

## HOW TO GET THE MOST OUT OF RUNNING - Jackie Drouin

(9x individual state champion at Collins Hill; 7x NCAA Academic All-American at Columbia; High School GPA - 3.944)  
High School PRs - 2:14 (800); 4:49 (1600); 10:38 (3200); 17:36 (5k XC)

### Eating:

- Don't try to lose weight, try to be healthy. Skipping meals is not the way to be healthy. It's WHAT you eat that matters.
- You have to eat breakfast. As soon as you wake up, you need to get energy for the day.
- Eat Protein. LOTS OF PROTEIN. It will make you strong. Protein makes your muscles. Workouts break down your muscles. Your body uses protein to rebuild. Protein - meat, fish, nuts (you can't eat too much protein)
- Vitamins - Multi-vitamin every day. They help our immune system and provide antioxidants that help your muscles recover after a workout
- Iron (red meat), potassium (bananas), & calcium (dairy) are important

### Sleep:

- Go to bed at the same time every night - Every scientific study shows that a consistent bedtime is crucial.
- Your body heals itself and builds HGH while sleeping.
- Lack of sleep = injury & slower races. It's just that simple.

### Nerves:

- When you really care about something, it's scary. That's normal. You have to believe in yourself and take the chance.
- Confidence in race is not "magic" and can't be faked. It comes from doing the work every day at practice.
- The opportunity is there at races to do something great. That is scary. Again, it's normal. Dream big & go for it.
- Be nervous. Don't be afraid. Your desire for greatness has to be greater than your fear of failure.

### Pressure:

- Pressure is an external source of nerves.
- Can come from fear of what others will say about you. What others say does not matter.
- Can come from team pressure (it's up to you alone to qualify your team, your team won't win if you run poorly, it's all on you, etc.).
- In a race, you can't make your teammates better. The time to carry your teammates is in PRACTICE. When they complain about push-ups, don't want to run a cool down, don't want to do long runs - You can teach and influence your teammates.

### Racing:

- Runners start to dread losing rather than get excited about winning. If you are stressing about losing, you've let your pride destroy your love of racing.
- You want a race. You want someone to push you. A victory means more if someone is pushing you. Don't fear it, embrace it.

### Nerves & Pressure - The Solution:

- Visualize the race. Not only the perfect, winning scenario, but visualize getting cut off. Imagine tripping, going out way too fast, getting boxed in. Imagine all the things that can go wrong, too. Then, visualize how to properly handle those things.
- In every race, your mind pops excuses into your head ("you were sick", "you ran the first mile too hard", "you're just a freshman"). Workouts prepare your body. Visualization prepares your mind. If you address the difficult decisions before the race starts, then you will know the right answers when the choices are presented: Go for it.
- My junior year at Great American, I wanted to run really well. I had run poorly the year before. A couple of weeks before the race, I wrote myself a note. I told myself that I would go out fast. I told myself that I would start moving up at the mile and pick off runners one-by-one. I told myself that there was a long hill after the mile and that I would have to be tough. I could not quit or settle. I had to keep passing girls and fight until the end. I read that note sometimes after practice & before the race. I did exactly as I wrote! I ran the race that I had written down because I had played it over & over in my head and was ready for the pain.

### Goals

- Sometimes, you don't achieve your goals in a race. That's okay. But, you can't quit!
- I used to set goals to win. If I got passed in a race, I would give up and let other girls pass me, not fighting, because I was not going to achieve my goal of winning. The same goes for time goals. If you set a goal to break a certain time and realize mid-race that you're not going to get it, some people quit.
- How do you overcome this? STOP BEING SELFISH! It is good to win & compete. But, if I give up because I don't achieve my goal, that means I am only running for myself. "You are not bigger than the team!"
- There are always 6 other girls on the course with me. My teammates. I had to run for them because, maybe I won't be a state champ, but I have to run for them, not myself.