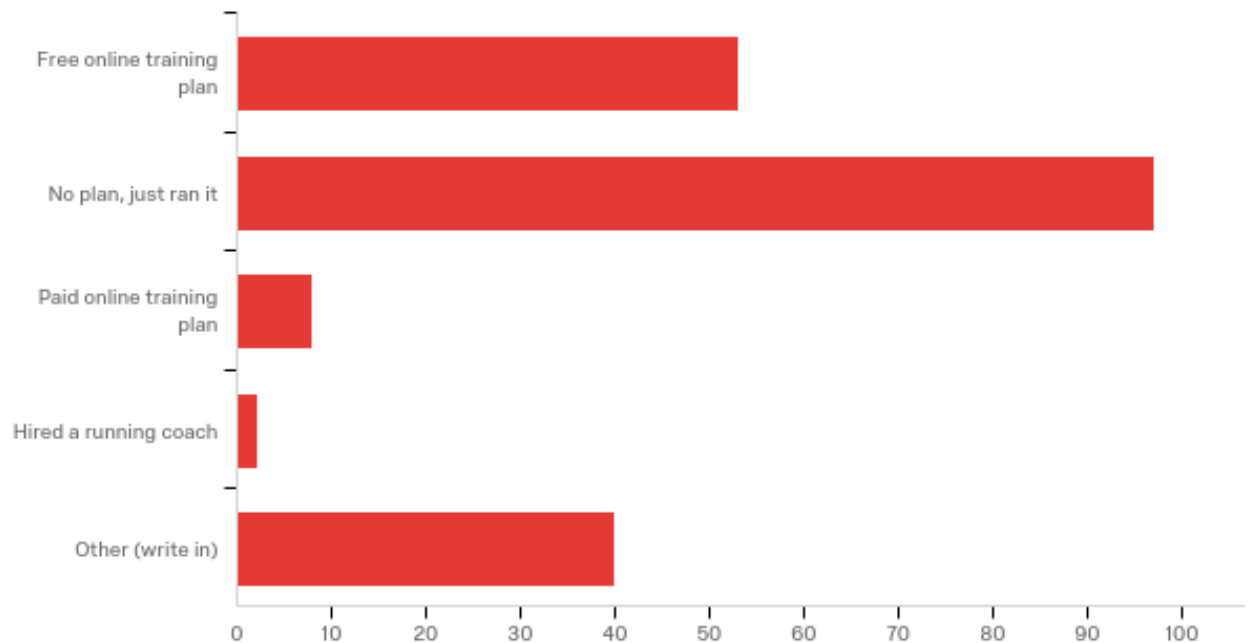
15K

15k

Q7 - How important is the "swag" (medals, shirts, discounts) offered at races to you?



#	Answer	%	Count
1	Extremely important	7.46%	15
2	Very important	14.43%	29
3	Moderately important	31.34%	63
4	Slightly important	24.88%	50
5	Not at all important	21.89%	44
	Total	100%	201

Q8 - How did you train for your first running race?

#	Answer	%	Count
1	Free online training plan	26.50%	53
2	No plan, just ran it	48.50%	97
3	Paid online training plan	4.00%	8
4	Hired a running coach	1.00%	2
5	Other (write in)	20.00%	40
	Total	100%	200

Other (write in)

Other (write in)

Met with a training group on Sat mornings also online training plan

Training group paid

Couch to 5k

C25K app

Local running group

My cousin gave me a plan

High School coach

Jeff Galloway running group

In junior high, was coached. As an adult, just did enough to get by until injuries set in. So I just did whatever my group meet up runs for various distances for a race.

Fundraiser Program

School cross country/track teams

With my dad when I was 9

Weekly running with good runners.

Run with friends

YMCA 10k Training

Group training with a charity

I made my own plan

Fleet Feet No Boundaries program

Running club

Couch to 5k training plan

ran on a team in school—with a coach, but i didn't hire him

I was in high school, cross country coach

A couple of friends trained me

running group in town

C25K

Local track club

followed plan from a book

Aaptiv

Joined a running club

Did some reading and research and made up my own plan that fitted my lifestyle

Running group

A personal trainer wrote a training plan for me.

I was 8, don't remember

On my own. Increased mileage slowly to meet race goal

my own training plan

High school team with coach

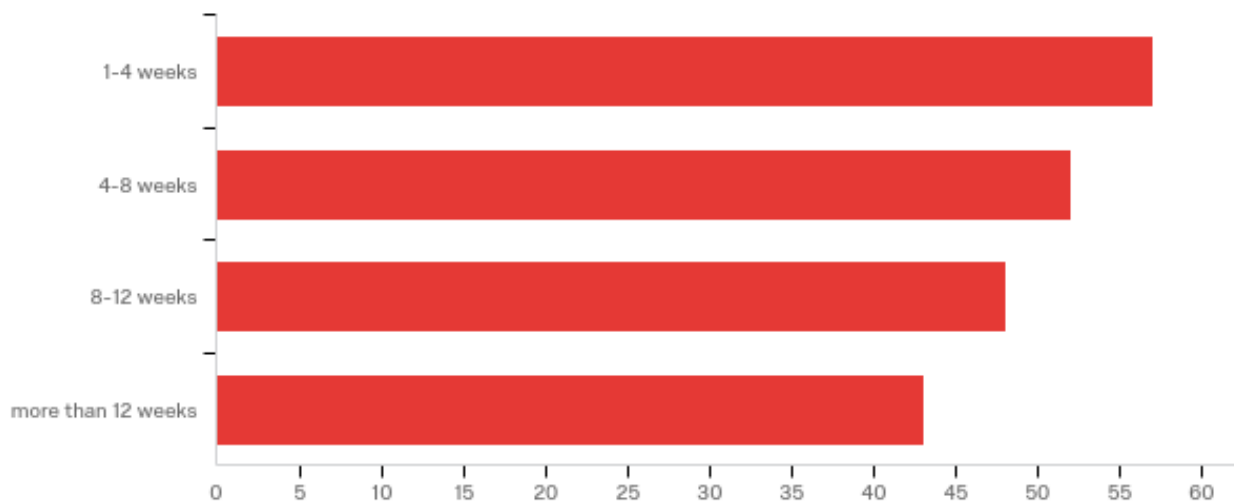
high school coach

trained with an experienced friend

Consulting personal trainer

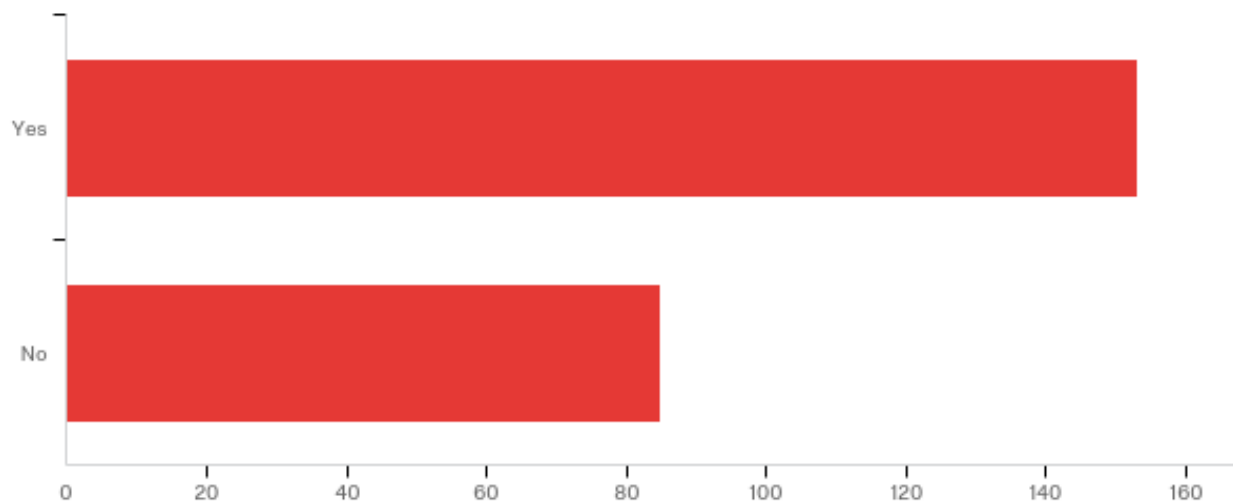
Made my own plan

Q9 - How many weeks did you train for your first running race?

