

# Starting Block



- Starting blocks give a sprinter something to push against to achieve maximum acceleration at the start of a race.
- Many athletes also visualise the entire race before they start, both the good and the bad moments, so they know they can make it to the finishing line. They need to be mentally and emotionally prepared, as well as physically strong.
- How can you make a good start to the new school year? Do you have a game plan in place?
- Remember that the school year is not a sprint, you need to make it through to next summer – what self-care have you put in place to make sure you run the distance? Who will be supporting you along the way? Runners who train with friends are more likely to go the distance and complete the race.

***‘There are better starters than me, but I’m a strong finisher.’***

Usain Bolt