

Marathon Training

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The purpose of this script is to allow the client to prepare physically and mentally for running a marathon. It begins with having the client define his or her goals for running and the strategies for bringing them about.

(Script)

You are here to prepare for the marathon. By coming here in advance of the event, you have shown that you understand the importance of preparation. It is so important to be prepared in mind and body. Start now by allowing yourself to just relax even more deeply and focus on my words...

You know the importance of preparing your body for this event... It is also important to prepare your mind. See yourself now, setting goals and timetables for accomplishing those goals... What are the goals you have set for yourself? Do you want to lose weight by running? Do you want to increase your distance? Do you want to improve your time? Perhaps your goal is to simply be able to finish. Whatever your goal, it is right for you... Picture yourself now committing to this goal and setting a schedule ... Now with a firm picture of your goals in your mind, see yourself as already having reached them ... You have done what you set out to do, and you feel stronger and more fit...

Now imagine yourself preparing your body by eating more healthy foods... The day of your event, your body will require proper nutrition... Picture a healthy, vibrant you ... see yourself eating healthy foods and feeling good...

And now we will concentrate on running habits. You may have heard in the past that you must run every day in order to prepare for a marathon. But now you begin to realize that this is not necessary. In fact, the more you think on this, the more you realize that your muscles need to repair themselves after a vigorous run. You know now the importance of resting in between running sessions. See yourself running one day and resting the next, while gradually increasing the length of time you spend running. Imagine a clock for a moment... think of how constant a clock is, how regular. Now picture yourself as that clock, doing everything in its proper time ... Picture yourself running one day, then resting the next ... Then running again, then resting again. Yes, that's right... keep that schedule of running. You see yourself already doing these things.

As you run, you find yourself feeling invigorated ... Take a moment to experience the ground beneath your feet ... feel the rush of air as you run ... the sun on your face ... the "runner's high" as endorphins are released ... You are in this moment now. Allow yourself to feel every sensation of running and to enjoy it completely...

As you reflect on this experience, you'll find it easier and easier to merge these thoughts and feelings into your own personal skill set. As you train and practice, you may find yourself able to perform your given tasks more easily and with more confidence... That's right. You've done very well here, and now it is time to return to this place, glowing with a feeling of well-being... You are fit and ready to run.