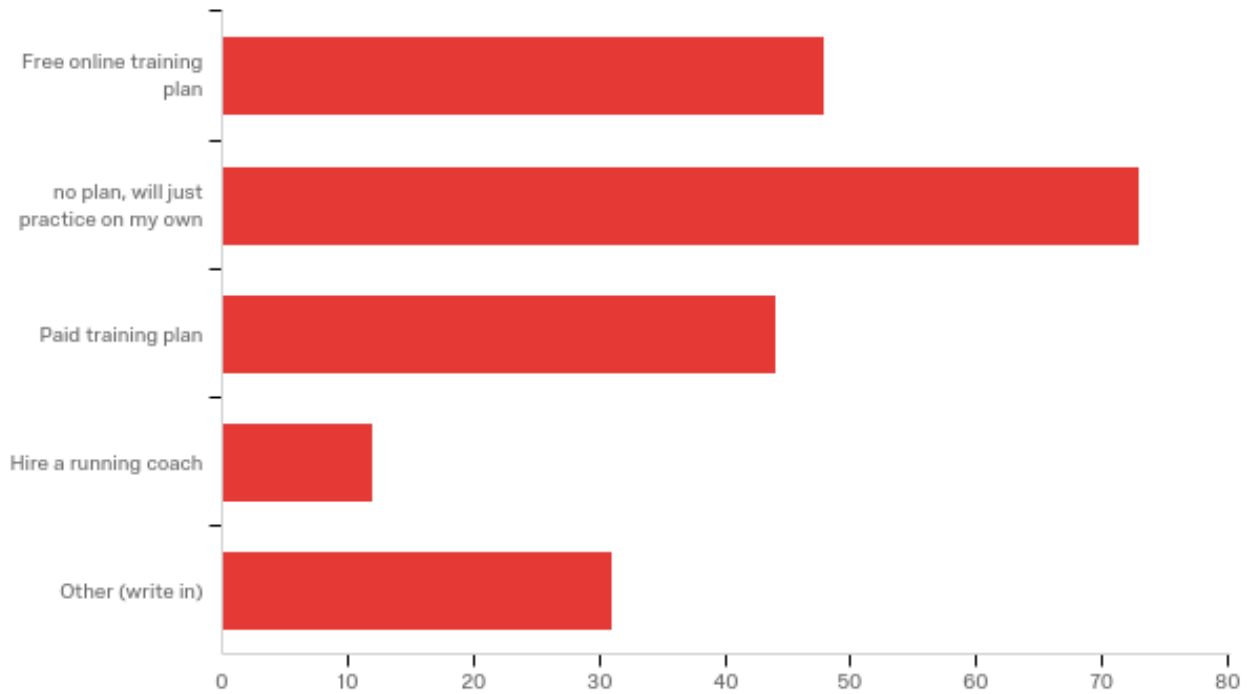


#	Answer	%	Count
1	1-4 weeks	28.50%	57
2	4-8 weeks	26.00%	52
3	8-12 weeks	24.00%	48
4	more than 12 weeks	21.50%	43
	Total	100%	200

Q10 - Are you signed up to run a running race within the next year?



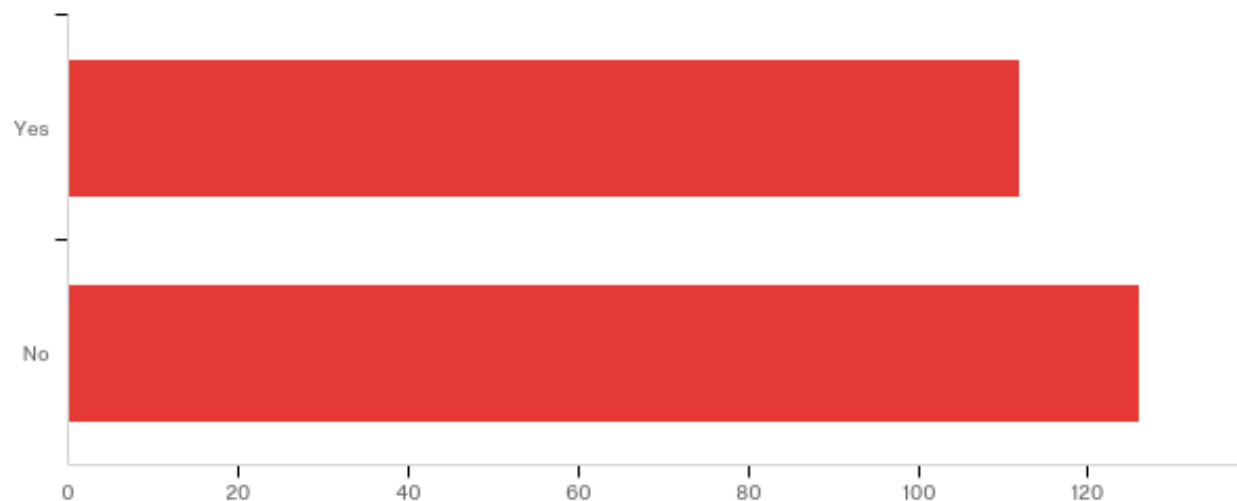
#	Answer	%	Count
1	Yes	64.29%	153
2	No	35.71%	85
	Total	100%	238

Q11 - What training plan will you use for this upcoming race?

#	Answer	%	Count
1	Free online training plan	23.08%	48
2	no plan, will just practice on my own	35.10%	73
3	Paid training plan	21.15%	44
4	Hire a running coach	5.77%	12
5	Other (write in)	14.90%	31
	Total	100%	208

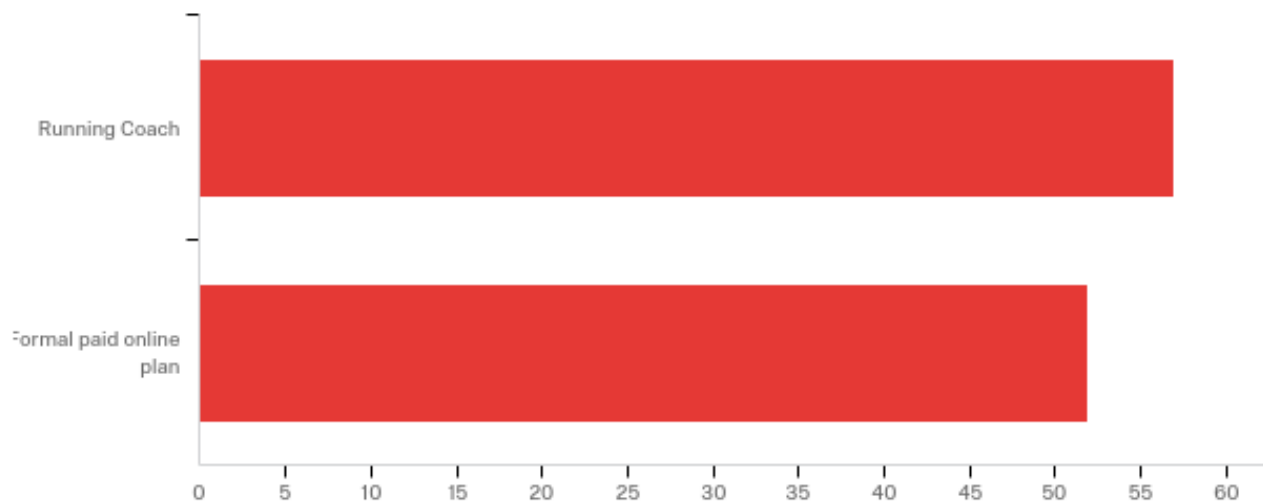
Other (write in)

Q12 - Have you ever used a running coach or paid for an online training before?



