

Mental Performance Tips For Cross Country Runners

1

Focus on What You Can Control

Instead of getting caught up in results or comparing yourself to others, narrow your focus to aspects you can control: your effort, attitude, and training process. Set small, achievable goals for each run, like maintaining a certain pace or hitting a specific split. Celebrate small victories that reinforce your abilities and build confidence over time.

2

Challenge Negative Thoughts with Evidence

When thoughts like "I'm not good enough" arise, counter them with evidence that supports your growth. Reflect on past races where you improved or exceeded expectations. Keep a journal of these moments to review when self-doubt surfaces. Remind yourself that each step in training is proof of your potential to improve.

3

Visualize Success, Step by Step

Picture yourself running strong, hitting faster paces, and reaching goals. Break it down into the key elements of a successful run. Imagine the strength of each stride, how it feels to push through challenges, and the confidence you carry through the course. This reinforces self-belief and builds a positive mental pathway for reaching your goals.

4

Reframe Failure as Growth

See setbacks or "bad runs" as learning opportunities rather than evidence of inadequacy. Understand that elite athletes don't always have perfect performances; they grow from challenges. After each run, assess what went well and where you can improve without judgment. Embracing this growth mindset helps you approach each race and run with resilience and confidence.



Dr. Carrie Hastings

Psy.D., CMPC

Dr. Carrie Hastings founded Sport Psychology because she believes that the total wellness of athletes fuels peak performance. She is a licensed clinical and sport psychologist with over 15 years of experience and is the Team Psychologist for the Los Angeles Rams and the

Angel City Football Club. Dr. Hastings is a graduate of the University of Notre Dame, where she captained the track team as a hurdler and sprinter. She obtained her master's and doctoral degrees in Clinical Psychology at Pepperdine University, where she has worked as part of the adjunct faculty. Dr. Hastings is a Certified Mental Performance Consultant with the Association for Applied Sport Psychology and is listed in the United States Olympic Committee Sport Psychology and Mental Training Registry. Dr. Hastings is passionate about normalizing help-seeking behavior among athletes.

Need Additional Support?



WWW.SportPsychologywlv.Com



805-242-5771



Info@sportpsychologywlv.com