



# 6 Running Mantras

TO GET YOU THROUGH THOSE TOUGH RUNS

## 1 "I can do hard things"

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Simple, but effective. REMIND yourself that you are, and can do the hard things.

## 2 "I can do anything for (xyz time)"

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When you have a certain duration left on a hard workout - think a 2 minute speed interval. "I can do anything for 2 minutes"

## 3 "Focus on the mile you're in"

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Being present is super important in marathon training - especially on those harder, longer workouts. Stay present, don't think to the miles ahead, and focus.

## 4 "The person I want to be would"

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You're not just training for current you, you're training for the person you have yet to meet! That person would, so you should too.

## 5 "Take the next step"

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The same concept as running the mile you're in, focus on the next step. Each step gets you closer to the finish - focus on moving forward.

## 6 "I am stronger than I think"

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Your mind likes to play tricks on you in training. Your mind is likely going to tell you to quit before your body does - so unless you're injured, push through the uncomfortable. That's where the magic happens!