Mental Preparation and Racing Success

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By planning and preparing, you can remove any doubts that you might have and become confident in your ability to handle any situation. You will be conditioned for your abilities to handle any situation, and your actions will be expected. You can prepare for situations by focusing on your strengths and weaknesses.

Physical Preparation

1. Learn to relax
2. Build muscle
3. Increase flexibility
4. Improve cardiovascular health
5. Eat a healthy diet

Mental Preparation

1. Develop a positive outlook
2. Cultivate a growth mindset
3. Practice visualization
4. Use positive affirmations
5. Develop a strong willpower

Personal Pre-Race Plan

1. Review the course
2. Warm up
3. Stretch
4. Hydrate
5. Eat a balanced meal

It's important to feel prepared and confident going into the race. By following these steps, you can set yourself up for success on race day.