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Endurance mindset toolkit

“As endurance athletes, our thoughts are the heaviest things we carry”

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Endurance Mindset - Intro

With anything in life, leaving your comfort zone often causes anxiety. Signing up for a big sporting challenge is no different. Nagging worries of fear and doubt try to take over, holding you back from achieving your sporting or even life goals.

And let's face it, it is much easier to not sign up for a new challenge than to deal with potential failure. Does this sound familiar?

Most amateur athletes have one thing in common. They predominantly focus on their physical fitness to improve their performance. While this is certainly necessary to an extent, it is time-consuming and there is a high risk of overtraining and injury if not done the right way.

Is this you? Oh well, then get a pen and paper, and let's get started!

You are about to learn techniques to help you be at your peak without slaving away extra hours in the gym or running.

These habits are so powerful, that they will change your game forever.

Are you ready to step into the unknown and run further and faster than ever before?

The thrill of distance racing is that somewhere along the line we discover that it has far more to do with our minds than our bodies.

And when that realisation hits, my oh my, we all know what happens next!

We go for it!

We sign up for the biggest race or adventure of our life in the high hope that we will be able to rise to the challenge and that we will be able to go further and faster than ever before.

I am Erica Terblanche, with over twenty years of extreme endurance racing I have taken my body and my mind to that furthest limit, and beyond.

I am a positive psychologist and a life coach. I am a specialist in the psychology of motivation, performance, resilience, and happiness.

I am also an author and endurance runner who has over the past twenty years won some of the biggest multi-stage races in the world, including the 7-day Sahara Desert Ultra Marathon amongst many others.





I have combined the greatest insights of positive psychology with 20 years of extreme racing experience to develop the strategies that can help YOU dramatically increase YOUR distance without any extra training.

I teach runners how to use their minds, emotions, and their bodies in smart and scientifically validated ways to give them that extra endurance edge.

LEARNING THESE TECHNIQUES WILL CHANGE YOUR GAME FOREVER.

I am not a gifted athlete. I only started racing when I was thirty years old and without any formal support or coaching. If I could beat some of the world's best athletes in some of the most grueling races on the planet using these practices, I know they will make a significant difference also for you.

There is a long list of things that enable us to go the distance or that extra speed – but there are three things that are absolutely crucial for anyone aspiring to become the best endurance athlete they can be.

These three simple mental practices will prepare you to step over that precipice, into the unknown, and find your ability beyond any limit you imagined.

Make these endurance skills your own.

For life.

The Power Of Positive Emotions

The undeniable dynamism of positive emotion

You remember Peter Pan? Yes, he could fly. When? When he was thinking happy thoughts. There is nothing heavier to carry on a race than a downward spiral of negative thoughts and disempowering self-talk.

The scientific research and especially that of Dr. Barbara Fredrickson point to the way that positive emotions make us more creative, more resilient, physically stronger, more open to connection and healthier at the level of basic biomarkers like heart rate, cortisol, blood pressure and immunity.

