

Unlock Your Race Day Mental Edge

Your body is ready. You've done the hard work. Now prepare your mind to unlock your greatest potential.

Join fellow racers and friends for an inspiring 15 minute pre-race session based on visualization techniques utilized by elite athletes to mentally prepare for peak performance. The session is specifically designed to leave athletes feeling inspired, calm, focused and ready to step forward to experience an unforgettable race day.

Tanya Kroll, triathlete/marathoner/yoga and meditation instructor will lead athletes on a journey through the 4th Discipline of Triathlon -race day mental edge-. Whether this is your 1st or 5th triathlon of the season this special pre-race session is not to be missed.

Specially designed for all levels to help unlock each athlete's race day mental edge.

*No prior knowledge of yoga or meditation required. Wetsuits can be worn during the session. No yoga mats required.

Bio

Tanya Kroll has been practicing yoga and meditation for over a decade and began teaching in 2013 after receiving her 200 RYT Certification from Yoga Alliance.

In addition to yoga and meditation, Tanya's other passions include endurance racing and adventure trekking. She has been racing triathlons, marathons, and participating in adventure trekking globally for 16 years. She has completed 4 Ironman Distance Triathlons, 6 Half Ironman Distance Triathlons, 4 50K ultra marathons, and 24 marathons including Boston. Tanya understands the unique challenges athletes face in the pursuit of balancing training, racing, and life. Often overlooked, the 4th discipline (mental edge) can mean the difference between good and great and unlocking our highest potential.

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