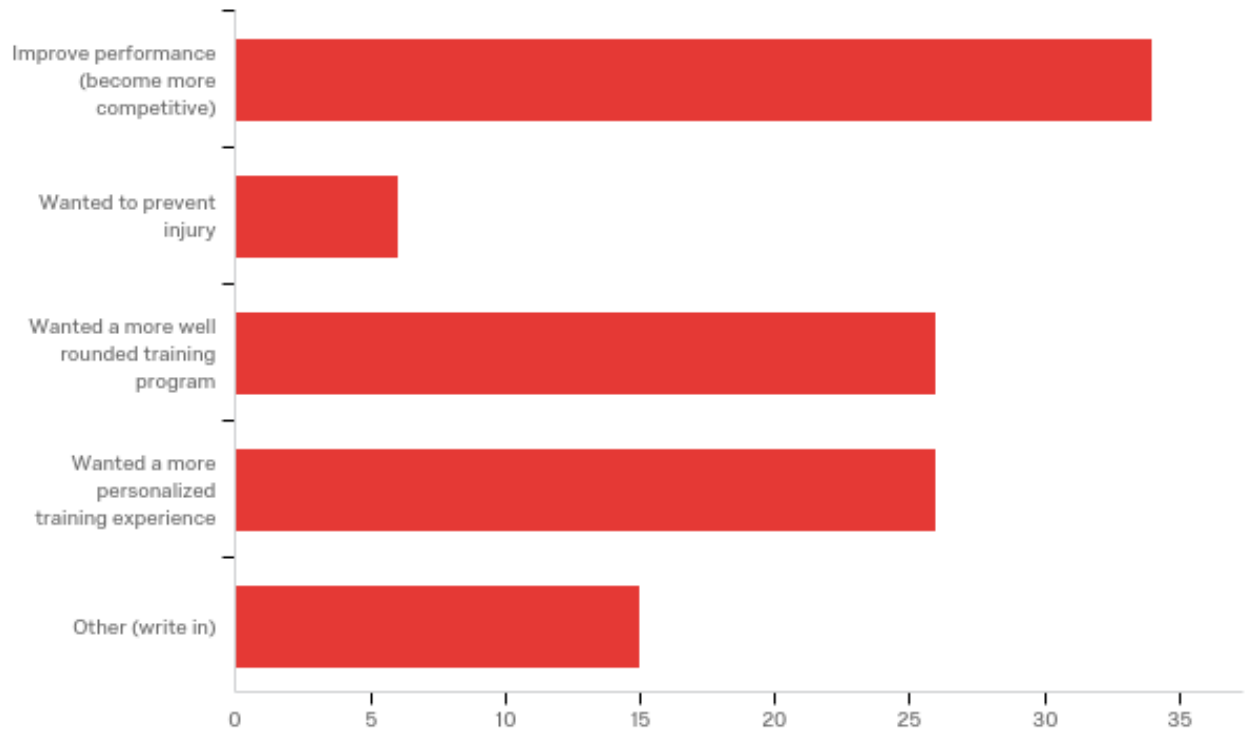
#	Answer	%	Count
1	Yes	47.06%	112
2	No	52.94%	126
	Total	100%	238

Q13 - Which option did you pay for?



#	Answer	%	Count
1	Running Coach	52.29%	57
2	Formal paid online plan	47.71%	52
	Total	100%	109

Q14 - Which most likely made you decide to pay for formal training (coach or paid online training)?



#	Answer	%	Count
1	Improve performance (become more competitive)	31.78%	34
2	Wanted to prevent injury	5.61%	6
3	Wanted a more well rounded training program	24.30%	26
4	Wanted a more personalized training experience	24.30%	26
5	Other (write in)	14.02%	15
	Total	100%	107

Other (write in)

Other (write in)

I was concerned about completing my first Marathon

It was part of the Mama Wants her Body Back program

training for ironman

The training plan helps motivate me to stick to my schedule

Improve performance but only competitive with myself. Middle to back of the pack runner

Wanted motivation and socialization

I wanted the confidence to meet my goal

Variety and structure

To start with good habits

Motivation to complete

Motivation

for group training & accountability (when I say running coach, it's a running program in person)

Wanted to run with others (coach leads a track club). Joined as a beginner years ago to learn about all aspects of running.

I had no idea what I was doing and needed guidance.

Help motivation

Q15 - If you hired a running coach, what made you decide on that type of formal training?

If you hired a running coach, what made you decide on that type of formal t...

Wanted help with gait

See above

Weight loss

Schedule mostly

Desire to obtain my Boston Qualifying time and realization I would need to be pushed to get there.

I wanted help pushing myself

SDTC

Point 2 running compnay had recently got a USATF coach that had training teams for an 8k, so decided this would help me improve, and it did

I worked a chaotic shift schedule and didn't know how to develop a plan to work around it.

Competitive in nature. Wanted to kick ass.

Group training with coach - Quality and accountability

My son's success

I wanted to ensure that I could complete a marathon I receiving professional help

Friends recomendations

I wanted to have someone to bounce my thoughts off of and help me get better

NA

Help with motivation

wanted to recover from injury as quick as possible

Wanted a plan to follow

I needed more accountability and wanted to take my training to the "next level"

Someone to evaluate my running in person to give feedback on form and performance

Others around me

Learn proper form, improve endurance and running pace.

Wanted to see how fast I could get and to hit my goals

Online wouldn't work for me. It was Dai Roberts. I already knew of him, he was close in my community and close to where I trained.

I saw a friend improve dramatically and I wanted to also.

na

Availability

I'm not sure .

group setting, accountability

I wanted someone to tell me a plan and I could give feedback to about it.

A friend was also in the training group.

Kept getting injured.

Needed assistance in increasing speed

Wanted to complete a full marathon for sure.

Wanted to try something new

Prepare for my first full marathon and I wanted a sub-5 hour time.

Actively on a cross country team roster

My husband signed me up for a team training program with our local running club

Wanted 1:1 planning

Experience and philosophy

Felt like I needed more accountability

An opportunity prevented itself

Based on the Coaches athletic accomplishments

I knew my coach, and had him teach me in various classes.

