

Mental Training Tactics and Race Day Strategies of World Champions

Dave Scott

davescottinc.com

David Glover

enduranceworks.net



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Preparing mentally for race day is just as important as training the body



“It's not the will to win, but the will to prepare to win that makes the difference.”

— Paul William “Bear” Bryant (1913-1983)

“Do you what you can do in the moment.”

— Dave Scott

How Chrissie Wellington overcame adversity to win the Ironman World Championship again in 2011

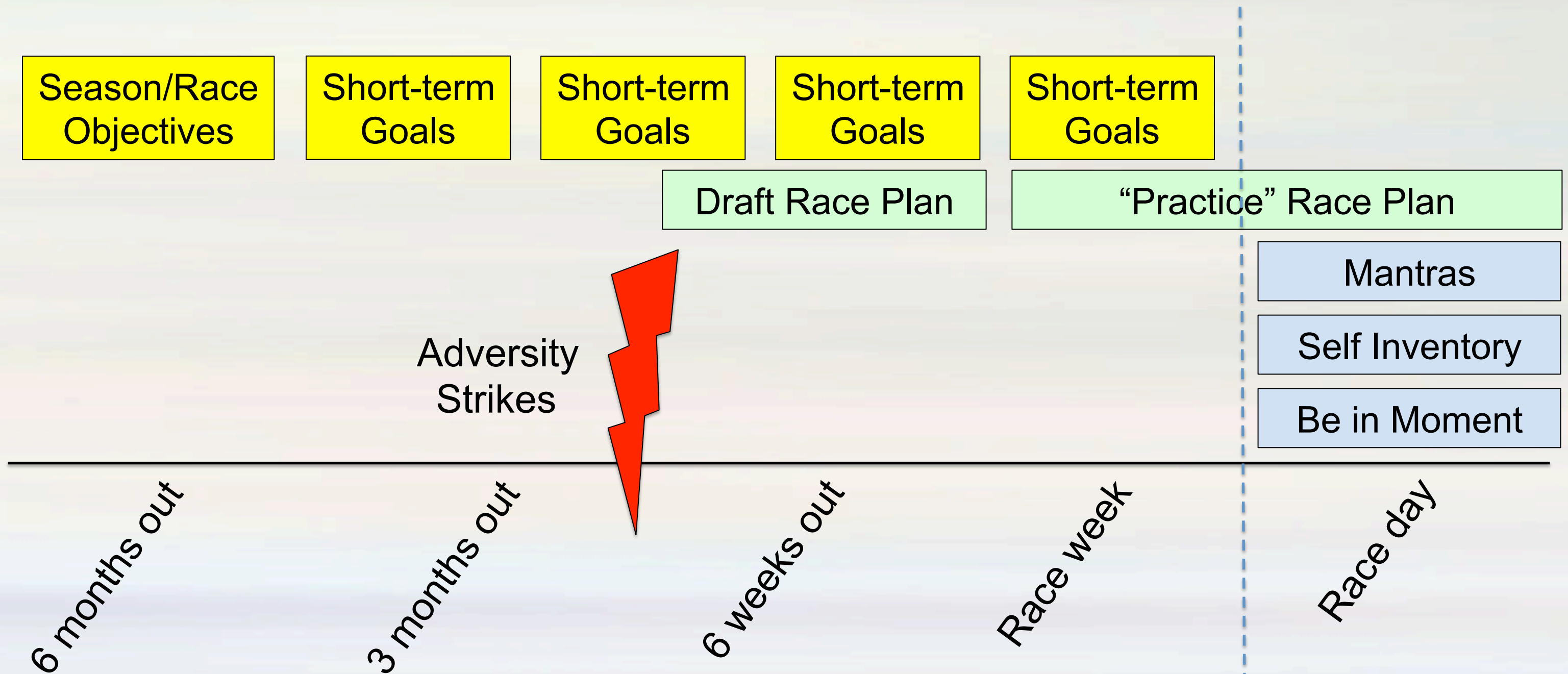


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What we'll cover in this presentation



But before everything else...what is your “Why?”

“He who has a why to live can bear almost any how...”

