

Training Tip #24 Inner Strength (Visual Imagery)



Congratulations, you are only one week away from your Susan G. Komen 3-Day® event. Remember to go through your packing checklist early to make sure that you have enough socks, sunscreen, blister care supplies and personal prescription medications. Do not buy a new pair of shoes at this point. Bring 2 pairs that you have already trained in. Remember to take off your toe rings and refrain from getting a pedicure. It has taken a lot of time, energy and determination to reach this point of the Komen 3-Day and you should feel proud of yourself.

It is also natural to feel a little nervous. Visualization is a tool used by many world-class athletes to prepare for an athletic event. Repeating the images and sensations of a successful 3-Day® will train your subconscious mind to accept them as the truth, banishing any underlying negativity.

Each day this week, imagine yourself at the finish line of the 3-Day, smiling and feeling strong. Feel the breeze on your face as you walk and hear the crowds cheering you on. Feel your feet moving along the sidewalk, light and energized. Think about the clothes you are wearing and how they feel against your skin. Imagine the joy and pride course through you as you walk into camp with hundreds of newfound friends.

See the rows of breast cancer survivors in a sea of pink, thanking you and congratulating you. Imagine every little detail in your mind exactly as you want the experience to be. This is visualization and the more times that you return to this powerful image, the more likely it is to become reality.