


Mentally ready for High Performance



Triathlon

What can I do to be a better racer mentally?

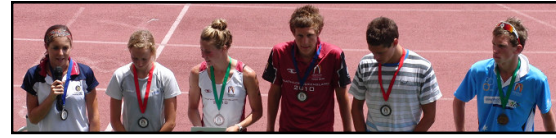
The Mental Tools

- Goal & Target Setting
- Mental Imagery
- Self Talk
- Energy Management
- Concentration
- Self Confidence
- Mental Planning
- Excelling under Pressure
- Sticking with It

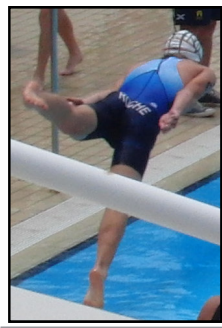



Take care of the details

- Effective specifically targeted training
- Highest technical proficiency
- Impeccable equipment preparation
- Setting mind for best possible season outcomes



Focus

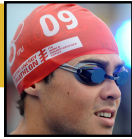

- In each of the 4 events:
 - What could you be thinking?
 - What should you be thinking?
 - Should you be "thinking"?
 - Cognitive vs. Reflexive
 - Process not Outcome

Creating a Great Race before Race Day

- You **DO NOT** "accidentally" have a good race
- Hope does not lead to a good race
- **KNOWING** you race well makes for a good race
- **KNOWING** comes from specific directed work



Confidence

- Mindset that produces physiological **best**
- Sincere belief in ability to perform
- Dealing with doubt, fear & anxiety
- **Thinking the thought** - practical
- **Saying the stuff** - practical
- **Feeling the Feel** - practical
- **Walking the walk** - practical
- How did it go? - practical

Common Self Talk Errors



- ◉ **Focusing on the Past or Future**
- ◉ **Using the Negative**
- ◉ **Focusing on Weakness during Competition**
- ◉ **Focusing only on Outcome**
- ◉ **Focusing on Uncontrollable Factors**
- ◉ **Demanding Perfection from Yourself**

Dealing with Pressure in Races

Accept pressure as part of racing

1. Be honest about interpretation of pressure
2. Create pressure situations in practice
3. Imagine & see yourself performing under pressure
4. Develop strategies to deal with challenges/pressure



The Zone

Focus is not lost – it is misplaced



Focus/Concentration Strategy

1st Zone	Key Zone	Final
1.	2.	3.
75%	15%	10%

↓ Start ← Event Duration → ↓ Finish

Make the Movie

- Clearing - practical
- See Success
- Taste Success
- Feel Success
- Smell Success
- Hear Success
- Run 1km - practical

Love the Process



- Focus on **Rhythm & Execution**
- **Stay - in - the - moment !!**
- Execute your skills
- Fully access & represent your fitness through being there
- **Allow the result to arise from PROCESS**
- Control what you can control