

Dealing With Nerves, by Jack Daniels & FloTrack

Tips for dealing with nerves before a race:

- Everyone deals with nerves differently. Figure out if you are the type that needs lots of reinforcement, or if you like to be alone to focus before a race.
- Don't judge a race by the warm-up. You can feel terrible in the warmup and have a great race, and vice versa.
- Most great performances come when you're not trying to do it – things will fall into place.
- Don't worry if the weather isn't perfect, the race runs ahead or behind schedule, etc. Things rarely go exactly as planned, so expect some level of chaos and know you'll be fine.
- Don't try to run "110%", you'll probably just psyche yourself out. Just relax!
- Run your race. It is the only one you can control.
- Be optimistic.

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