

MENTAL STRATEGY CHECKLIST FOR LONG RUNS AND RACE DAY

- Visualize positive things and block out negative thoughts.
- Learn how to work through “Bad Sections” of long runs and race.
- Utilize support network of friends and family on race day.
- Set realistic goals for long runs and race.
- Realize you may not have your best day on race day even though you have done everything right.
- Think about how hard you have trained and the reasons for running the marathon.
- Make peace with the fact that pre-race anxiety is normal and this is probably one of the hardest physical and mental challenges you may face.
- Distract yourself with energy from the crowd. It will increase endorphin production.
- Look back at your level of improvement physically and mentally since Dec. and let that provide confidence for race day.
- Enjoy the greatest marathon in the world!