— Nietzsche

Suggested read: *Man’s Search for Meaning* by Viktor Frankl

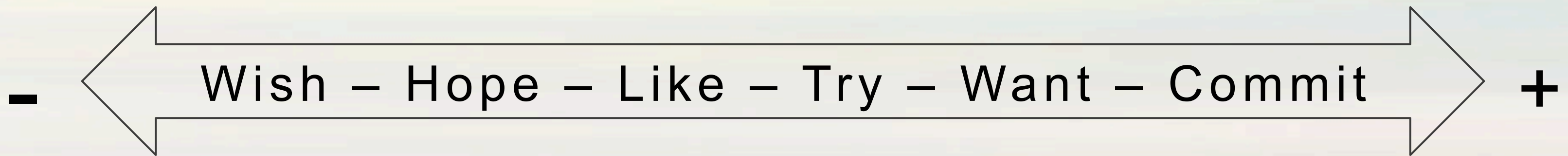
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When setting objectives for season / key races consider the commitment continuum

Level of Commitment



“I should...”

“I want to...”

“I could...”

“I commit to...”

“I’d like to...”

Takeaway: Level of commitment can be gauged by words and actions

Fear is always present; it's what we choose to do that matters

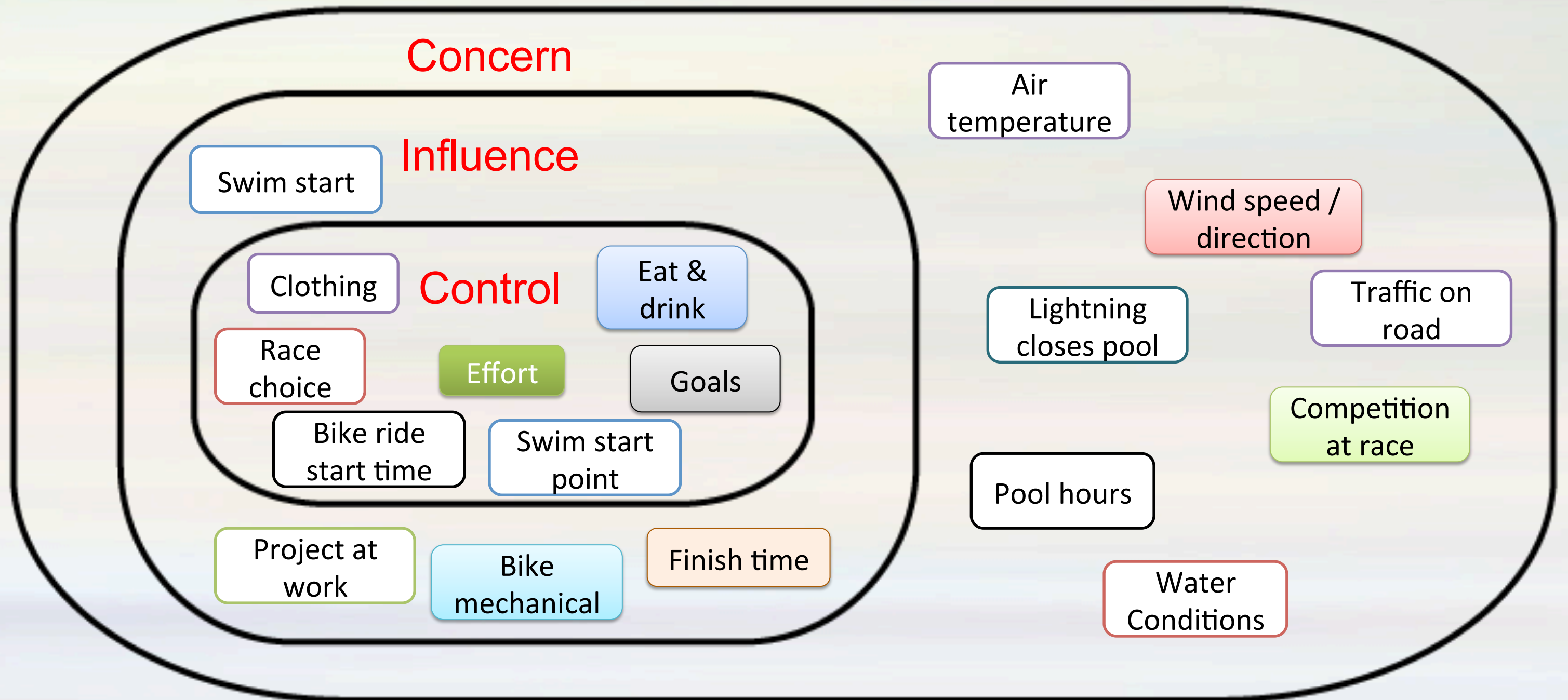
Types of Fear

- Fear of unknown
- Fear of disappointment
- Fear of commitment
- Fear of failure / success

