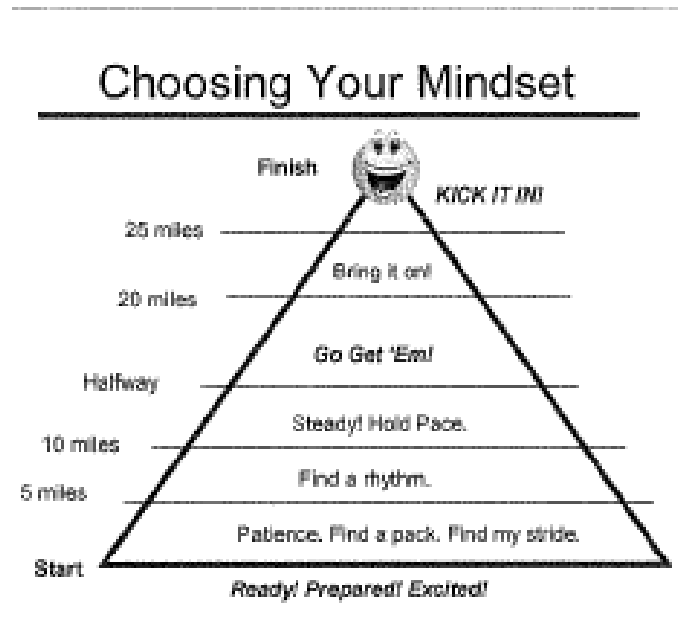


Marathon Tips

1. Create a mental map for the course
 - a. Use landmarks to trigger a mental reaction
 - b. Break the race down and choose your focus/attitude for each piece
 - c. Have a focus plan for pain and exhaustion



2. Watch your self-talk
 - a. Be your own biggest fan-cheer yourself on.
 - b. Don't say anything to yourself you wouldn't let anyone else get away with
 - c. Change negatives to positives (pain=working hard)
3. Use pre-race imagery
 - a. Picture yourself in the event during training runs
 - b. Imagine what you want to look like as you run (posture, body language, smile)
 - c. Imagine your plan for dealing with obstacles (laces, people, start...)
 - d. Picture yourself successfully battling pain/exhaustion
 - e. Imagine yourself crossing the finish line successfully
4. Use in-race imagery
 - a. Mentally breaking through the wall
 - b. Sunshine pulling away the pain
 - c. Rocky
5. Have tricks to keep you focused
 - a. Simplify the race (left, right, left, right...)
 - b. Stay in the present (don't worry about how much you still have left)
 - c. Music
 - d. Counting