

HOW DO I...?

Train my brain to run better?

Running is as much a mental sport as it is a physical one, so how can you train your mind to improve performance?

Have you heard of sophrology? It could be your secret weapon to better running performance

Whether it's managing pre-race nerves, staying motivated through long training sessions, or recovering after a tough event, the mind plays a crucial role in every stride you take. "Self-knowledge, emotional control, concentration, motivation and perseverance often decide whether you exceed your goals, achieve a personal best or struggle to finish," says Dominique Antiglio, sophrologist and founder of sophrology platform BeSophro ([be-sophro.com](https://www.be-sophro.com)).

The benefits of sophrology

Sophrology is a mind-body training practice combining breathing, gentle movement, relaxation, visualisation and contemplation. "Blending Eastern practice with modern science, sophrology can help bring body and mind into harmony," explains Antiglio. "It can enhance focus, resilience and emotional balance, which is essential for endurance sports like running." And you don't need to be at the top level to benefit; runners of any ability can use it to improve performance, whether for competitions or daily training.

Preparing yourself mentally

Sophrology can help runners approach competitions and training sessions with serenity and positivity. "This

psychophysical preparation can help many factors," states Antiglio, "including reducing stress and anxiety before and during training or competition. It can improve sleep quality, especially before a race, increase body awareness and self-knowledge, and support recovery after exertion."

Sophrology can also develop attention, concentration, memory, imagination and creativity, she says. Through guided relaxation, mental imagery, controlled breathing and body awareness, runners can learn to channel energy effectively, stay present and perform with clarity and calm.

Resilience and recovery

Sophrology is known to strengthen intrinsic motivation, the inner drive that sustains effort over long distances; a great benefit for runners looking to

improve endurance. "Visualising goals, feeling physical strength and rehearsing challenging sections of a race reinforce endurance and mental stamina," says Antiglio. "Increased body awareness helps detect tension or misalignment, preventing injury and maintaining efficiency." Sophrology can also be beneficial after your run, according to Antiglio, because it encourages dynamic relaxation, which is where the body is calm and the mind in recovery mode. "This helps reduce muscular and emotional tension, accelerate recovery and foster resilience, allowing athletes to bounce back from setbacks," she says.

Run smarter, feel stronger

Even 10 minutes of daily sophrology practice can make runners calmer, more focused, confident and motivated. "It's not about pushing harder," says Antiglio, "it's about training the mind to support the body. Integrated into a daily routine, sophrology can improve performance, enhance recovery and let athletes enjoy running fully present in every stride.

"Running better with your mind means combining self-connection, emotional and physical control, and cultivating self-compassion and enjoyment, so you can turn every run into an opportunity to perform at your best, mentally and physically."

Find Dominique @besophrolondon

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