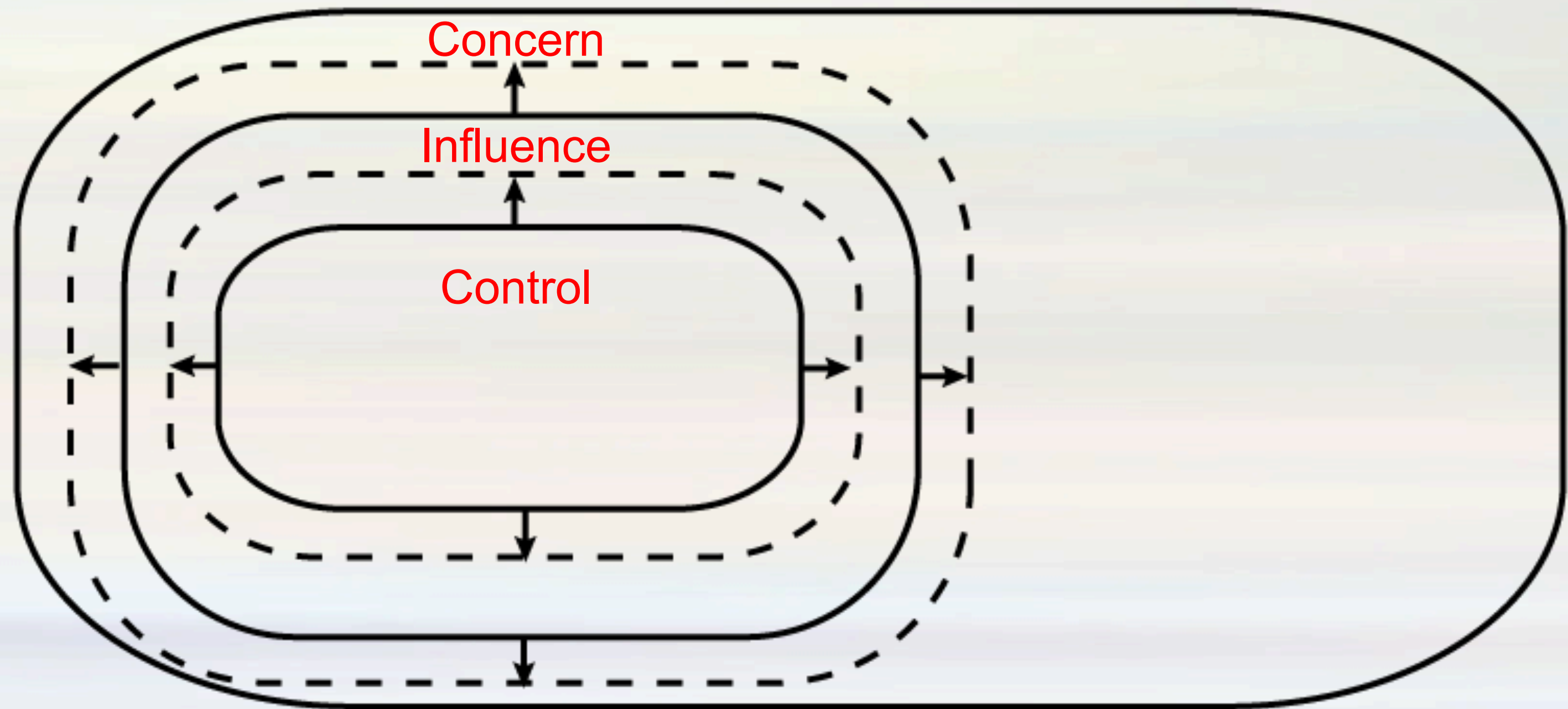
“Faith within self breeds the highest probability of success.”

