



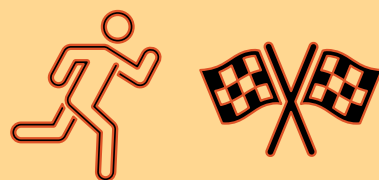
Sport psychology tips for running a marathon

So, you are about to embark on your journey to get to a marathon race.

How prepared are you for the demands that training that will bring over the next few months?



Get ready for your marathon



Be flexible

- Accept that there are some things that you cannot control e.g. injury or high workload
- Adapt your plan when needed, to fit in with your life

Process Goals

- Focus on what you can do to get you to the start line
- Celebrate the small wins you achieve along the way

Self-talk

- Reflect on your own self-talk whilst training
- Apply self-talk that influences your running positively

Imagery

- Imagery is a powerful tool to increase confidence
- Use imagery to visualise yourself running at your best

Above all, enjoy the journey you are on!

Sarah Knapp
Trainee Sport & Exercise Psychologist



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