

# ■ Mental Resilience Toolkit

A 4-Week Mental Toughness Mini Course for Ultra Runners

## ■ Week 1: Awareness & Observation

- Journal one mental challenge after each long run
- Recognize when the “quit” voice shows up
- Drill: 3 deep breaths → observe → label the thought

## ■ Week 2: Developing Your Mantra

- Create a 3–5 word phrase (e.g., “Calm is Strong”)
- Use it during hills, fatigue, or tough moments
- Bonus: Write your mantra on your hand or gear

## ■ Week 3: Visual Rehearsal

- Visualize finishing or overcoming hard race moments
- Practice nightly for 5–7 minutes
- Advanced: Rehearse how you'll respond at mile 70

## ■ Week 4: The Gratitude Loop

- Every 10–20 mins during a run, name one thing you're grateful for
- Use gratitude to shift focus from pain to purpose
- Log gratitude in your post-run journal

## ■ Bonus Drill: Body Scan Meditation

- Slowly scan body from feet to head with calm breathing
- Acknowledge pain, don't judge it – just observe
- Use weekly after long runs or emotional lows