

Psychology for Marathons

What do you think about while running?

What types of goals do you set?



- Avoiding 'the wall' requires:
 - Sufficient endurance training and glycogen stores
 - Correct pace judgement and hydration
 - Affected by attentional focus

Cognitive orientation

	Inward	Outward
Monitoring (task-relevant) (association)	Fatigue, muscle soreness, perspiration, cramp, nausea, blisters	Conditions, route, strategy, drinks stations, split times, distance markers
Distraction (task-irrelevant) (dissociation)	Daydreams, fantasies, maths puzzles, imagining music, poetry, philosophy	Scenery, environment, spectators, other runners, fancy dress, chatting

Cognitive orientations and 'hitting the wall'

- Inward monitoring was most common (37%)
 - Inward distraction was least common (8.5%)
 - Outward monitoring (28.5%)
 - Outward distraction (26%)
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- Inward distraction was more common in those who hit the wall compared to those who did not
 - Inward monitoring was associated with hitting the wall earlier and it lasting longer
 - Outward distraction was associated with later onset of the wall

Other findings

- Association relates to faster performance
- Dissociation relates to lower perceived exertion and possibly greater endurance
- Dissociation is not related to injury but association may be

Recommendations

- Inward distraction should be avoided
- Inward monitoring is important, but make brief regular checks rather than constant monitoring
- Most attention should be focussed externally
 - Outward distraction minimises discomfort
 - Outward monitoring to maximise performance

Goals Setting

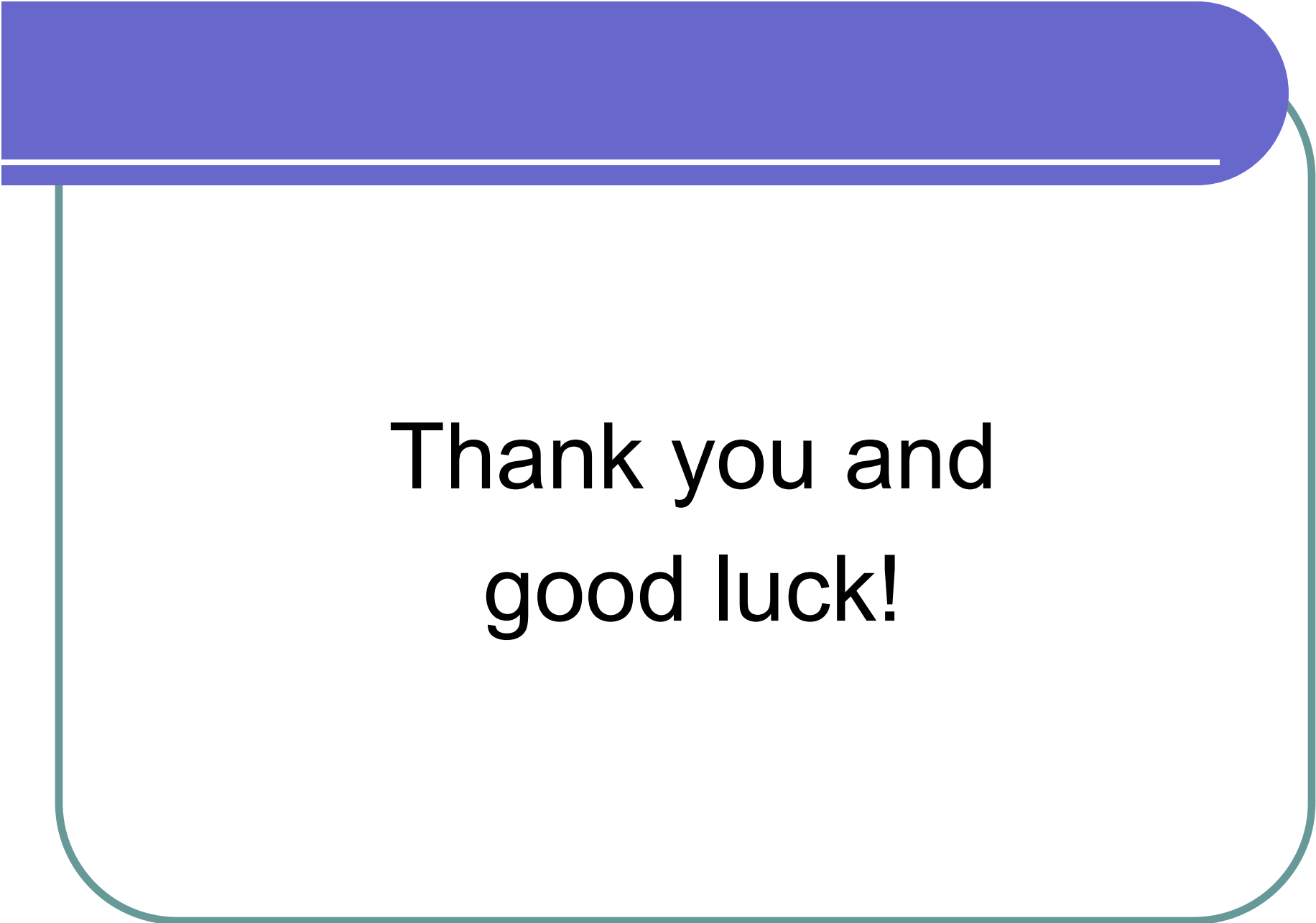
- Goal setting is effective and enhances performance
- Set goals systematically – evaluate your strengths and weaknesses first
- Goal focus
 - Process
 - Performance
 - Outcome

SMART Goals

- Make your goals
 - **S**pecific
 - **M**easurable
 - **A**adjustable
 - **R**ealistic (but difficult)
 - **T**imed (short and long term)

Goal setting process

- Develop goal commitment
 - Set your own
 - Write goals down and display them
 - Rewards
 - Support from others
- Evaluate goal attainment



Thank you and
good luck!