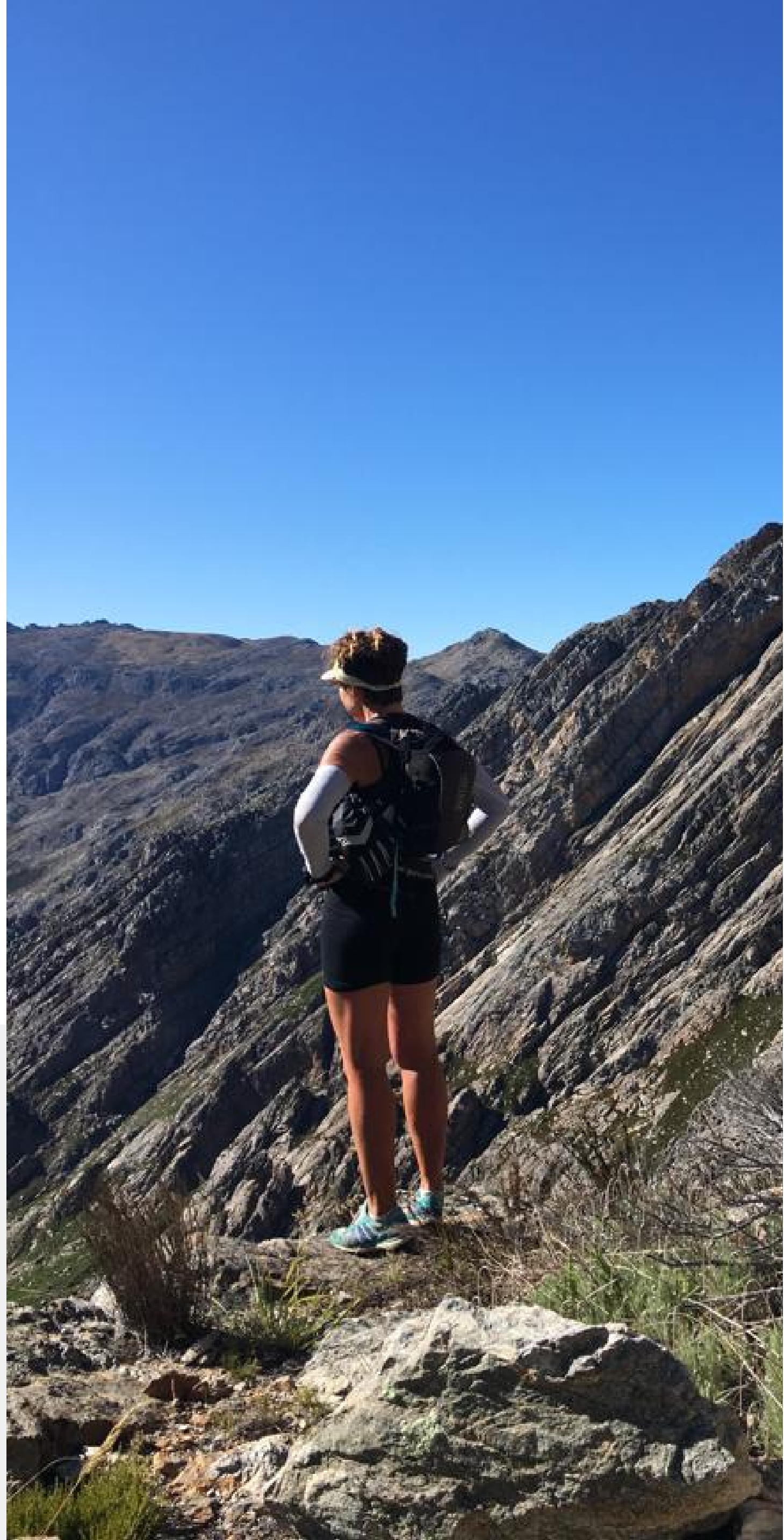
Her research also shows how one positive emotion triggers another and often ends in a powerful and empowering upward spiral of positive emotion.

AND THAT IS WHAT YOU WANT WHEN IT GETS TO HALFWAY THROUGH THE RACE AND YOUR BODY IS ACHING AND THOUGHTS OF FEAR AND QUITTING CREEP IN.

That is when we need the magic carpet of positive emotions on demand that will swoop us right out of difficulty and back into empowered mindsets of I CAN!

The scientific research into positive emotions suggests that there are three powerful emotions with a greater correlation to emotional well-being and resilience than any other.

Do you know what they are?



It turns out that they are **LOVE/ COMPASSION, HOPE AND GRATITUDE.**

I love my emergency blanket. It is my favourite piece of equipment in any race. And it has saved my life and my races many times, but not as many times as my LOVE, GRATITUDE and INTENTION lists.

Before you start thinking about the lists, look for a quiet space and get a pen and paper.

You can do these exercises days before race day or just early in the morning of race day.

But like anything else, the more often you practise, the better you set yourself up for your most powerful endurance mindset!

Setting Up The Right Mindset



Let's have a little warm-up.

Breathing exercise – 1 minute

Eyes closed, sitting straight, lift your arms up above the head and breath in through your nostrils. Then exhale forcefully through the nostrils bringing your arms down with each exhale, hands at chest level (imagine you are pulling something down).

Breathe in fairly quick successions, three sets of 10, with a short break in between.

If you start feeling nauseous, slow down your breathing and switch to longer and deeper breaths.

Grounding exercise – feeling the connection – 2 minutes

Eyes closed, sitting straight, hands relaxed on your lap, sit crossed -legged on the floor and take a deep breath in through your nostrils. With every exhale imagine gradually pushing the breath down internally through the body, on a journey along the spine towards your sitting bone where eventually roots begin growing into the earth.

