

## **12 Mental Strategies for Long Runs**

1. Maintain a positive attitude, no matter how tough the day is.
2. Practice visualization techniques, like crossing the finish line.
3. Look back on how far you have been progressing from early training runs.
4. Have a mantra to help keep you going.
5. Prepare for “rough day” - one of those days that is a struggle the entire way.
6. Remember your motivation - why are you running or who are you running for?
7. Have a great playlist prepared!
8. Break the distance down into small segments, like 2 - 4 miles.
9. Anticipate obstacles and adjust your goal if it's not your day.
10. Run with fun, upbeat running partners.
11. Get used to being uncomfortable, it is only temporary!
12. Building mental toughness doesn't take skill or high-end athleticism, it is acquired by foraging through difficult situations and believing you can do it.