**Legs don’t run - minds do!**

**When your plans go wrong as they sometimes will**

**And even those few down-banks seem all uphill**

**Your energy’s low and self-motivation not high**

**You want to smile but only find a deep sigh**

**Even your best times are a thing of the past**

**Rest if you must, no one cares if you’re last**

**Success is failure turned inside out**

**Those backward times cast a doubt**

**Educate mind and body, to your new aim**

**Many others before, have done the same**

**So stick to the fight when you’re hardest hit**

**When PB”s are long-forgotten, you must never quit**

**You’ve crossed the grass, time and time again**

**That last hill or incline is one, long pain**

**You can never judge how close you are**

**The line is near but it seems so far**

**Up above you see others, who near the end**

**Just blank those thoughts and set a trend**

**The mind is willing but the body is not**

**Summon those muscles they have not forgot**

**The chest is bursting and you’re pouring with sweat**

**It will soon be over and another goal is met**

**Tag behind a friend - or find a run-mate**

**To pull you along and through, that last gate**

**Mind over matter, it’s easy to say**

**Usually by those that don’t want to play**

**Think of the good days you once had**

**It may be hurting but not that bad**

**Focus, focus just concentrate the mind**

**Look on the brightside, you’re not far behind**

**Keep on moving at an increased pace**

**Or book the trend with poise and grace**

**Glance at those times don’t miss a beat**

**Break-in new trainers upon those feet**

**Set out a plan and don’t look back**

**Brough Park Running Club helps you keep on track**