Wanted to train for 100 miler

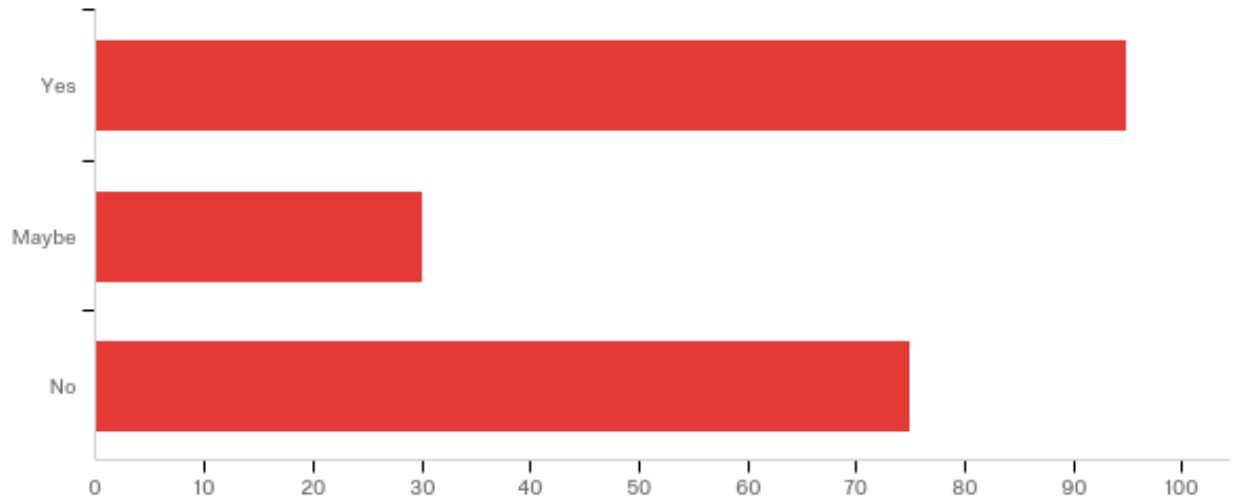
The interaction

accountability, reach next level

Personal touch

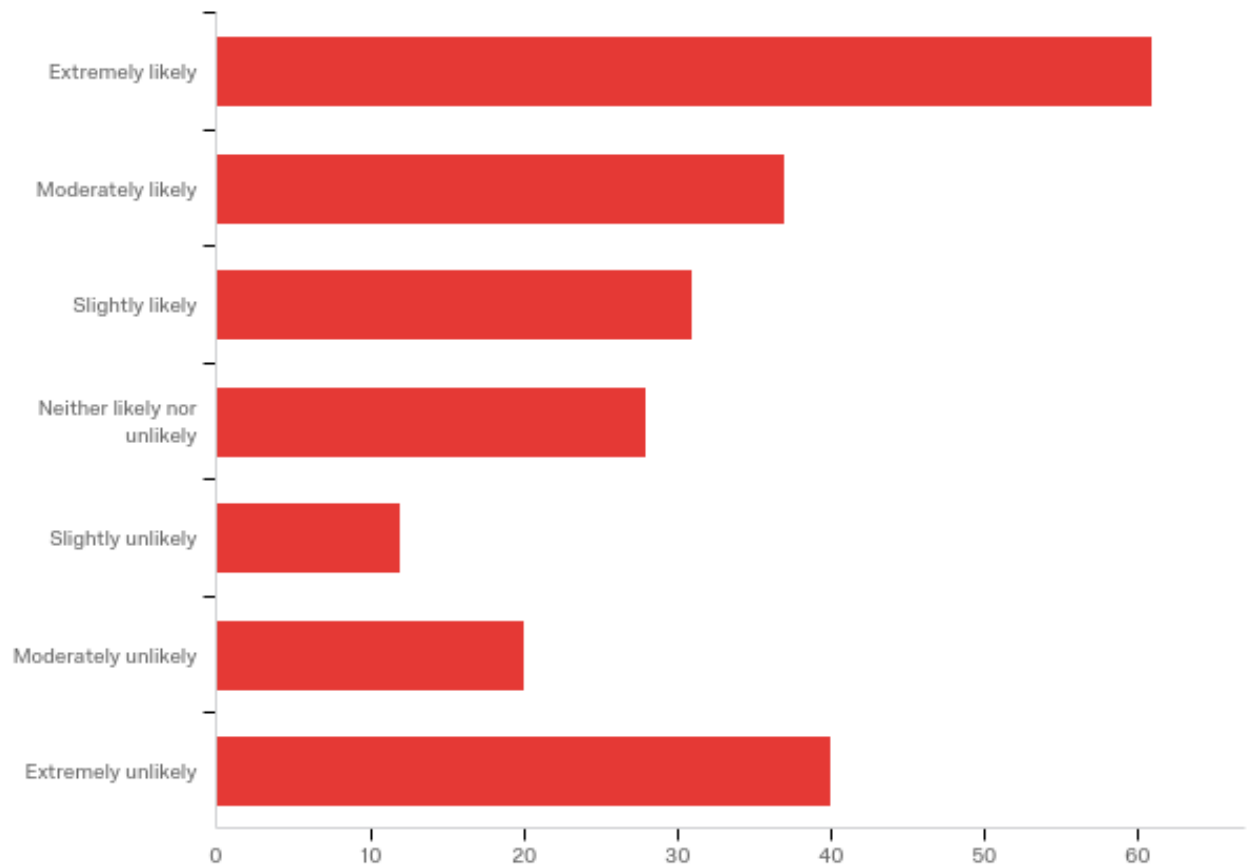
Wanted in person interaction

Q16 - Did using a running coach or paid online training help you attain your running goals?



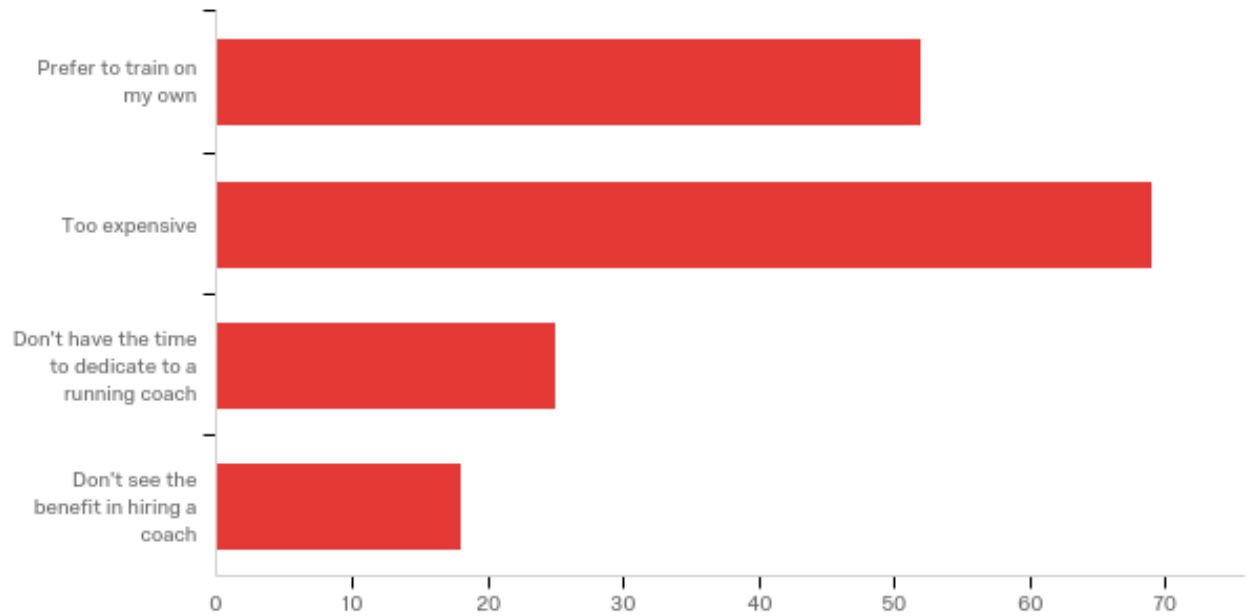
#	Answer	%	Count
1	Yes	47.50%	95
2	Maybe	15.00%	30
4	No	37.50%	75
	Total	100%	200

Q17 - How likely would it be for you to use a running coach or paid online training to help with your future goals?



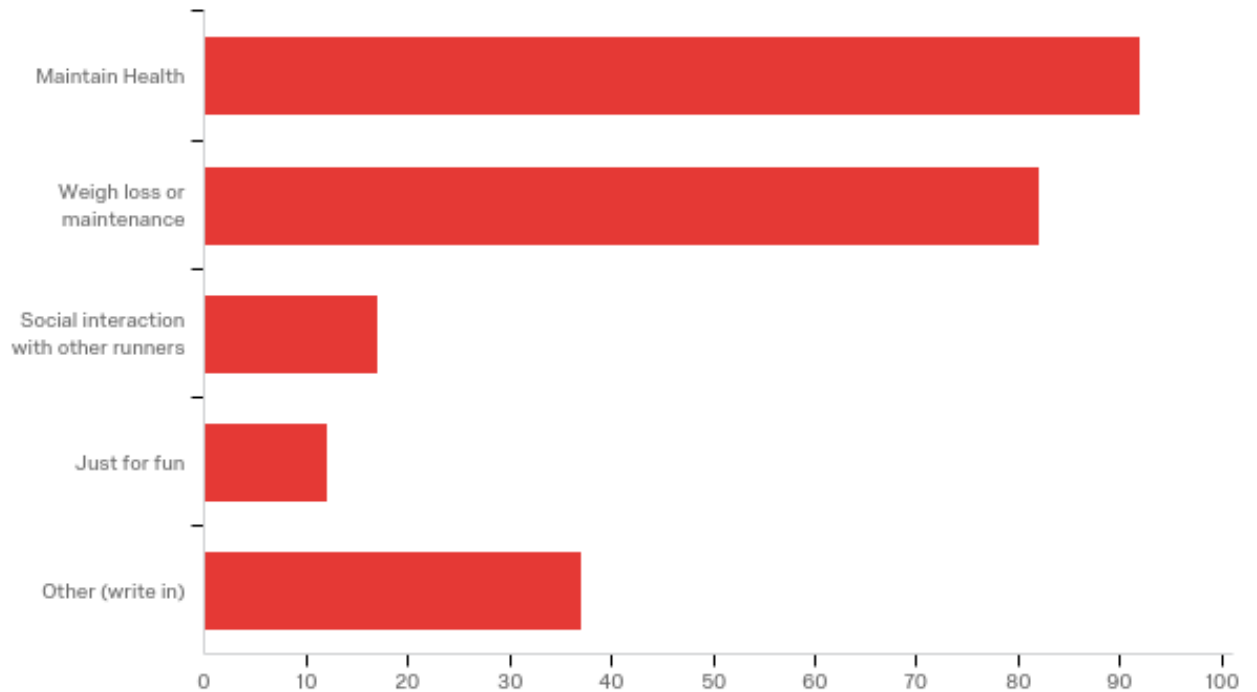
#	Answer	%	Count
1	Extremely likely	26.64%	61
2	Moderately likely	16.16%	37
3	Slightly likely	13.54%	31
4	Neither likely nor unlikely	12.23%	28
5	Slightly unlikely	5.24%	12
6	Moderately unlikely	8.73%	20
7	Extremely unlikely	17.47%	40
	Total	100%	229

Q18 - If you are unlikely to use a running coach in the future, which reason best fits why you do not plan to use a running coach?



