



Peak Endurance Coaching

Peak Endurance Coaching Hypnosis Recordings – Consent & Usage

This recording is designed to support your mindset, focus, recovery, and race performance. They are not a substitute for medical or psychological care.

By listening, you agree that:

- You are healthy enough to use relaxation and hypnosis safely.
- You will never listen while driving, cycling, or operating machinery.
- Results vary, and no guarantee of outcome is made.
- Athletes under 18 require parent/guardian consent.
- If you have epilepsy, mental health concerns, or other conditions, consult a qualified professional before use.

Usage Guidelines:

- Find a quiet, comfortable space, seated or lying down.
- Best times: before bed, after training, or during rest.
- Frequency: daily for 7–21 days, then 2–3 times weekly.
- Duration: 6–20 minutes per session.

Anchors: Each script includes a simple anchor (such as three deep breaths, or a phrase) you can use in training and racing to instantly recall calm focus.

By purchasing and using these recordings, you consent to do so at your own responsibility.

Peak Endurance Coaching Hypnosis Recording: FREE Race Reset Hypnosis

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Please find the hypnosis [here](#)

Please download and save to your phone or computer.

I truly hope you get a lot out of these and they help your running and racing.

Isobel Tait