— Dave Scott

Stephen Covey (7 Habits) uses analogy of three circles



According to Covey, by focusing on your inner circles, you can expand them

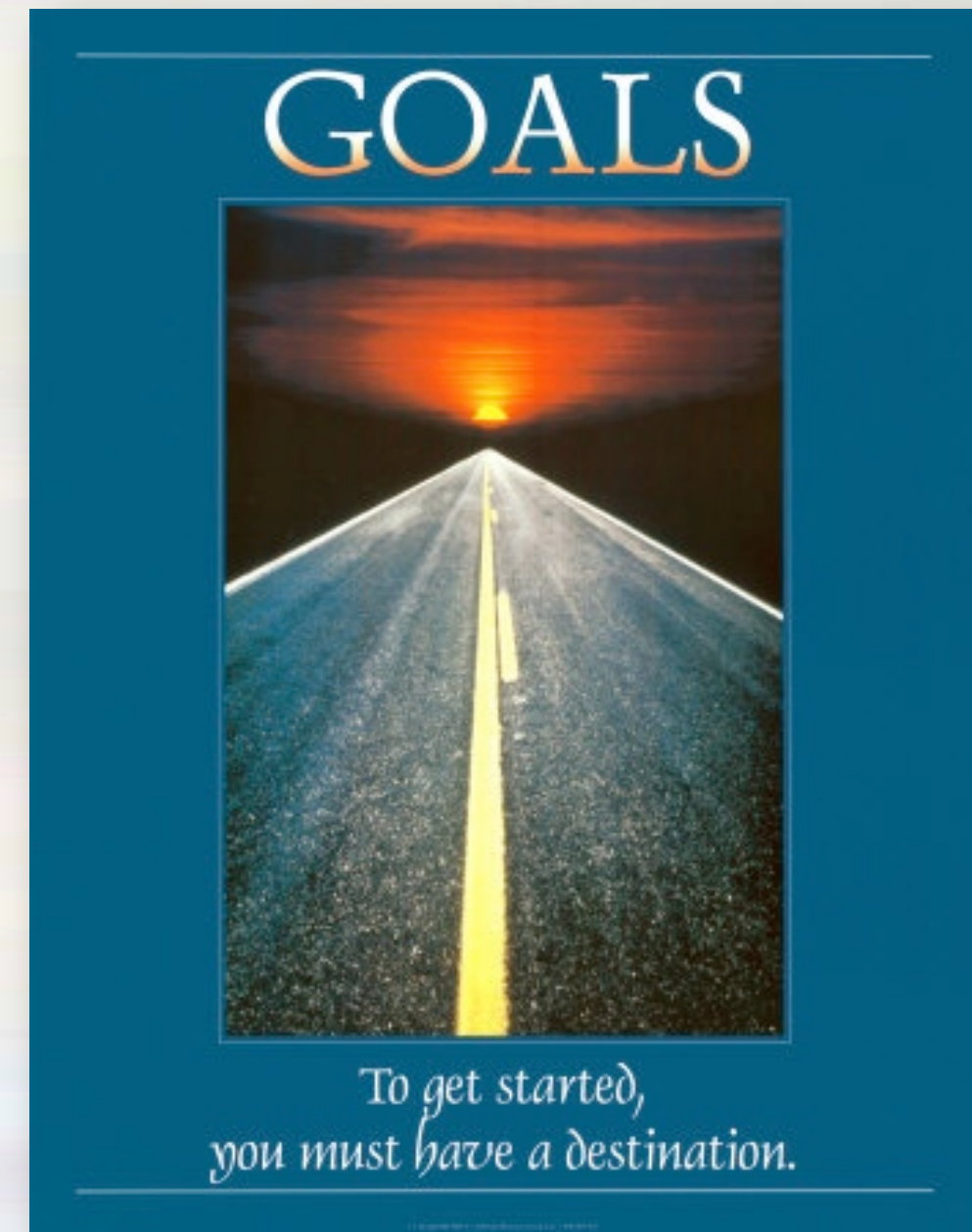


Does goal setting really work?

