

Preparing for Birth is Like Preparing for a Competition

Vary your training

- Don't just run in preparation for the event.
- Use several different methods to train i.e. cycling, walking, yoga, weight lifting. This will ensure that your whole body gets a workout creates more balance.
- Don't forget to train your mind as well for the event.

Prepare your mind for the race

- Attitude is important for success. A positive attitude will help you overcome obstacles such as fatigue and fear of failure.
- Determination to achieve your goals will keep you focused on success when facing obstacles.
- Visualize yourself achieving success. See yourself facing and overcoming obstacles.

Pace yourself

- Know yourself and understand how to and when to push past your fears.
- Believe in your own ability to know your body and what it is capable of.
- Make sure you run your own race at, in your own time and at your own speed.
- Don't be afraid to slow down when you need to rest.

Take care of yourself

- Remember to keep well-nourished prior to the event. Give your body foods that are high in energy so that it has what it needs to keep you going.
- Keep well hydrated during the event so that your muscles work efficiently.
- If you need help, ask for it; don't be afraid to admit that you are not a machine.

Have your stuff ready

- Make sure that you have all your supplies ready and available for you during the event.
- Make sure that you have a backup plan to deal with any circumstances which may arise (i.e., adverse weather).
- Make sure you have discussed your plans with your support people so that they know how to help you achieve your goal.

Enjoy yourself

- Don't worry about the end of the event.
- Focus on how well you are taking care of yourself and how this will improve your overall wellbeing.
- Remember that the event is only one day. It is the training that went into it is what will last.

Adapted by Virginia Collins from "Beginner Triathlon", copyright 2008