There are many more exercises to add on, but if you are new to this topic, just start with those two.

Now, let's get ready for race day - building the three most important lists that you carry with you!

Create your lists

1.

Gratitude list exercise

Remain in the sitting position with your eyes closed and recall ten things for which you are deeply grateful.

These can be big things in your life, but also include smaller, everyday things. Once you have 10 items, write them down.

Relive these moments and be thankful for each and every moment on your list!

Take your time reliving, the more you can feel the emotions of your moment, the more powerful the exercise is.

2.

LOVE list exercise

Remain seated with closed eyes. You do the same exercise for ten people, items, places, anybody/anything that keeps a very special place in your heart. Visualize each item on your love list and feel the positive emotions.

3.

INTENTION statement exercise

Close your eyes and set an intention: BE CLEAR ON YOUR WHY FOR THE RACE AND YOUR INTENTION.

I add this because when you know why you can withstand the challenges that come your way and if you are clear on your intention, be it to finish or win or enjoy the race or to meet new people, or to have some time and space for your life, or just to use it to stretch your fitness into a new realm, then you will be able to climb over the wall when it hits.

Everyone, I mean everyone goes through some really rough times on a long-distance race - where it hurts, and it is hard, and quitting seems like a wonderful alternative

The skill is to know that this moment WILL come, and to know what to do when it arrives.

a) Double down on your intention of finishing the race. One of my favourite mantras is “Pain is temporary. Quitting lasts forever.” It is not about how you feel. It is about who you are. You are a runner and a warrior.

b) Slow down a little, nourish yourself, eat, drink, put on something warm if you are cold, sit a little if you need to, pray, and above all take the pressure off.... Give yourself a bit of time and TLC and without doubt, you will feel your energy flood back.

In summary COMMIT AT THE LEVEL OF IDENTITY, AND WHEN THE HARD MOMENTS COME NURTURE YOURSELF TO STAY IN.

The next time you go into a race or challenge that is about to test you to the limit, make your lists and keep them in your pocket.

The act of thinking about them and writing them down will embed them in your subconscious mind. When that moment comes when you begin to think about the pain of the enormous distance that is left, go to your lists. Recite the things you love, and what you are grateful for and remember why you are here.

There is no doubt about the dynamic power of positive emotion and how it can carry you through the slumps and the disempowering feelings that will most certainly come during a long-distance race.

And to just make sure you go really prepared for the next race; I include another super powerful mindset strategy into this toolkit. It is called the THE HELIOTROPIC EFFECT OF PRE-FEELING YOUR VISION

We learn how to pre-wire the body for endurance, power, perseverance, and performance through visualization!



Bonus Exercise

Visualization – pre-wire your body and mind for race day – 3 minutes

You are going to imagine your big day... this is my favourite part of all exercises as it pre-wires your body and mind for desired performance and it gets your body into high-performance states even before you arrive at the start line.

Close your eyes and imagine how you successfully master the new challenge from start to finish. Go mentally through all sections of the event and pre-feel your desired vision. How do you look and feel when you cross the finish line? How do you feel when you have accomplished it? The more detailed you imagine the event and pre-feeling your accomplishment, the more you prepare and pre-wire your body and mind.

It is very important that in whatever you imagine, you incorporate positive emotions with your vision and live it as if it is already happening.

Follow those strategies and let me know how your next race goes!

There is certainly more to the game of successful endurance running, so make sure to follow me on Facebook and Insta for more powerful tips.

What are your biggest challenges when it comes to endurance performances?

Share your experiences with the community, I would love to hear from you!

In friendship,

Erica



Insta: [erica_terblanche](https://www.instagram.com/erica_terblanche)



Facebook: www.facebook.com/ericaterblanche.thriveguru

A full-page background image showing a woman running through a vast desert landscape with large sand dunes. She is wearing a white long-sleeved shirt, black shorts, a backpack, and a cap, and is using trekking poles. The scene is captured in a warm, golden light, suggesting sunrise or sunset.

Erica Terblanche

RUN

FOR THE LOVE OF LIFE

What I learned while running more than 10000 miles
through some of the harshest landscapes on Earth.