

Plan on Running Your Best

Brought to you by:

Runraces.ca

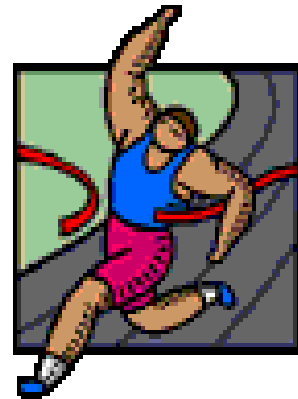
DARE TO DREAM

*Every Olympic medalist started
with a dream.*



Dream Definition

- * Visualizing in your mind your most intense desires
- * Examples:
 - * Run around the block without stopping
 - * Run three times a week
 - * Complete a half-marathon
 - * Set a Personal Best (PB) for the 10K
 - * Qualify for the Boston Marathon



Benefits

- * Creates excitement from within
- * Motivates us to take action
- * All levels of runners can dream
- * Realizing a dream is forever
- * The journey to realizing a dream fills us with experiences
- * Guides us in selecting our goals



Barriers

- * Self-imposed limitations
- * Dismissed as not grounded in reality
- * Negative perceptions of others



Setting the mood

- * Quiet environment
 - * Gentle music
 - * Sounds of nature
 - * No conversations
- * Peaceful setting
 - * Outdoor
 - * Quiet room
- * Comfortable setting
 - * Hammock
 - * Couch



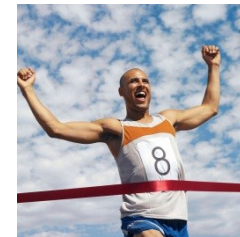
Dreaming process

- * Start relaxing your body
- * Empty your mind of every day activities and worries
- * Focus on running
- * Let your mind wander
- * Impose no limits
- * Dream short-term and long term
- * Dare to dream and dream big



Dreaming process

- * Visualize yourself in you running dream
- * What would you do if you had all the:
 - * Time
 - * Money
 - * Energy
 - * Talent
 - * Opportunities



Capturing your dreams

- * Visualize a dream – write it down
- * Paper , workbook, binder, tablet, computer
- * Capture only enough words to be able to recreate the dream in your mind
 - * Example – win Boston; run 50K; beat 40 minutes for 10K
- * See last slide for example of a Dream Log



Tips and tricks

- * If it feels good – write it down
- * If it just sounds good – think about it some more
- * Exhaust your ideas
- * Capture recurring dreams
- * Don't worry about timelines for achieving the dream
- * Take your time – 30 minutes every few days over the course of 2-3 weeks
- * Keep your dreams private
- * Complete dream exercise only once or twice per year

Dream Log

If I had all the time, money, talent, energy and opportunities to achieve what I want, I would:

*

*

*

*

*

*
