



# Competitive Edge: Mental Preparation for Distance Running

*Richard Elliott*

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## **Competitive Edge: Mental Preparation for Distance Running** Richard Elliott

The Competitive Edge explores the psychological factors that influence a distance runner's performance. The book is intended to help competitive runners get a handle on the 'inner game' of their sport and maximize their running potential. It covers such topics as: • the challenges posed by the psychological aspects of distance racing • the use of relaxation techniques to calm the body • the use of mental rehearsal to visualize and prepare for races • the care and feeding of a runner's 'emotional battery' • a discussion with top runners about the psychology of racing • the formulation of a mental training program

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