**Training Driver Diagram**

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| **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 |  |
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| Increase speed |  |
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| Improve strength and form |  |
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| Reduce risk of injury |  |
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| Acclimate to environmental demands of event |  |
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| Mental Well-Being | Identify and treat mental health issues  |  |
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| Develop strategies for race day and between races |  |
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| Engage in positive practices that promote happiness |  |
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| Balance and complement training with rest of life |  |
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| Nutrition & Hydration | Dial in healthy, supportive nutrition during and between events |  |
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| Understand hydration needs for during and between events |  |
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| Rest & Adaptation | Commit to 7 – 9 hours of high quality sleep per night |   |
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| Rest appropriately to maximize recovery and adaptation |  |
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