



Performance Habits Mini-Challenge

For the next three weeks, challenge yourself to focus on one supporting strategy that will help you maximize your performance.

Race season heating up. As the excitement builds, remember this: **your endurance training is the star of the show, but if there's no supporting cast or crew, the whole production will fall apart.** A strong supporting cast allows your body to maximize the benefits of your endurance training, and to arrive fit and fresh on race day.

For the next three weeks, we challenge you to sharpen your focus on one specific element in that cast and crew: strength, recovery, nutrition, or performance mindset.

Here's how:

STEP 1: PICK YOUR FOCUS

Select **ONE** (and only one) item you want to improve from the list below. Make sure it's one you feel you can truly commit to improving right now.

RECOVERY: Sleep quality, quantity, and consistency

NUTRITION: Hydration (daily and/or race-specific)

STRENGTH: Mobility and tissue health

MINDSET: Presence and focus during workouts

STEP 2: GET SPECIFIC

Once you've picked a focus, decide exactly how you'll take action:

Every _____ ,
(workout, day, etc)

I will _____
(specific, explicit action)

to improve my _____.
(outcome/goal)



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STEP 3: STAY CONSISTENT

Take action, track your progress, and stay accountable by checking in on the Purple Patch Facebook Group, tagging @Purple Patch on social media, or with a friend/family member

Week	Action Taken	Success? Why/why not?	Check-in (at least 1)	Changes for next week (if any)
JUNE 14		<input type="checkbox"/> Yes <input type="checkbox"/> Partial <input type="checkbox"/> No	Facebook Group <input type="checkbox"/> Social Media <input type="checkbox"/> Friend or Family <input type="checkbox"/>	
JUNE 21		<input type="checkbox"/> Yes <input type="checkbox"/> Partial <input type="checkbox"/> No	Facebook Group <input type="checkbox"/> Social Media <input type="checkbox"/> Friend or Family <input type="checkbox"/>	
JUNE 28		<input type="checkbox"/> Yes <input type="checkbox"/> Partial <input type="checkbox"/> No	Facebook Group <input type="checkbox"/> Social Media <input type="checkbox"/> Friend or Family <input type="checkbox"/>	

STEP 4: HAVE SOME FUN

You've been working hard. It's time to open up the throttle and see where you're at. In the United States, the 4th of July holiday is an extremely popular race weekend, so...

Your mission: find a local or virtual 5K race happening the weekend of July 4th (or make your own course). Go in with a goal to have fun and let the "fireworks" fly.

You can count this as your Q3 run threshold assessment if desired.