

Motivation

So here we are in August. Hopefully your motivation cup runneth over. If not, don't worry, the following article will hopefully help get you fired up and ready for race weekend and all the fun that will come with it.

In prior articles, I've discussed goal setting and visualization techniques. Both of these concepts can be very useful in helping with motivation. Motivation goes hand in hand with goal setting and achieving. Having realistic and achievable goals on daily, weekly, monthly time-lines set the target, and achieving them (and rewarding them) hopefully provide a good portion of your motivation. Falling short of goals should be viewed positively as well (see them as learning experiences and a means to improve). This is where the positive imagery comes in handy: To see a road block as a challenge, not an obstacle.

In addition to the overall picture, the day to day motivational drive can be enhanced as well. Training provides a great opportunity to work on mantras that can be used during the race. A short simple phrase to repeat as often as necessary to get you through any mental valleys you experience in either training or racing. One of my favorites is "Relax, power, glide". Sometimes I will just say "RPG" over and over.

Some other motivational techniques and mantras to consider:

- Find a song whose beat matches your goal-pace cadence. Memorize it. Train with it. Then on race day, just sing your way to a great time.
- If you start to get really tired...imagine a rubber band attached to your shoe and connected to a person in front of you...every time they pick up their feet yours go with them.
- When you get down to the last kilometers of the race or training run, repeat "I can do anything for 30 minutes...I can do anything for 30 minutes..."
- Break down the long run or race into smaller "mini-runs" between each aid station, or if a training run, between landmarks. Therefore, you reach many "goals" throughout the run.

One of my favorite quotes that really sums all of this up is:

"The more I ran, the more I learned. I learned how to be defeated but not beaten. I learned how to admire those who were faster than me without allowing myself to believe that they were better than me. And I learned that the real high was finding my limitations and exceeding them."

Good luck. And as always, send in any training questions you may have.

Happy Trails!
Coach Jack