

How to Get Past Mental Low Points During a 100 Mile Ultramarathon.

Real talk: you're going to have very low points during your 100 miler. Trying to convince yourself that you won't is setting yourself up for failure. They're going to happen... so **have a solid plan of action in place to help you get through them.**



EAT SOMETHING!

Even if you just ate 20 minutes ago. If you suddenly feel teary, weary, or "woe-is-me"... eat something. The blood sugar spike will almost always makes you feel physically and mentally better.

DISTRACTION

Now isn't the time to try and be a badass and mentally will yourself to be stronger. Nope, distract yourself, however you can, with zero shame.

Listen to music or a podcast, ask a pacer to tell you a story, count steps, sing out loud, strike up a conversation with another runner (if they are up for it) . Do anything to take your mind off the low.

THIS IS NORMAL

Remind yourself that this low was expected. It's why you're here after all, to conquer an incredibly difficult feat so many others aren't capable of.

Having to dig really deep through unexpected lows is part of the sport. You are not suffering through anything that many others before you haven't experienced. You've got this.

VERBALIZE THE LOW

Say it out loud. Tell a crew member. "I'm feeling _____. Please help me get past it"

Don't let the low fester privately in your thoughts. The more the people that are supporting you are aware of your current struggle, the more they can help you get past it.

30 MORE MINUTES

Promise yourself you'll keep moving forward for another 30 minutes before quitting. (NOT 30 minutes in a chair "thinking about it". 30 minutes MOVING.) You've already been out there for this long, what's another 30 minutes? (Chances are, the low will pass in that time frame!)

*Does not apply to injuries. If you are seriously injured, do not keep going.

KNOW IT WILL PASS

100 mile ultramarathon highs and lows are like a roller coaster. Yes, there will be lows, but it's always followed by a high. Remind yourself that you will (I promise) get out of this low. It absolutely, 100% will eventually pass, but ONLY if you keep going.

If you quit now, you'll never find that next high.

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