#	Answer	%	Count
1	Prefer to train on my own	31.71%	52
2	Too expensive	42.07%	69
3	Don't have the time to dedicate to a running coach	15.24%	25
4	Don't see the benefit in hiring a coach	10.98%	18
	Total	100%	164

Q19 - What motivates you to run on a consistent basis?



#	Answer	%	Count
1	Maintain Health	38.33%	92
2	Weight loss or maintenance	34.17%	82
3	Social interaction with other runners	7.08%	17
4	Just for fun	5.00%	12
5	Other (write in)	15.42%	37
	Total	100%	240

Other (write in)

Other (write in)

The zen benefits

Maintain health, weight maintenance, just for fun, enjoy the competition

De-stress/relieve anxiety

All of the above! Mental clarity, time alone, stress reliever, gets me going in the morning

all the above

Mental health

All of the above. I feel better mentally and physically when I run

Great stress relief

Fitness, Social, and competitions.

Passionate about running and performance

Spiritual/Emotional balance.

All of the above as well as competition

Achieving goals

Psychological health

All of the above.

Calming, lessons stress and worry

Races/medals

Meeting or exceeding goals - results driven

I love yo run. It's challenging, therapeutic and keeps me fit.

All of the above!

Maintain health, weight loss maintenance and mood maintenance.

The challenge. I run ultras.

sports competition

All of the above

anger management lol

training for a 1/2 marathon

It's my therapy

My twin daughters have done both a triathlon at school and now a full Marathon in college as a course!! They are my inspiration

Challenge it isn't easy. The challenge never ends.

Competitive

It is so hard to get it back when you take a break, I decided no more breaks

All of the above

Like brushing my teeth, it's just normal daily routine

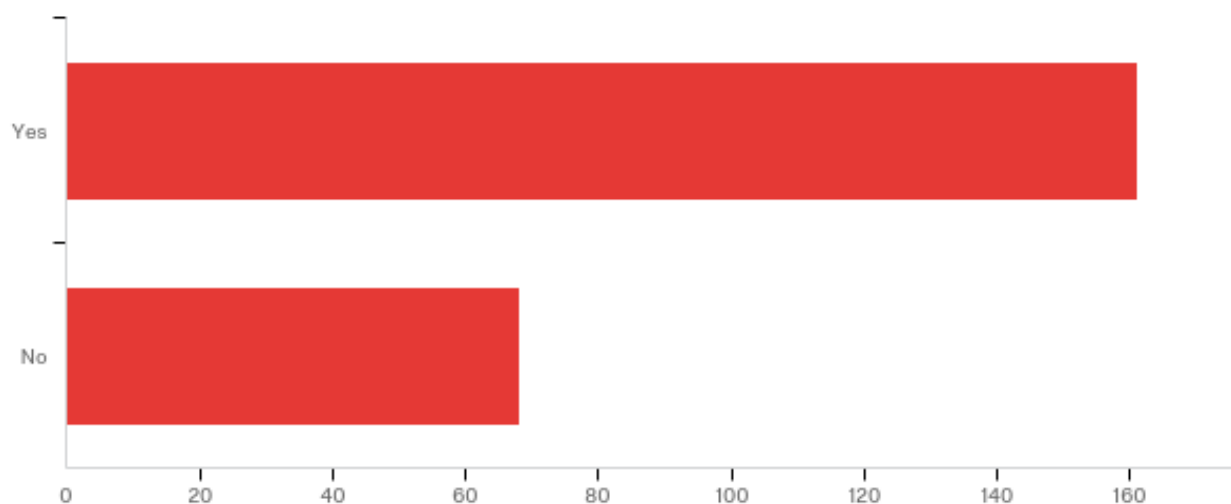
Competing

Training for races

Its a nice way to get your head out of work related issues

Racing/competition

Q20 - Would you be willing to answer a few follow up questions at the end of this survey? (Questions will be open ended and will take about 5 minutes)



#	Answer	%	Count
1	Yes	70.31%	161
2	No	29.69%	68
	Total	100%	229

Q21 - What motivates you to run?

What motivates you to run?

Fitness and mental health

Great exercise and the mental benefit! Clears my head while exercising my body

Mental and physical benefits

I need to pass my military fitness test

So i can race

Weight loss

Don't want to be overweight again

Active duty military; to lose weight and try to maintain

Unknown

It feels good to move, it feels better to move outside. Running is efficient, can do it anywhere. Running is social.

Overall fitness

I NEED to run, for my sanity. I love the challenged

Solitude while practicing; extra sweat; helps with anxiety

Desire to stay fit, maintain wellness as I age. Helps with mental health and stress management also.

Weight loss

Makes me feel good, higher self esteem/self worth, higher quality of friends made

My father had several heart attacks this past summer. My grandfather died of Heart Attack. Diabetes runs in the family.

To stay healthy and remember why I started. Running was the first step in believing in myself again.

Mental health

Health, weight loss, because I should be able to and can't (legs are weak from lack of exercise over the years)

Weight loss mostly, but it also clears my mind and I love the adrenaline rush after a good run

I need strength and stamina to care for my special needs adult child

Feel great, race competition with self and improving

Trying to see what my body can do, trying to beat myself. Also at 52 years old keeping myself healthy

Mental & physical health

I'm getting older and I like to stay active. I also like that I can literally just step outside and go.

I enjoy challenging myself and I enjoy the time to think.

To feel better about myself

I enjoy being outside and great stress releaser

The way it makes me feel. Better health. My running friends.

Health, fitness, competitions

It helps me de-stress and I get to hang out with my friends

Performance and health

Health

Determination. I have Rheumatoid Arthritis and don't like to give up.

Structure, competition, health and it's a great way to clear my head.

Health, social interaction

Keeps me in good shape, social aspects, runner are chock full of positive energy.

My health as I have cystic fibrosis; however been a runner since very young and just enjoy running

Physical release, almost need the run to feel accomplished.

Achieving goals

Running makes me feel good, health benefit, time with friends

Mental & spiritual sanity

Emails from one of our coaches a couple times a week

Health, both physical and mental. Staying in good shape. Being competitive. Stress relief.

I love the way it feels to get stronger and achieve goals

Weight loss and feeling good after the accomplishment

It clears my head and I love the feeling of running.

My mental health

Health, the competition, seeing friends

Health, weight maintenance, competition

Health and becoming stronger

Worshipping God with respect for the body he has given me. To do everything I can to the best of my abilities.

training for races, runners high, fitness, runners high, self confidence

Competition

Races. And a desire to finally enjoy running

My running friends, seeing my improvement

Want to achieve my goals

To be in good health.

Maintain health and weight.

Stress relief and to stay healthy

Staying healthy; maintaining and losing weight; stress relief; joint health

Health and beating people younger than me

Self improvement and race goals

Staying healthy, mental and physical

Goal races

Overall physical and mental health

I enjoy the health benefits, but my biggest motivation is the mood improvement that comes after running.

Physical health but mostly mental health. I also love the social aspect.

I love the feeling of strength and fitness running provides

Maintain fitness, and my wife is a runner so i gives us a common activity

The feeling of accomplishment

I don't want to become like my family who are unhealthy and over weight. I have seen what effect it has on the entire family.

i wish it was something else, but mostly weight loss. Secondarily, it helps me sleep

consistently meeting new goals as i get older

Keeping excess weight off and maintaining muscle tone. Also like the bragging rights when I've completed a race

Health

It varies, but mostly clears my head. Helps me sleep better. Helps me wake up and snap out of morning fog. Wakes up my senses.

