



CHOICE  
EXPERIENCE  
COMPASSION

The Center  
for Physical Rehabilitation

# MENTAL STRESS

## KEEPING IT IN CHECK FOR RACE DAY

Mental stress can be debilitating to athletic performance. Here are some ways to store creative energy and let your body do what it has been trained to do:

### NIGHT BEFORE THE RACE

- Aim for 8-10 hours of sleep
- Lay out racing gear
- Set multiple alarms
- Check weather
- Pack extra clothes—dry socks will go a long way in sloppy conditions!

### RACE MORNING

- Maintain a positive attitude
- Develop a race strategy
  - Determine generalized goal splits for each mile
  - Visualize the course's hills and turns
  - Do not worry about your competitors
  - Focus on controlling only what you can control
- Whether you reach your goals or fall short, HAVE FUN!

### POST-RACE POINTERS

- Update your running log
  - What went well?
  - What needs improvement?
  - Mile splits
  - Memorable quotes and moments
  - New aches and pains
- Take a 20-minute walk followed by a light stretch and foam roll

For more information consult your Athletic trainer,  
and check out our nutrition section in the Inside Edge.



Your Physical Therapy Resource

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