

**RUNNING
IN MIND**

Club run session: Dulwich Park Runners

Thurs 18 February 2021



Topics and format of the session



- Keeping motivated generally and when injured
- Keeping going (longevity of running)
- Case Study: Jon Nears
- Your running story (cont')
- Questions

Keeping motivated generally or while injured



- Give me oil in my lamp
- Find a friend to run with. A commitment to another is harder to break than one to yourself.
- Intrinsic v Extrinsic motivation
- Setting new goals, wanting to change your story
- To be fit and healthy, feeling good, weight control
- The pain and consequence of not doing it or not improving needs to be greater than the pain of doing it

Keeping motivated generally or while injured



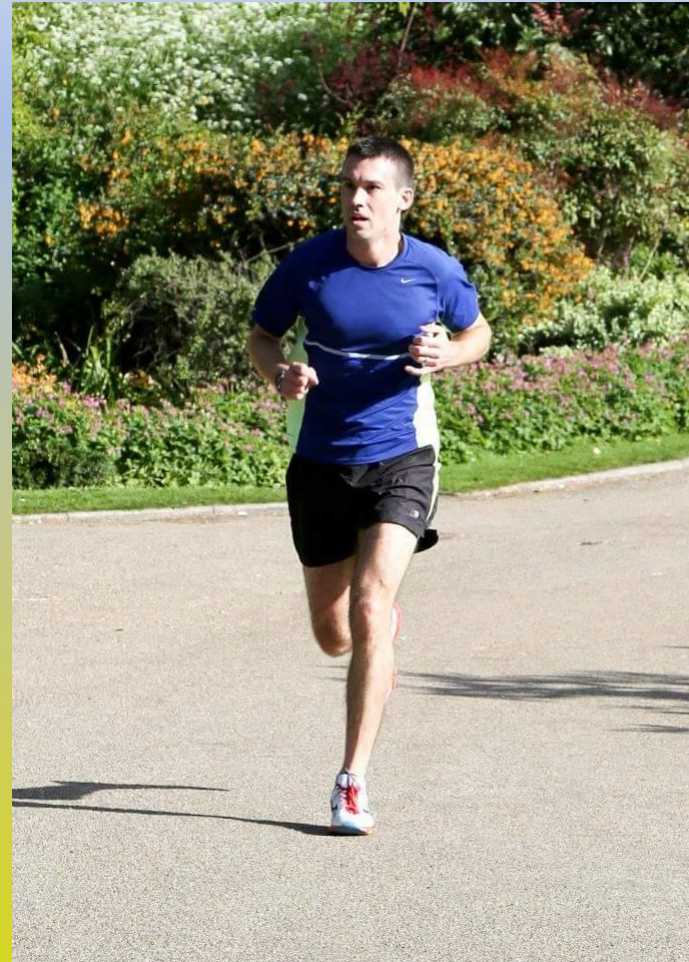
- Accept a 'new normal'; at least for now
- Add perspective
- Re-direct your running time to your recovery process
- Don't worry about lost fitness
- Adjust your goals to accommodate
- Evaluate what happened and why and take steps to avoid it recurring
- Fall in love with the process
- Set goals that are process driven
- See success as 'the accumulation of good days'

Keeping it going (longevity of running)

- Biggest single difference in sports science development
- Keep it going, mostly mindset
- Allow more recovery
- Maintain or increase focus on sleep, strength work and flexibility
- Specificity of training
- Look at new goals
- Keep oil in the lamp
- Listen to your body and know when to step back

Case Study: Jon Nears

- Good level club runner: Regular 36/37 10k and high 17s for 5k
- Was v nervous before races, was worried about other club members from group turning up
- Worried about how race would go and many other things
- Under performed in races and was generally disappointed with results
- Tended to train too hard, start fast and fade towards the end



Case Study: Jon Nears: Our focus (mental)



- Areas of concern, (circle of influence). Asked him to consider his level of control and influence over those concerns.
- Established pre-training/race routine to encourage relaxation and ‘5 min sanctuary’.
- Practised ‘anchoring’ technique of previous successful races to allow him to access a relaxed but focussed state. Added traffic light system
- Keeping expectations in perspective with fitness and recent results
- Breaking race down into separate ‘mini-races’ mentally
- Not looking at races in isolation but as part of a larger longer term plan. Each race or session having its purpose as part of the bigger picture

Case Study: Jon Nears: Our focus (practical)



- Jon set his goals for the coming year, with a focus on process as well as outcome.
- Set goals for his morning routine to make him more productive including: getting up earlier, doing some strength work before work and making lunch for his wife
- Kept journal of runs, including detail on how he felt on run. Allowed more measured evaluation of sessions
- Worked on training at right pace for current fitness level and aiming for consistency of effort
- With 2 races available in December, set some additional Sat sessions with rationale attached to add more structure to existing Tues/Thurs club sessions
- This worked in conjunction with the psychological work and gave Jon more confidence going into races
- Introduced Jon to a nutritionist to re-assess and give some advice re diet

Case Study: Jon Nears: Results so far

- Colchester Harriers had a 'virtual' x country league. Jon ran really well, finishing in top 5 in all races ran and ahead of several teammates who would normally beat him.
- 5k race in Dec Jon ran 17.05 on course that proved to be long. Seconds from a PB
- 10k race in Dec organised for Colchester Harriers only. He ran 35.03 in second best 10k time ever and fastest for 5 years.

