

¹Noah's Ark Virtual Half Marathon – Running Mantras



Sometimes when we run, we need help. Not physically, but with those thoughts that get in your head and won't leave. Thoughts that you're too tired, your legs feel too heavy, if you turn around now, you'll get home in time for Homes Under the Hammer.

If you have a running buddy they will often be the one who gets you out of a tough spot with a "Nope you're not tired, you're fine", "Imagine your legs feel light and speedy" and "For goodness sake, you can watch it on iPlayer!"

But what if you're on your own? Or your running buddy is having their own crisis at the same time? That's when Mantras come in. A short phrase you can repeat to yourself over and over, to mentally re-set you and to give you something else to concentrate on and spur you on.

I must admit I didn't really believe that a little saying would help in the slightest. But when I was training for my first Marathon, I decided I'd try anything.

The one at the top of this page is my go-to mantra in a race. **Run The Mile You're In.** It simply means that no matter where you are in your run, whether it's 2 miles in or 20 miles in, just concentrate on that mile that you're running at that time. Don't think about how far you've got left, just concentrate on running well in that moment.

It really works for me.

When I'm in mile 7 of a 13.1 mile run, I don't think about how long it's going to take me to get to the end. I just concentrate on getting to mile 8. And once there, getting to mile 9. In no time (OK, that's a huge exaggeration) you'll be in your final mile, running towards the end and glory!

Another one that gets me through, when I feel like my legs are so heavy they won't move any more is 'One Foot in front of the Other'. Somehow, reminding myself of something so physically simple can actually make it happen.

We're strange creatures.

¹ TrainedbyFaye September 2020

And for that reason, we all need to find our own chant that works for us. Some people find more spiritual intonations work better for them. Mine seem to be quite functional.

I've compiled a list of other popular Mantras below. See if there's one here that grabs you and might give you some mental encouragement. If not try to think of one yourself. A short, snappy phrase works best – you don't want it to become annoying if you can't remember it!

1. The hardest part is walking out the front door
2. You don't have to go fast, you just have to go
3. You're stronger than you think you are
4. Don't let fatigue make a coward of you
5. One day you won't be able to do this. Today is not that day
6. Don't let what you can't do interfere with what you can
7. The greatest pleasure in life is doing what people say you can't do
8. You'r²e not tired
9. This too shall pass
10. I can. I will
11. Light and Fast
12. Breath it in. Run it out
13. This will not kill you
14. Right, Left, Right, Left
15. Pain is Temporary. Pride is Forever
16. Don't stop when you're tired. Stop when you're done
17. Don't leave here with regrets
18. Hate it now, love it later
19. Be Like Water
20. Argh, Zombies!!!! (This last one is great for running intervals too)

by Faye