

## Training Driver Diagram

AIM: Apply science and deliberate practice to improve running performance, leveraging feedback and data whenever possible		
Primary Drivers	Secondary Drivers	Improvement Strategies
Exercise	Extend endurance	
	Increase speed	
	Improve strength and form	
	Reduce risk of injury	
	Acclimate to environmental demands of event	
Mental Well-Being	Identify and treat mental health issues	
	Develop strategies for race day and between races	
	Engage in positive practices that promote happiness	
	Balance and complement training with rest of life	
Nutrition & Hydration	Dial in healthy, supportive nutrition during and between events	
	Understand hydration needs for during and between events	
Rest & Adaptation	Commit to 7 - 9 hours of high quality sleep per night	
	Rest appropriately to maximize recovery and adaptation	