

# NEXT BEST RUN – MENTAL TRAINING

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Sport & Performance Psychology

1. REALIZING YOUR POTENTIAL
2. PUSHING THRU PERSONAL LIMITS
3. BELIEF >> TRUST >> PROCESS
  - Perspectives >> Thoughts >> Attitudes >> Behaviors
4. PERSONAL RESPONSIBILITIES
  - Rest, Fuel, Hydration, & Preparation – Trust It
  - Take care of: family, work, social, logistics!!
  - Bring your positive attitude – ALWAYS
5. MAINTAINING MOTIVATION
  - Think positively & create enthusiasm
  - Identify & stop negative attitudes
  - Increase self-discipline / Take responsibility
  - Use positive visualizations/affirmations
  - Act “as if”
  - 5 – minute rule
  - Remember long-term goals & objectives
  - Repeat your daily goals
  - Model highly motivated athletes
  - Set a winning pace
  - Make it FUN!!
  - Gratitude

# MINDSET FOR COMPETITION

## The Process

- Prior Preparation –
  - Well–developed pre-event routine >48 hrs. prior
  - Know Logistics & Location – Course
  - Rest, Fuel, Hydration, Training – Trust It!
- 'Putting on the Uniform' –
  - Get Your Body Ready
  - Review Your Plan & Course
  - Visualize Performing the Way You Want To
  - Begin to Narrow Focus
- Warming Up –
  - Analyze & Plan
  - Stay Loose & Relaxed
  - Use Your Cue Words
  - Begin to Narrow Focus More
- At the Starting Line –
  - Relax (breathing)
  - Go into 'Auto-Pilot' using Your Cue Words
  - Allow Eyes to Take Control/'Lead You'
  - 'Let it Flow'
- After Each Transition/Water Stop –
  - Get the Garbage Out – No "Stinkin' Thinkin' "
  - Visualize the Adjustment
  - 'Sweep the Gauges'
  - Start Routine Over Again
  - Relax – esp. shoulders/low back

**ACTION IS THE ANTIDOTE TO ANXIETY**

**SUPERIOR SYSTEMS LEAD TO EXCELLENT EXECUTION**

**“ABILITY IS WHAT YOU’RE CAPABLE OF DOING.**

**MOTIVATION DETERMINES WHAT YOU DO.**

**ATTITUDE DETERMINES HOW WELL YOU DO IT.”**

– Lou Holtz, Football Coach (1937–)

# **Next Best Run → Go!!**

# Motivational Quotes FOR RUNNERS

“Perseverance: is not a long race; it is many short races one after another.”

- Walter Elliott

“Superficial goals lead to superficial results.” - Attila the Hun

“Belief is the thermostat that regulates all success.” - Anonymous

“No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes.” - Don Kardong

“It hurts up to a point and then it doesn’t get any worse.” - Ann Trason

“Start slow, then taper off.” - Walt Stack

“DO or DO NOT. There is no TRY” - Jedi Master Yoda (Star Wars)

“One cannot consent to creep when one feels an impulse to soar.” - Helen Keller

“Live clean and train hard.” - JoeDom

“Always bear in mind that your own resolution to success is more important than any other one thing.” --Abraham Lincoln

“In the long run, people only hit what they aim at. Therefore, they had better aim at something high.” – Henry David Thoreau

“I now have only good days, or great days” - Lance Armstrong

“To give anything less than your best is to sacrifice the gift.” - Steve Prefontaine

“The price of excellence is discipline. The cost of mediocrity is disappointment.”  
- William W. Ward

“If you want to run, then run a mile. If you want to experience another life, run a marathon.” - Emil Zatopek

“You cannot propel yourself forward by patting yourself on the back.” - Anonymous

“Perfection is not attainable, but if we chase perfection we can catch excellence.”

- Vince Lombardi

“You never fail, you simply produce results. Learn from these.” - Anonymous

“Winner’s don’t do different things. Winners do things differently.” - Anonymous

“To a runner, a side stitch is like a car alarm. It signifies something is wrong, but you ignore it until it goes away.” - Anonymous

“Those who say it cannot be done should not interrupt those doing it.”

-Michael Johnson’s trainer

“Trample the weak. Hurdle the dead.” - Anonymous

“The only way to define your limits is by going beyond them.” - Anonymous

“Self-conquest is the greatest of victories.” - Anonymous

“Champions do not become champions when they win the event, but in the hours, weeks, months and years that they spend preparing for it. The victorious performance is merely the demonstration of their championship character.” - T. Alan Armstrong

“Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn’t matter whether you’re a lion or a gazelle- when the sun comes up, you’d better be running.” - Anonymous