Case Study: Jon Nears: Next steps

- Continue to work on and develop mental approach to racing/training
- Doing some additional work with S&C coach who focusses on strength to support running form
- Continue to set Sat sessions for focus and additional quality work
- Aim for PBs in 5 and 10k during 2021 and good performances in EA virtual relay and British Masters relays (Last year V45 4th by 1 second)

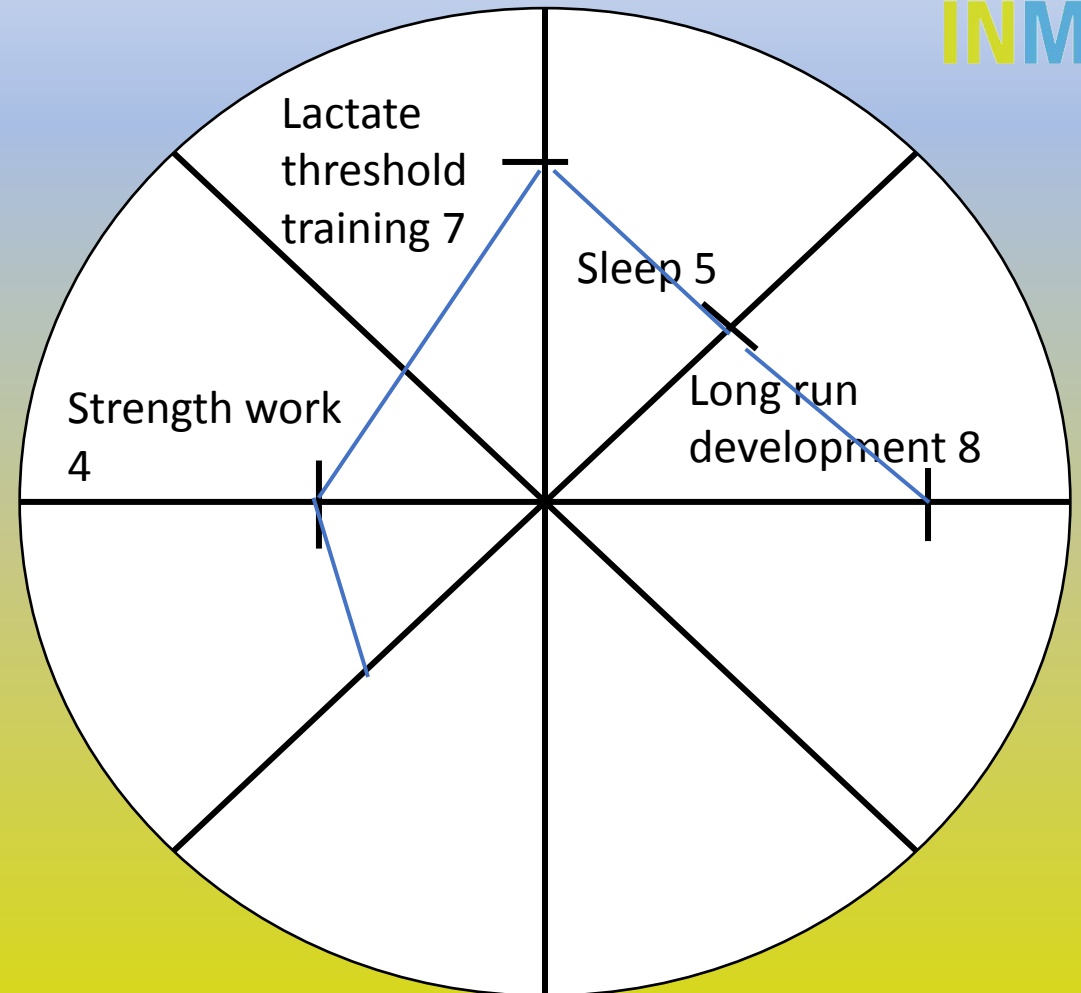
What's your running story?



- This is what you say when someone asks you about your running.
- Are you happy with it or would you like to be telling a different story?
- I'd like you to fill out the 'running wheel of life' for next time (description on next slide)
- We will discuss it as part of the next session.

