

BEFORE RACE

ACTION

1. Signup for marathon
2. Create training schedule
3. Increase running frequency to 4 times a week
4. Joins a local running group for long runs

Thoughts

"I need a new challenge to motivate me"

"I hope I can stick to this plan"

"It is easier to run with others"

Emotions

1. Excitement
2. Focus

DURING RACE

ACTION

1. Starts running, maintaining a steady pace
2. Reaches the 5km mark, takes water
3. Hits the 10km mark, feels fatigue setting in
4. Struggles at 15km, slows down a bit
5. Sees the finish line, sprints the last 500m

Thoughts

"This feels good, don't go too fast"

"I am making good time"

"it is getting tough but I am actually there"

Emotions

1. Determination
2. Perseverance

AFTER RACE

ACTION

1. Drinks water and eats post-race snacks
2. Meets up with friends/family

Thoughts

"This is the best banana I have ever had"

"Their support kept me going"

Emotions

1. Relief
2. Gratitude
3. Satisfaction