

The Mental Edge Of Running, By FloTrack and FSU

Mental aspects have a huge affect on running performance. Recognizing patterns in practice can help identify areas of weakness:

During interval training does the athlete slow down on the last rep?

Does the athlete “fall asleep” in the middle of a tempo run?

Is the athlete feeling intimidated or unconfident?

It is important to go into a workout with a positive attitude:

Consider tempo runs practice for mental endurance as well as physical endurance

It’s important to practice staying “in the zone” for the amount of time it takes to race

Athletes should recognize and discover their own areas of weakness:

Athletes will usually race with the same attitude they practice

Practice positivity and mental toughness on a regular basis

Laughter can help calm nerves. Athletes must believe in their ability to kick and change pace throughout the race, despite the conditions. Athletes must feel in control of their own destiny with minimal doubts.

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