I like exercising and I frequently run with friends so it is also social.

The feeling after

Health trying to stay healthy

My kids

I like the challenge of running and it's a very good way to ease stress and maintain my fitness

Stress reliever

Trying to stay young

Health.

maintain fitness

Registering for races

maintain my health

Physical appearance, a less restrictive diet, being active in front of my kids, higher libido

Health, weight loss, stress relief.

Health, weight loss

Endorphines

it is like therapy for me. I'm also training for a 1/2 marathon

Health

At 40, I still feel like a 17 year old energy wise.

Competition

I run in honor of my daughter who passed away 15 min after birth. I want to make her proud.

I learned that I was the reason my husband and I weren't getting pregnant. Running was my therapy because it helped me feel less of a failure.

My health and watching my daughters the last 2 years doing a triathlon and a full marathon.

I feel good and like to see improvement

Racing for Steve-O foundation, plus other charities

Health, both physical and mental. Also, the sheer enjoyment. Also, the social aspect.

Weight and I like my running buddies.

Stress relief

I want to improve my cardiovascular health and my stamina. I am hoping that by watching my diet too I will lose some weight

Improving performance and seeing what limits I can push and surpass.

Weight maintenance and overall health

To be healthy and see my son grow up

I feel better physically and mentally on days when I run.

My overall health...I want to be fit and active as I continue to get older. Also I've always had running as a goal... Just never made it happen.

An easy form of exercise

The challenge. It is also physical and mental therapy at the same time. Allows me to focus on pushing myself and think.

Social aspect, as well as challenging terrain and great scenery. Also, I like discovering new trails, streets, alleyways, etc in my city. Running helps me to feel like I know what's going on in my neighborhood, and makes me feel like a part of it.

Health and weight management

It makes me feel better about myself.

Living longer and the peace of mind that comes with running and being healthy!

Stress relief

Staying in shape, clearing my mind after a day of work.

Competitive

Fitness, body image, fear of aging

Staying fit and a stress reliever

20 plus yearsits just like brushing my teeth . Daily activity

The way I feel following a run!

Health is the most important thing, but running has also become very social for me. I always sign up for races to run with friends!

Weightloss, friends

Keeping in shape is the primary reason.

Need to remain active

Staying in shape

The onset of menopause and the need to keep my body fit

I was morbidly obese most of my life; I am enjoying doing something I never thought I could do.

It makes me feel good about myself

My health and being around for as long as possible for my family

Health weight

It's easier to stay in shape than get on shape

To keep fit for ski season

Stay in shape

Health, and weight management.

Social aspect and to lose weight.

Health and how I feel

I love it and actually look forward to my runs. I like training for races & pushing myself.

Running makes me happy, so it creates a peaceful balance that I need in my life.

Weight loss

Maintaining health and getting alone time outside

Weight/health maintenance, sense of accomplishment

I love to run....it's my "church".

Health

I love exploring the world around me and the physical challenge. And I love meeting like-minded people.

I enjoy running races and want to perform well.

Staying in shape

Clear my mind

The feeling, being outside, pushing myself and see the improvements

Weight loss

Health

Weight loss and now starting maintenance

Mental health, I like making goals and completing them

I love the accomplishment I feel. Also to maintain health. I'm 52 so I want to keep running for years

Weight loss and I enjoy the challenge.

It provides a great Stress relief for me

Q24 - Do you think your age plays any role in why you run today? Why or why not?

Do you think your age plays any role in why you run today? Why or why not?

No it actually has become a detractor- years of running so hard on the body

No, I have always used running in conjunction with other forms of exercise. Can do it anywhere

Yes. I have more time at my age to devote to running.

I've never really thought about it so I guess it does not play a role

No wish I started earlier

Yes . Harder to lose weight as you get older.

No. I do this for health

No but it inspires me at races to see all ages running

Yes - getting older

Yes! I recently lost a significant amount of weight and at 45 I have a new lease on life. I feel running is a great measure of overall fitness

No, I've run since High School

No

Absolutely. Metabolism slows as you age, and lack of exercise means weight gain.

Yes

No, I'm healthier/happier now (with my health) than I was at 21

Some but not predominantly. I like to think I would have started exercising more after my father's health scare.

Yes because I want to live a long life

No

Yes, because I should have when it was easier

I ran in my late 30's and had to stop due to a knee injury (surgery). I am slowly working my way back into light runs because at my age, weight gain is a big issue. So yes.

Yes, time waits for no one

Yes because the older I get the slower the recovery

Yes, I started later in life and have enjoyed every moment of running. As I get older one more reason I keep it up is to help keep myself healthy.

No

Yes!

No because I began running in high school and haven't stopped since

No. You run as a child and continue

I've been running since Middle school (track). I don't think it is age. I just enjoy it. Upset if I'm injured and have to sit out for a few days

no. I was a runner in my late teens and twenties. When my wife began using walking and running to lose weight she encouraged me to join her at training events and races.

No, I've always run.

No. I just wish I would have started running earlier. It is something I really enjoy.

No

Yes- need to keep active

Yes because it does so much more for me now. Stress relief. Time to myself

I have been running since I was 4 and can't imagine my life without it. Getting older does motivate me to stay fit.

no, I know runners of all ages

Yes. I began at age 29 in the Army. I feel great and my high school friends are amazed at how young I look and how active I am.

No been doing it for years. Just like it

No, I didn't start running until I was 44. Never did I think I would be a "runner".

Yes. I prove to myself that age is a number.

No, age has nothing to do with it. I'm at friends that had the same interest and we have reached further goals together

Yes, I am 50 and want to live a long healthy life and not have to take medication

Yes, I started running at 50 and said I would run at least a marathon a year as I age. Have run 7 fulls and am 54 now

Not really

More important to me to maintain my weight and fitness as I age

Yes

Age has nothing to do with why I run. I hope to be able to run 40 more years.

No bc I didn't start running until I was 45

No.. I've been running for years and it's has just become something that I do.

No. I am a faster short distance runner today than I was at 25 and I can run a half just as fast as I did at 25

Yes - everyone else is doing it.

Yes

no, because I have been running for 15 years. That being said it gives me sanity in my crazy life of work, marriage, and kids

Yes. It's hard to maintain your weight in your mid 30s

Nope.

I wish I had atarted running at an earlier age now that I have discovered my love for running but do not think age plays any role.

I don't think so. I think you're as fit and as young as you feel. Taking up running is a 60th Birthday to myself.

No, it does not.

No. There are other activities I enjoy more (biking, hiking), so running is just something I do in addition, regardless of my age.

Somewhat. I was diagnosed with high blood pressure during my pregnancies and want to maintain good health.

No- I don't feel that my running habits or motivation have changed substantially over time

No

Yes. I started running as a means of improving fitness once I hit 40.

No. I was athletic before running. I have to run to complete triathlons :)

Some what, children on the way

No. Age has no bearing on why you want to exercise. No matter the reason.

Hadnt thought about it, but probably. Its the only exercise that gives me the results I'm seeking for my physical appearance.

Yes. I'm young, healthy and do not have children. It makes running a feasible hobby.

I wanted to start before I turned 45 as a personal milestone as it is 20 years since I ran before and I wanted to know I am not too old to try 'new' activities

No, i did it in the army, and it is the easiest sport to do, just go out and run.

Not sure

I only started running at 35 yrs of age, I am more active and fit now than I was when I was younger.

Yes, I'm 22. I feel like my body is strong enough to do it, I'm not injured (since i'm young), and I want to keep in the shape that I am.

yes, finally have a solid running base and want to remain active

Yes. It's harder to train hard without hurting myself, harder for my body to recover, and harder to keep weight off

Yes, Im almost 56.

I've been inconsistent the last year but yes, turning 36 was pivotal in learning that maintaining shape/weight is going to require more consistency and overall effort than it did at 35 and 34 and so on..

It plays a part in how much I run. I run less than I used to, but I am more consistent. Because I believe "motion is lotion".

No.

Yes I'm training harder now then I done in my 20's

Not sure

No

Not really

Yes, I don't want to go gracefully. I intend to fight every step of the way.

Yes. I want to live a long life!

yes, I am getting older but I still enjoy it

Yes....use it or lose it

It does. I can not run anywhere near like I used to be able to.

