



# MIND OVER MARATHON

## RHALOU ALLERHAND ENTERS A TRANCE-LIKE STATE OF ALTERED CONSCIOUSNESS TO EASE HER RUNNING FEARS

**'IF MY UNCONSCIOUS MIND BELIEVES I'M CAPABLE OF RUNNING 26.2 MILES, THEN HOPEFULLY MY LEGS WILL FOLLOW SUIT'**

**B**eing relatively new to running, while it's always great to have expert advice at one's fingertips, in the run-up to race day, working in an office surrounded by running aficionados (all eager to offer training advice while simultaneously enthusing about PBs) can be both a blessing and a curse. I've never been particularly competitive; at school I was too busy smoking behind the bike sheds to even get picked last for team sports. When I finally decided to get fit, running appealed because it's essentially a solo sport, so I don't have to pit my wits against anyone but myself. Plus it enables me to fit into hot pants. Although I love running, I've never had any desire to get faster or beat a personal best. I'm just grateful to get round the park alive.

### POSITIVE THOUGHTS

But with the marathon looming, the office race chat hit a crescendo. Rather than spur me on, I started to feel inadequate and was struck down with a huge crisis of confidence. What if I didn't manage enough training runs? Or did too many? Or keeled over and died on the road? Combine my fears with exhaustion from overtraining, and I started to feel grossly unprepared for race day.

I realised I needed a quick fix – and fast. But instead of speaking to yet another fitness expert, I decided to opt for a novel approach and contacted a hypnotherapist. My theory being, if my unconscious mind believes I'm capable of running 26.2 miles, then hopefully my legs will follow suit.

I called upon the services of the inimitable Lisa Jackson, a clinical hypnotherapist who happens to be a keen ultra runner, too! I visited Lisa in her

Croydon clinic and within half an hour, felt a renewed lust for the sport before she'd even hypnotised me. Having undertaken no less than 20 marathons and three ultramarathons, if anyone knows how to encourage a girl to run a measly 26.2 miles, it's Lisa. She doesn't run for speed – she runs because she loves the social aspect of running events and, of course, the fancy dress.

### GOING UNDER

For the actual hypnotherapy, Lisa sat me down in a comfy chair and spoke to me in a low, soothing voice to put me into a deep trance. I was out like a light and came to after 20 minutes, feeling optimistic and refreshed. Lisa also teaches self-hypnosis, which is all about building positive neural pathways to the brain, so by hypnotising myself and visualising my goals, before long I'll be more than capable (mentally, at least) of running a marathon.

I was sceptical to begin with, but after my first session with Lisa, I promptly laced up my trainers, dashed out the door and ran all the way to work (12.5 miles, no less). It may have taken me three hours and made me incredibly late for work, but I enjoyed every minute of it. Lisa not only restored my faith in my legs, but also taught me how to monitor negative thoughts, so I can focus on why I started running in the first place – to have fun! By session two, I felt ready to conquer the world, so come race day, I'll surely be ready to take on 26.2 miles... ☑

more info

To book a hypnotherapy session with Lisa at her Croydon clinic, visit [www.qmhypnotherapy.co.uk](http://www.qmhypnotherapy.co.uk)