



ADOPTING A RACING MINDSET:

IN YOUR CULTURE

Encourage your athletes to be intrinsically motivated. Go beyond PRs, and Medals, and Championships as the only ways to define success.

Help them find their why. Why do they run? Do they run to find out how good they can be? Or do they run for arbitrary goals? Do they run for something bigger than themselves? Or do they run solely for personal achievement?

Put a premium on process. WE do things a certain way. WE have these traditions. WE believe in these principles. This is OUR process. And it is that process...that will produce our results.

IN TRAINING

Are you training to train, or are you training to race?

If you are training to race, then practice must have a purpose. You should always be able to explain how what you're doing in practice will prepare you for race day.

The beginning of a race is supposed to be fairly easy, the middle is comfortably uncomfortable, and the finish is just plain hard. So you should do easy, medium, and hard, work in training.

IN YOUR GOAL SETTING

Challenge your athletes to set new goals. Create a process-oriented goal, "I am going to run a great second mile," and/or "I am going to make a conscious decision to change gears at the end of the race," and/or "I am going to stay engaged the entire way." Let the result be a byproduct of achieving those process-oriented goals.

Institute the "Mirror Test." Can you look yourself in the mirror after a race and say that you ran as smart and as hard as you possibly could have on the day? If the answer is yes, then you should be proud of your result, regardless of time and place. If the answer is no, then you should not be (completely) proud of your result, regardless of time and place.