Maybe? I am 36, married, and 1 child. I run to be alone. I don't think it's so much my age as it is my station in life and my current family environment. When I was younger physical activity was about the social aspect of it, and maybe it will go back to that when I'm an empty nester?

Maybe? I actually think I got started running late (and exercising late in life) so I think it's not as natural for me to run. But knowing that I need to maintain weight might be a reason, at my age, to put more effort into exercise regularly.

Yes: I'm young and running is a cheap workout.

Yes. Solo sport that can fit around family's schedule

not really

Yes. Want to stay fit as I age

Yes. While I have always been moderately active, and I played a few sports as a kid (with moderate skill). While I sometimes ran mandatory runs while practicing for a team, I did not start running until I was 28. I met a woman who ran every morning, and I liked her, so I literally started to chase her. I stayed with it. At 40 (she and I are no longer together) I still hike, swim, cycle, do yoga, do strength training, and maintain a healthy diet. Running gives me more stamina and strength to help do all of those things. Plus, mentally, I reset myself and relax during runs.

Probably. Friends my age got me into running.

No

I do. I started this journey at 38. I never thought I'd be a runner and when I was younger I hated it. I think life has taught me to find positive coping skills and the older I get the healthier those mechanisms become.

Yes, I am 42. I am scared to fail and get hurt or injured as I run. I find I am trying to listen to my body and how I feel that being fast or going crazy long distances.

No

Yes because I was not focused on health when I was younger

No.

Yes, not getting any younger!

No

Not at all, I sometimes think I'm too old to start running again. I ran 10k races about 17 years ago!!

I don't think my age plays a role. I run to stay healthy as well as for a challenge

No, fits into my schedule with young kids and minimal equipment needed.. no gym trip required

No. I started because i use to weigh 345. It had nothing to do with my age.

Not really. Its about wanting to be a better version of yourself. That is ageless.

Yes and no....No because running had always been a goal of mine but I struggled to enjoy it. Yes because now that I'm older I feel more committed and ready to make that goal happen.

No, i just got interested a few years back - my age was irrelevant

Yes it is harder to get results and I enjoy the challenge and benefits. I didn't enjoy it as much when I was younger as the results seemed inherent.

No, but when I was younger I didn't have the discipline to run consistently and train for long distance events.

Yes. I'm slower now, but studies have shown that older runners have less PAIN in their joints (thought not less actual bony deformities associated with arthritis.)

No

yes...want to live as long as possible

No. I've always enjoyed running and the fact I am not competing makes it more relaxing.

I used to be a constant runner in high school (XC and Track) and then fell off the wagon in college. I wouldn't say my age is directly correlated to why I run, but I think that I want to get back into it while I'm still young so I can do it for years to come.

Why, no, where I place in races yes

Yes. I need a fitness regime I can for around work and children. No time to get out to gym. Can run and be home within 30mins and still see the benefits

Only that I have to focus more on proper form to prevent injuries.

no

No. She is just a number to me. It dies not define me :)

Yes - the older you get, the more health and fitness is top of mind! I want to be around for a long time.

Yes, to combat slowing metabolism

Yes. I run slower now and it takes longer recovery time, but I can comfortable run further distances.

Yes. As I get older my degenerative disease progresses and I am determined to stay active while I still can

No role - cheap way to exercise.

Absolutely. As I age I see the value of maintaining fitness, and it gets harder all the time. Running helps my mind AND body.

No, any person any age can do this!

Yes. Getting older and wish to stay fit

No

No

No. Age only effects how well I run

Yes I need to keep my body going

No. Running has become a way to meditate, stay active & healthy

Yes, as I get older my health is a constant worry.

I didn't start running until I was 45 and most people that I know that run are at least 10 years my junior. I continue because I want to remain as young, vibrant and healthy as I can.

No

No - I am 38 and have run fairly consistently since 17.

No, my age has never been a consideration for why I run. I started running for my health and have continued for that same reason.

Yes, its the best way to maintain my health and lower stress with something I enjoy doing

Yes. When I was younger, I didn't feel that I needed to exercise as regularly.

No. I'm about to turn 50 and I am hoping to pr my 1/2 marathon after doing so.

Probably, as I've gotten older it's been harder to maintain adequate levels of fitness.

Depends. Age should not be a limiting factor to run or not but certainly some ages do better with certain types of running events.

No. I just enjoy what I do. My performance is based on my own standards. Not the standards of my age or gender.

Actually makes it harder now than in 20s due to career and having kids

Yes, I want to make sure I'm healthy at an older age later on.

yes, its harder to maintain fit

Yes - I'm getting older and I want to prove to myself that I can.

Yes. I need to lose weight and remain healthy

Yes. Needed to get healthier as I just turned 40

No. I've always been a runner.

No. Just enjoy it

No

No.

Q22 - Do you think formal training is important in running? Why or why not?

Do you think formal training is important in running? Why or why not?

Yes for long term health -- over time issues with gait and form and not understanding role of warm up , complementary stretching and strengthening exercises, can lead to serious injuries, pain and or loss of mobility

Not for me as I am not interested in racing

Yes and no. Running just for exercise/pleasure not so much. Running distance races, yes, to prevent injury.

I'm not very competitive so I don't use formal training but if I were to want to significantly improve my abilities I'm sure there would be a great deal of benefits to formal training

Yes proper technique leads to less injuries

Yes to prevent injury

Depends on your goals

No because I think there are lots of helpful things that you can read online and good running music helps with good training!

Yes - good form and practice gets me across the line

It depends on your running goals.

Yes, I haven't done it but I'm considering. (I have used appitiv mainly for HIIT, core and Yoga but will check out running routines now)

I do follow a training plan for half marathons. They are important if you want to reach your goal

Yes; but not for me.

I think it's beneficial for specific goal achievement i.e. RACING. For "running" per se though, coaching is not imperative.

No, everything can be found on the internet now

Not at all. Research, sure, but like anything taken to seriously drains the fun out of it

Not really. There is so much information out there that you can be your own coach quite easily. Now, that said, if you were trying to be competitive in running then formal training/coaching would be very important.

It can be, just depends on your goals

Yes

No, not unless you'r in it to actually win races. My win is health. Paying for a trainer would mean I would give up races and they motivate me and allow me to help a charity at the same time, win win.

I use a fitness app and I love how the coaches train you. Since I had knee surgery, I feel form is super important.

Yes. To learn technique, to avoid injuries, and to set and achieve goals to push yourself further

Keeps me on track, accountable. Also have track running group

Yes, using a coach helps make sure you are not over training, gives you different workouts, motivates you. It has been a great experience. I can't afford it all the time, use it for special races, like my first marathon I am getting ready to train for.

It can be if you are training for long runs like 1/2 marathon & higher

I think whatever motivates people to do something that is good for them is important

I think it is important if you have challenging goals to meet and want to be competitive and/or if you need motivation and accountability.

Not sure since I haven't experienced it. 5 k is my limit.

I had a great track coach in 10th grade. Taught me more of the basics of warming up, food and hydration along with mental challenges. Yes, if you're a new runner, it is important to learn the basics

I think for people new to running it is important also for those who want to compete at a higher level

Yes, technique and formal training helps with quality training and how to avoid injury by overtraining or training incorrectly.

For a marathon, yes! I signed up for a training team for the one city. I don't want to injure myself and I think training with a coach lowers those odds

Yes, helps to prevent injury and improve performance

No

I can see formal trying helpful to correct form so as not to have injuries

It depends on your reasoning and goals. I believe anyone who wants to run a 5k can do so if they follow a training plan and pace themselves. If you are 18 and want to go to the olympics you need a coach.

no, just go out and do it

If you are younger and striving for top ten and such, yes. If you are older and pretty much know whst to do, it's not as important.

It can be. Can help to set goals, keep to a plan and help with running mechanics

Yes, I think form and technique are critical in being an efficient runner. I needed some formal training to learn the proper way to run.

Sometimes. I have used a trial and error. This can hurtyou more in the long run.

Yes, helps prevent injuries, professional knowledge, helpful and reaching goals

No- I think it is great to run just for the "fun" of it, not competition.

My experience has been when left to myself, I had a high rate of injuries due to poor form, improper mileage increases, no core training

It's nice to get corrections on form so you don't hurt yourself and it's nice to be pushed

Not super important, but can probably help you push yourself further

Yes go teach good form and prevent injury

I think formal training would be important for someone who is a highly competitive runner or for someone who has chronic injuries.

