

SAMMarathon 101
September 25, 2012

MARATHON MENTAL PREP

Jot down a few ways you can enhance the following skills as we discuss them during the presentation.

ENJOYMENT

Enjoyment leads to a variety of useful benefits, including complete focus and increased motivation. Three ways you can find more enjoyment are *find the good, focus on the now, and to feel in control*.

I WILL FIND THE GOOD BY...

| OLD STATEMENT | NEW STATEMENT |
|---|---|
| <i>I felt like crap after my run and I had to walk twice during it...</i> | <i>I had a tough day at work and I still was able to get out and run!</i> |
| | |
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| | |

I WILL FOCUS ON THE NOW BY...

I CAN FEEL IN CONTROL BY...

| FRUSTRATIONS | CONTROLS |
|--|---|
| <i>Why can't I run 7-minute mile splits for 5 miles?</i> | <i>I can be productive in my thinking today by pushing myself to work hard and finish my workout as best I can.</i> |
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TRUST THE PROCESS

Training for *anything* takes time. Having expectations that you will be in shape tomorrow is unrealistic, so you need to have a plan that will help you get to where you want to be in the future. Importantly, you have to *trust* that that plan will get you there. A great way to help yourself out in doing this is to break it down into digestible pieces!

1. WHEN I _____ THEN I _____
THEREFORE _____

2. WHEN I _____ THEN I _____
THEREFORE _____

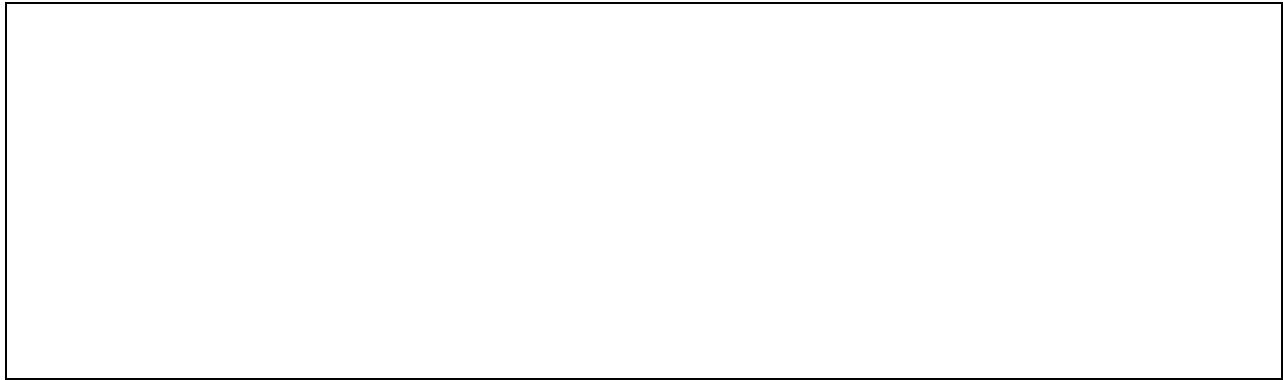
3. WHEN I _____ THEN I _____
THEREFORE _____

REHEARSE WHAT YOU WANT TO HAPPEN

Your brain is a powerful thing, but it still likes being prepared for what is going to happen. Even before you take your first step on the pavement, you can set yourself for success by rehearsing what you *want to happen*—write it out! Be SPECIFIC, be POSITIVE and use your all your SENSES!

SAMPLE:

I feel ready to go, ready to sprint. I want to feel the pavement under my feet. I am ready to run. I start to stride. My feet land softly on the road. I can barely hear my foot strike. I feel myself push off onto my toes. My heels kick back. My arms start to move in-sync with my legs. I see my feet move underneath me. My legs are free and fluid. I feel light and bouncy. I am smooth. I'm floating above the ground. I am flying. I find my rhythm. My body moves back and forth with each step. I feel tall. I make out the horizon and I run towards it. I see my shadow move in between the streetlights. I am happy. I feel strong. I can keep this pace forever. I feel invincible. My arms pump back and forth. My upper body is smooth. I am focused. My body pushes me forward with ease. I feel calm and in control. I am getting faster. I feel my rhythm.



Created by Kelly J. Madden EdM
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