

Tips for High School Runners from a World Champion and Olympic Medalist

Emma Coburn





Mindset

- Try and see the opportunity, not the downside
- Get confidence in your preparation
- Visualize your race, plan what you want to be feeling and saying to yourself in different parts of the race
- Focus on what you can control

Consistency

- Training just has to be consistent, it doesn't have to be heroic
- Don't have to 'win' every workout, just be solid
- Take care of the little things when they pop up

Sleep

- The most important thing you can do outside of training!
- 9 hours per night
- Body recovers
- Body produces growth hormones during sleep

Fuel

- Healthy, balanced plate of food
- Carbs, protein, fats are all crucial. Don't cut any out
- Eat within 30 minutes of finishing running
- Eat good sources of Iron

Body Image

- Your body is your tool, treat it well
- Crash dieting and restrictive eating don't lead to sustained success
- Ask for help

Goal Setting and Creating Habits

- Short, Medium, Long Term goals
- Identify the steps to make the short term goal happen
- Make habits that make it impossible to fail

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