

Bellin Women's Half Marathon

Psychology of the Race

BELLIN
WOMEN'S
HALF 2022
MARATHON•5K

BOLD

Endurance

“Endurance is “the struggle to continue against a mounting desire to stop”

-Alex Hutchinson, Endure: Mind, Body and the Curiously Elastic Limits of Human Performance

AGENDA

- MENTAL ASPECT OF RUNNING
- TRAINING MINDSET
- PREPARING FOR THE RACE
- THE RACE
- POST RACE ANALYSIS

Women and Running



Women and Running



Your Training



Your Training



Pre-Race Training

Focus on training your mind as well as your body

This is a time to develop:

- **Self-confidence**
- **Trust in your training and trust in yourself**
- **Mental toughness**
- **Getting more comfortable with getting very uncomfortable**
- **Life begins at the end of your comfort zone**
- **So it is important to develop the self-discipline to deal with the physical and emotional discomfort**

Visualization

- **Finishing strong in difficult workouts**
- **Remember- how you do the small things is how you do all things**
- **Develop physiological self-regulation through breath focus**
- **Develop greater emotional agility**
- **Develop greater psychological response flexibility**
- **Develop self knowledge to ask and answer the question----“why are you doing this?”**

“There is a lot of happiness in the world that depends on being brave enough to keep working when it would be easier to quit. Nothing good gets started without getting to work-and nothing great gets finished without staying at the work.”

The Way of Abundance, Ann Voskamp

Day of Race



Day of the Race

Behavioral and Psychological Aids:

- Utilizing breath focus to manage your physiology
- Accept that having some feeling of anxiety is completely and totally okay
- Anxiety is really excitement and energy
- Don't waste valuable energy worrying about...
- Focus on what is controllable rather than what is uncontrollable, like, **THE WEATHER**
- Remember why you're doing this over and over and over again
- Remember that you have done the work... you've done the hard miles
- Get ready to have fun! This is a great test that will lead to your testimonial
- Focus on being very curious about how great you can be today

Day of Race

- **Strike a wonder woman pose**



- **Expansive thoughts and posture rather than restrictive thoughts and posture**
- **Use positive self- talk**
- **You're probably getting to do something you would've never done before and what you have prepared for, in many respects, for all your life-YOU GET TO DO THIS!**

**“I am building a fire-and every day I
am adding more fuel-at just the right
moment I light the match”**

Mia Hamm, 1996

Day of Race



The Race



The RACE

- **Now you get to have fun**
- **Enjoy the fruits of your labor**
- **You get to test your confidence and your mental toughness**
- **Know your mind and trust your mental training**
- **Your body achieves what you're mind believes- WHAT IS IN YOUR MIND IS IN YOU**
- **Know that you will experience adversity “but forewarned is forearmed”**
- **Pain is the price of admission to such a meaningful event in your life**

The RACE

- **There will be bad patches but know that all patches are not permanent**
- **Keep your thoughts positive- remember expansion versus restriction**
- **This is helping you deal with the 2 sided argument**
- **Which is- “to stop or keep going”**
- **Stay in the now rather than focusing on how many miles you have left**
- **Micro-resilience bursts**
- **Never give up**
- **Remember your purpose**

The Race



**“If you think you're done you
always have at least 40% more”**

**Lauren Crandall, US Woman's Field
Hockey Team Captain**



Almost There – YOU MADE IT!





Post Race



Post Race

- **Congratulate yourself, you deserve it!**
- **Savor the accomplishment**
- **Analytically and emotionally examine "what did you learn about you?"**
- **What can you take from this that will make you even stronger and an even better version of you**
- **Were you the person you thought you were**
- **Recover physically and psychologically**
- **There is nothing more important than relaxing the body after taxing the body**



“Nothing beats the inner peace of mind of knowing that you went all out with your best attitude and expended your full effort. Doing your best by discovering the borders of your physical limits is also your own true gauge of personal success.”

Jim Afremow – The Champion’s Mind

“And those who were seen dancing, were thought to be crazy, by those who could not hear the music”

-Friederich Nietzsche, Philosopher

Best of Luck to You All



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