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**The Mental Edge, By FloTrack & NC State**

The Importance Of Mental Training

- Consider the body as the horse, brain is the Jockey.
- If running is 70% mental, we need to work on it in practice.
- Competition in practice is a good thing.
- Build confidence off workouts
- Quality workouts eventually lead to fast running
- Mental toughness can be taught with practice
- Confidence is as important as the training itself

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