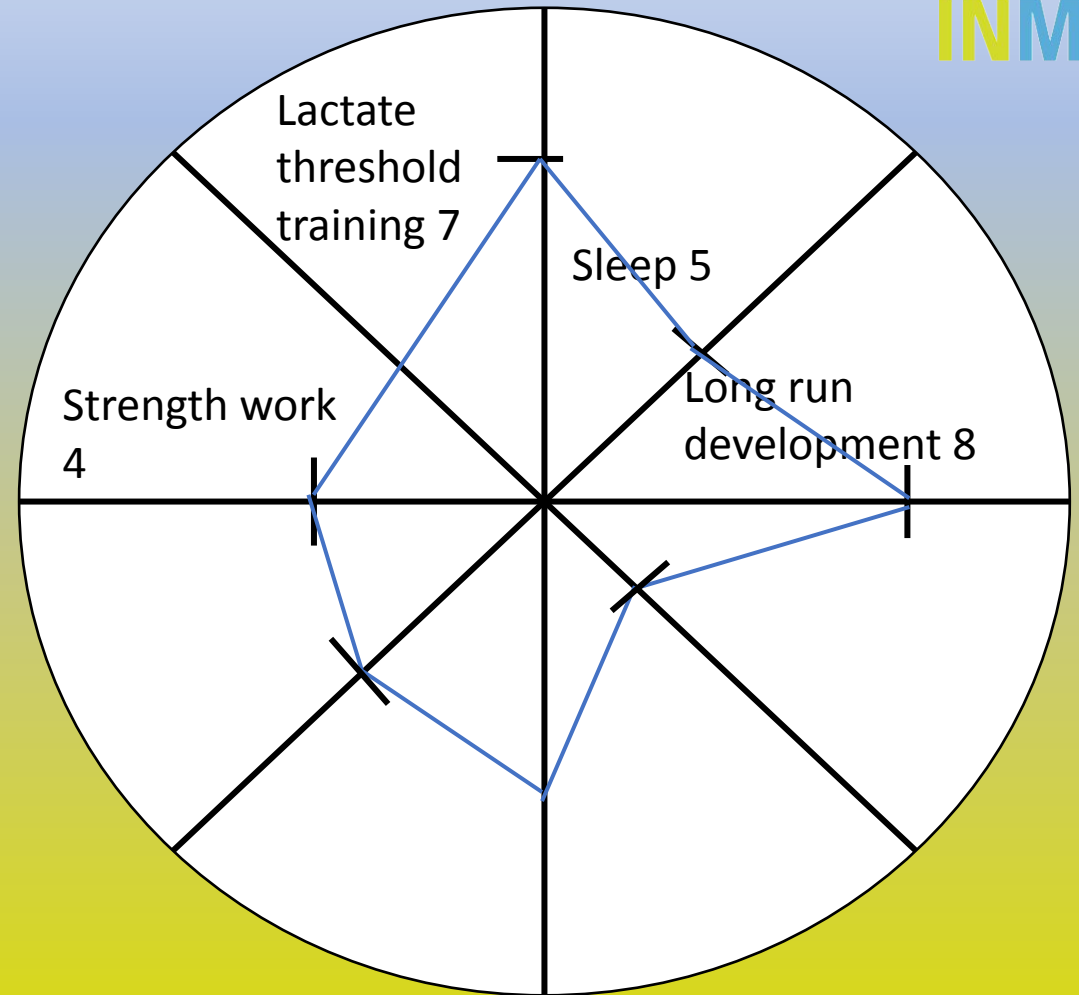
What's your running story?

- Think about key topics to do with your running eg Threshold training
- Write each one in a segment of the circle, there are 8 but you can have less or more.
- Give each one a score out of 10 and mark it on the line, representing how happy you feel about that area at the moment.
- Join up the lines to give yourself a pattern on the circle



What's your running story?

- The pattern will reveal areas that may need your focus
- Draw another line inside the other one around the whole circle (or outside if you don't have room)
- Pick 2 areas that you would like to focus on and write a goal for that area.
- Draw a line outside (or second circle) and think about a short term goal you could start immediately. Think about process.



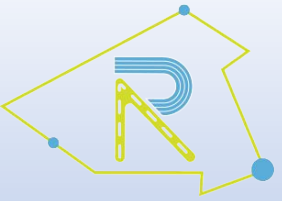


What's your running story?

- Think about your running story. If we were to meet up again in a year's time. What would you like to be saying?
- Write a note to yourself with all the things you have achieved. Be sure to do it in the past tense as if it has already happened.
- If you are happy, send it to me: Richard@runninginmind.co.uk with your postal address (GDPR) and I will post it back to you in a year's time
- Let's be telling a different story by this time next year

Any questions?





**RUNNING
INMIND**

Why do running drills?

- Warm up (dynamic and specific)
- Technical elements to improve form
- Helps to Develop neural pathways
- Creates routine
- Helps focus and getting into the right frame of mind
- Helps relaxation (5minute sanctuary)



Why do running drills?

- [The 5 Minute Dynamic Warm Up for Running | Week 34 | Movement Fix Monday | Dr. Ryan DeBell - YouTube](#)
- [Nike Run Club Warm-Up - YouTube](#)

Summary of key points for improving and re-writing your running story

- Train at the pace that's right for you and your ability level
- Know where you are and be content with your progress and development
- Appreciate what others are doing but don't do their sessions
- Set goals that are process driven to support your outcome aspirations
- Train hard (at the right pace), run easy in-between
- Let a race result dictate an increase in training pace
- Avoid the sea of averageness
- Eat, rest and sleep well
- Positive, happy runners perform well (mindset)
- Evaluate your performance, particularly the good ones, so you can repeat them
- Have a life away from running