Yes to prevent injury and frustration

Yes. It can push you harder than you will push yourself. It gives guidelines and when followed appropriately, it gets you to your goals.

I rarely train specifically for a race (only marathons). I do hills, sprints, tempo runs and distance to make sure I am able to do various races

Yes - It improves training and can prevent injury

YES

Yes, I believe I would have not suffered the injury I did if I had proper traing

Yes. I would never push myself the proper way without a plan

Yes. Proper form is important so as to not get injured

Yes and no. I think it depends on the person.

I think it definitely helps you stay on track and hopefully helps prevent injuries

It is because one needs to understand it's important to rest to avoid injuries.

Yes - form, motivation, and not pushing beyond limits (avoiding injury).

I think it's important to have proper form. I also think encouragement is key to success.

Maybe important for injury prevention long term if training for longer distances / faster paces; but I have no experience with it so can't really say

The key to success is consistency. Be it working out, going to school, or work consistency is the key to meeting your goals.

Yes and no. Yes, if one is looking to truly improve run efficiency or lack self discipline. No if one is just running for general health or as a social outlet.

Not unless you're looking to podium. Training apps touch the basics.. clubs, social media, books can teach you the rest

Yes, can prevent injury

Unless you are running professionally, their really is no reason to train formally.

However, you should train to run without preventing injuries. So it could go both ways.

Yes. Ive learned better form, as well as the terminology required to track and improve my pace and endurance.

Only for distances that are a stretch for the runner. For me, marathon training with a formal plan/group is important but I would not invest money in a 10k training program.

Yes - the techniques taught by trainers are very important to help avoid injury and increase efficiency.

I think it is, and i wish i did it earlier but i did not so now to me it is an individual effort, a test of my own will against myself.

AAPTIV has been great

YES, I am using a trainer now and see the difference in my runs and really understanding HOW to run as I prepare for my first marathon.

Yes, because it reduces likelihood of injury

can be with matching goals and mental training ideas

Yes as I get older. I think I could run the risk of getting hurt without a proper training guide

Depends. I think it helps to go to shoe places and at least talk to people that have been there, done that. However, what works for one may not work for you

Because you don't know what you don't know. Plus, the formal training helps me be accountable for sticking to my workout plan. Also, I'm not qualified to create my own workout plan. If I'm committing to a coach it's because I want my workouts to be effective.

It depends on the individual's goal. If improved performance is the goal, then yes.

Yes, in the beginning so you can learn the proper body mechanics and how to cross train and rest and stretch etc

The advice on aaptiv has helped me

Yes, motivation and discipline

I feel it helps a lot with injury prevention so I would say yes for that reason

I think if you want to run then get out and run. But you might be more efficient with formal training. And it can prevent injury

No, just get out there

Not really.

no

Formal as in a professional? No.

I think that it depends on what level of running that you're doing. Casual running...no. Competitive racing...yes

Not necessarily. I think running is a basic human activity and we are built to be able to run. It's only if you want to achieve a goal that a more formal approach is necessary.

I do. I think running isn't as natural as it seems, or running well isn't as easy as it looks. Even after 3 marathons, I find I'm not a good runner, or so I think. I also think that even if you're naturally inclined to run well and fast, you can always improve with training. I'm a member of SDTC and I think their training programs help you understand how to train, how to improve, and how to not get hurt!

No, because it's something we all know how to do, so informal training is probably sufficient if someone is motivated enough

Not necessarily, but could help prevent injury

not sure what you mean by formal training, but training is critically important in order to build your stamina and prevent injury

Yes. Depends on the person

It helped me. Runners help other runners. I was never on track as a kid. Training taught me things like drills, goals, what kind of feet I have and what shoes to buy, when to stop and when to keep going, how fast to run, taught me about improving my gait, how to fuel myself, how to rest and cross-train, and more. Things I may have never learned on my own. Those things are invaluable as experience to me.

Yes. Structure and consistency is important.

For some people, it depends on how they like to train

I do. I wish I could afford a running coach. I think I'd have less injuries.

At my age yes! I love how the trainers tell us about strides or form or breathing to maintain your running plan.

Yes, for fundamentals

No, but it helps if you're a beginner at a late age

Not really, unless you want to be very competitive. However, it is nice to have someone telling you what to do while training for longer races like halves and fulls.

Yes, it teaches discipline.

No. I it for rhe enjoy

I think some guidance on training schedules to increase your stamina and distance would help. Advice on breathing would also be helpful

For longer distances, I think formal training is important. This is to get your legs and body used to long distances. Also so that you know how to properly fuel and know your body's limits.

Yes, form us so important to prevent injury and before aaptiv I was running very wrong. Luckily I have learned a lot and continue to improve my form slowly but surely

Yes, for the longer distance. It helps prevent injury, and if you train properly, you won't hate it at the end and give up on it.

Not for me, but for others i wylkdnt knock it. I just prefere to do it on my own.

Only if you want to compete. I think there are benefits to learning proper form in any sport to prevent injury... But nothing too much beyond the basics is needed for recreational running.

Yes, to avoid injury and improve.

Yes prevents injury, get results faster and makes you committed more than to yourself.

Yes, at least for big races. I usually train formally for one race per year, then run other marathons throughout the year on less formal training schedules, to keep it fun.

Depends on your goals. I think everyone CAN benefit from a running coach/formal training, but it's certainly not necessary to enjoy the sport.

No, just be willing to listen to your body.

yes...gives you defined goals to aim for to reach your race goal

Formal training is important if you have competitive goals that you are not obtaining or want to improve your form.

I think that having a training regimen can help you progress in the sport. I think a lot of casual runners can hit plateaus and find it hard to improve their skills/speed/distance.

Absolutely, progress & stay injury free

No but research and understanding are important. They can be accessed without formal training

Yes - it helps prevent injuries and improves performance.

only if your trying to race \ hit a time goal or XC

For some it could be an important component for training with less risk of injury. For others (including myself) running is more about freedom and using my body to keep me balanced in life. Great results don't hurt either!

It depends on the person. It's important for me because it keeps me honest and on track.

If training for a race or long event, yes

Yes. Until I was taught the proper stance while running, I consistently had lower back pain after running.

Yes, because proper running form makes a big difference in speeds and performance. I ran track in high school.

No. It can be done simply for the joy of it

Yes - helps with form

If you've ever had an injury, or if you have goals beyond "just finishing", formal training can help you achieve success that you may not be able to achieve on your own.

Depends on your goals

To an extent. Good to learn basics such as posture

Yes it teaches you running form to prevent injuries

No

It can, depending on what someone is looking to get out of running

I am very motivated with the app I am using. Never have been before

Probably. Who couldn't use help with gait, body positioning, breathing etc

I think formal training gives you other tools, and knowledge to be a better athlete

Yes! Great training and form prevents injuries and allows people to run or be active much longer. If someone has bad form from improper training, they tend to be injury prone and need to stop being active.

Yes

No

If you have specific goals, it is very important. If you are just running for fun, then formal training is quite irrelevant.

Yes, whether its free/on your own or coached, doing informal training puts you at risk for injury

Not for running the occassional race/event when the goal is to "just finish". I think it's important if you feel the need to significantly improve your time or to overcome a specific problem.

Training regular is extremely important but I'm not sure what you mean by "formal". I often run by how I feel that day, so a solid training plan doesn't work for me.

This 100% depends on your goals.

Yes, sometimes you just can't challenge yourself like someone else can nor can you see your own potential as well.

For me, yes, but not for everyone. We should all have our own goals and for some, formal training isn't necessary.

Depends on your goals. I run to stay active...not to race, so formal training isn't as important to me.

No, because it standardizes too much and takes away the fun.

Prevents injury, keeps you motivated

It is important, because there are a lot of ways that you can get injured while running. It's important to know how to build up properly and have good form.

Yes. Need to understand how to run properly

No. Ideas and opinions are all so varied. I still got hurt.

I had coaching as a kid and teenager. Lots of online resources are available for training.

No. But I like aaptive or running for weight loss. Gives me a plan for the day

Yes, to prevent injury and to hit my goals.

Yes. It prevents injury and keeps me out there!