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

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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
QUESTION S?