

## **Mental training**

This is a crucial part of an athlete; it is often found that at major competitions the athlete with the superior time prior the competition is not the one winning the gold medal. Mental training or rather mental toughness starts at the physical training sessions. That is the place to start developing mental toughness. You should feel the enjoyment of running world records during training, receiving the gold medal, hear them commentating about your great run, feel the feeling to beat your toughest competitor . Visualize these great feelings. You need to believe in your own ability, no matter how great your competition is, how big, strong or fast they might be that cant stop you from giving our best performance.

You need to be calm and as best as you can possibly be prior to the start, focus on things that makes you happy, you need to relax other wise you will become mentally exhausted. Think on your strategy and race plan and switch off again, don't keep on focusing. Be confident at the races.