Review of 100+ goal setting studies found:

“...the beneficial effect of goal setting on task performance is one of the most robust and replicable findings in the psychological literature.”

Goal setting really does work!



Locke, E.A., Shaw, K.N., Saari, L.M., & Latham, G.P. (1981). Goal setting and task performance. *Psychological Bulletin*, 90, 125-152.

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Set goals – and revise them

“If you don't know where you are going, you will probably end up somewhere else.”

— Lawrence Peters

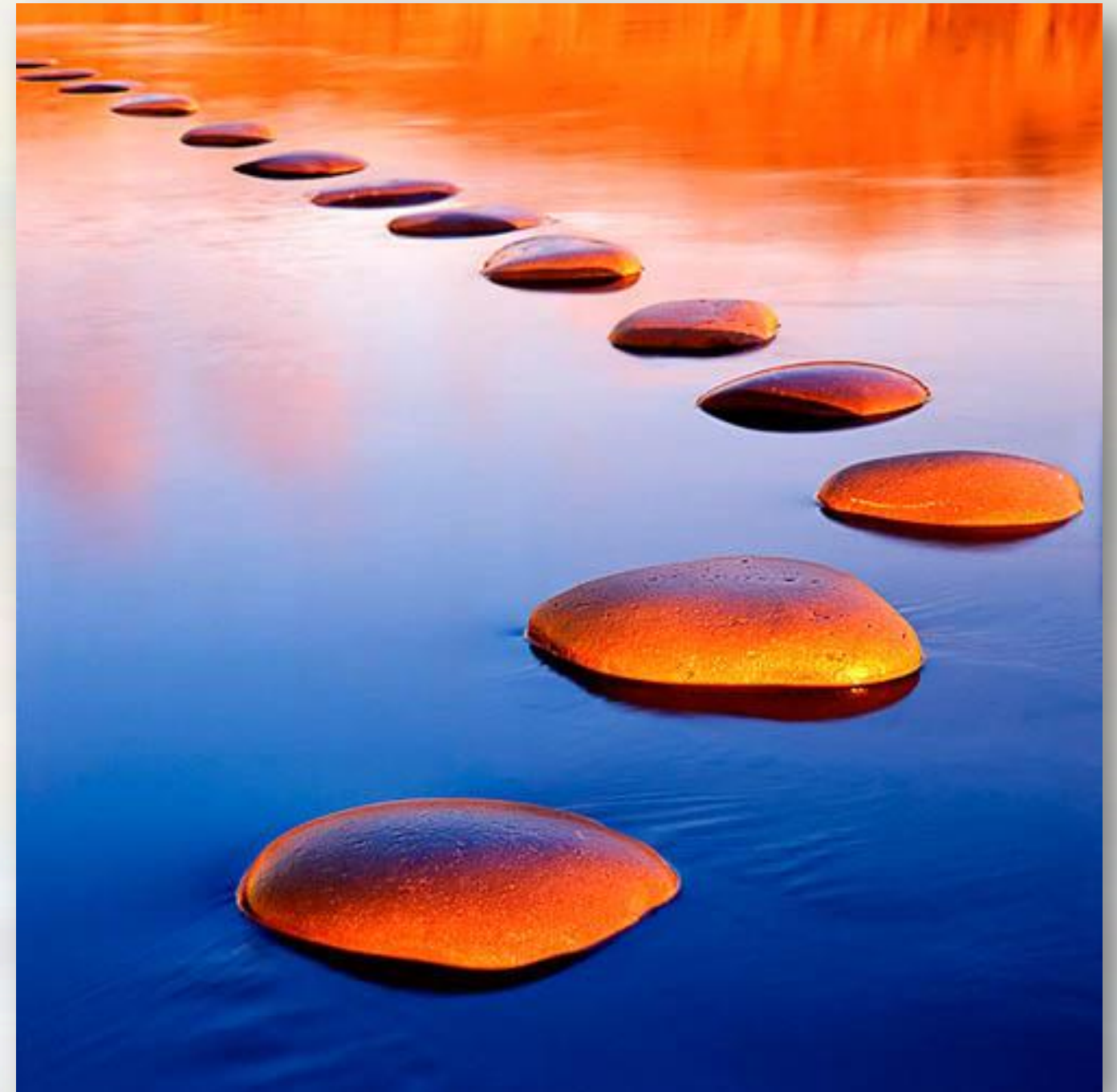
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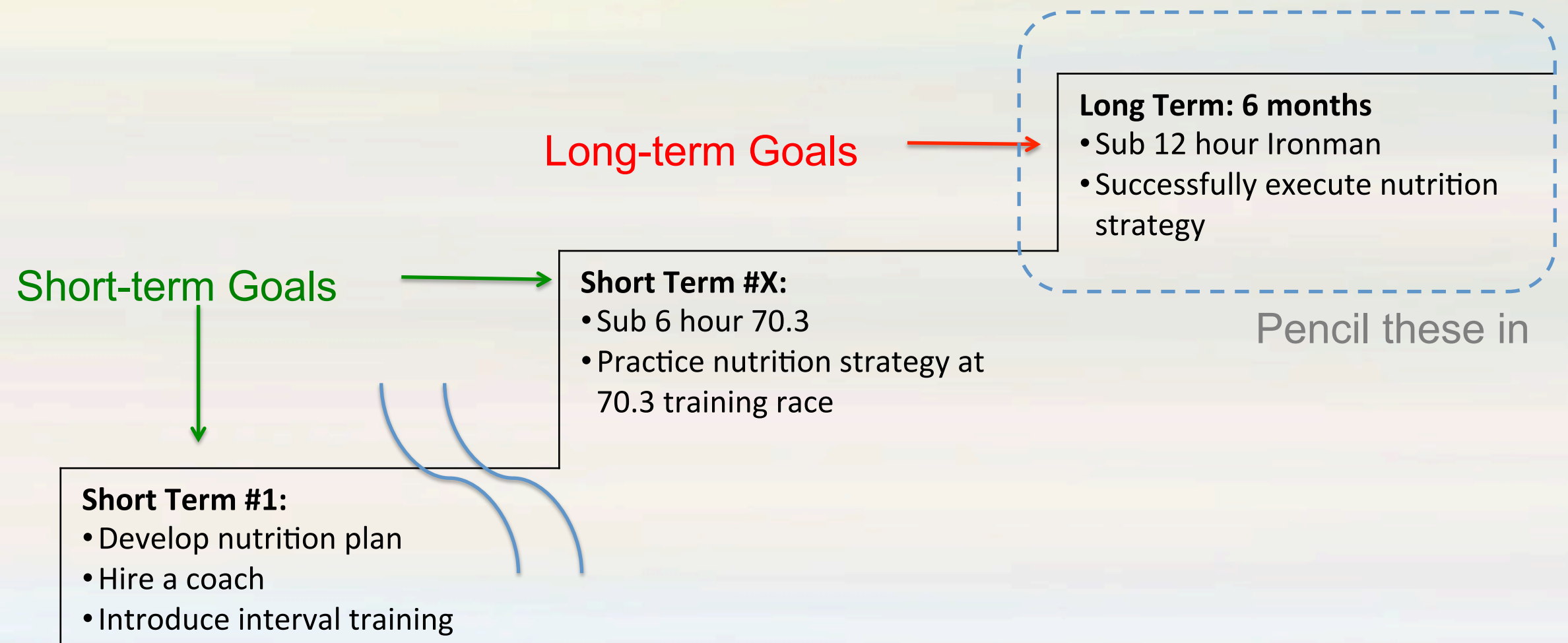


Use short-term goals as “stepping stones” to achieving bigger, long-term goals

- Think of them as milestones to evaluate progress
- Look at short block of time to measure training adaptations.
- Achievement affects athlete emotionally and psychologically.



Example tying together short-term and long-term goals



Today:

- 13:25 Ironman PR
- Run stomach distress

Tips for setting goals



- Use “SMART” acronym:
 - S = Simple
 - M = Measurable
 - A = Achievable
 - R = Relevant
 - T = Time bound
- Focus on the positive – what you want to achieve (vs. avoid)
- Ground your goals on past results and desired outcomes
- Set short- and long-term goals
- Set goals for practice and competition

Write down your goals, post and look at daily!

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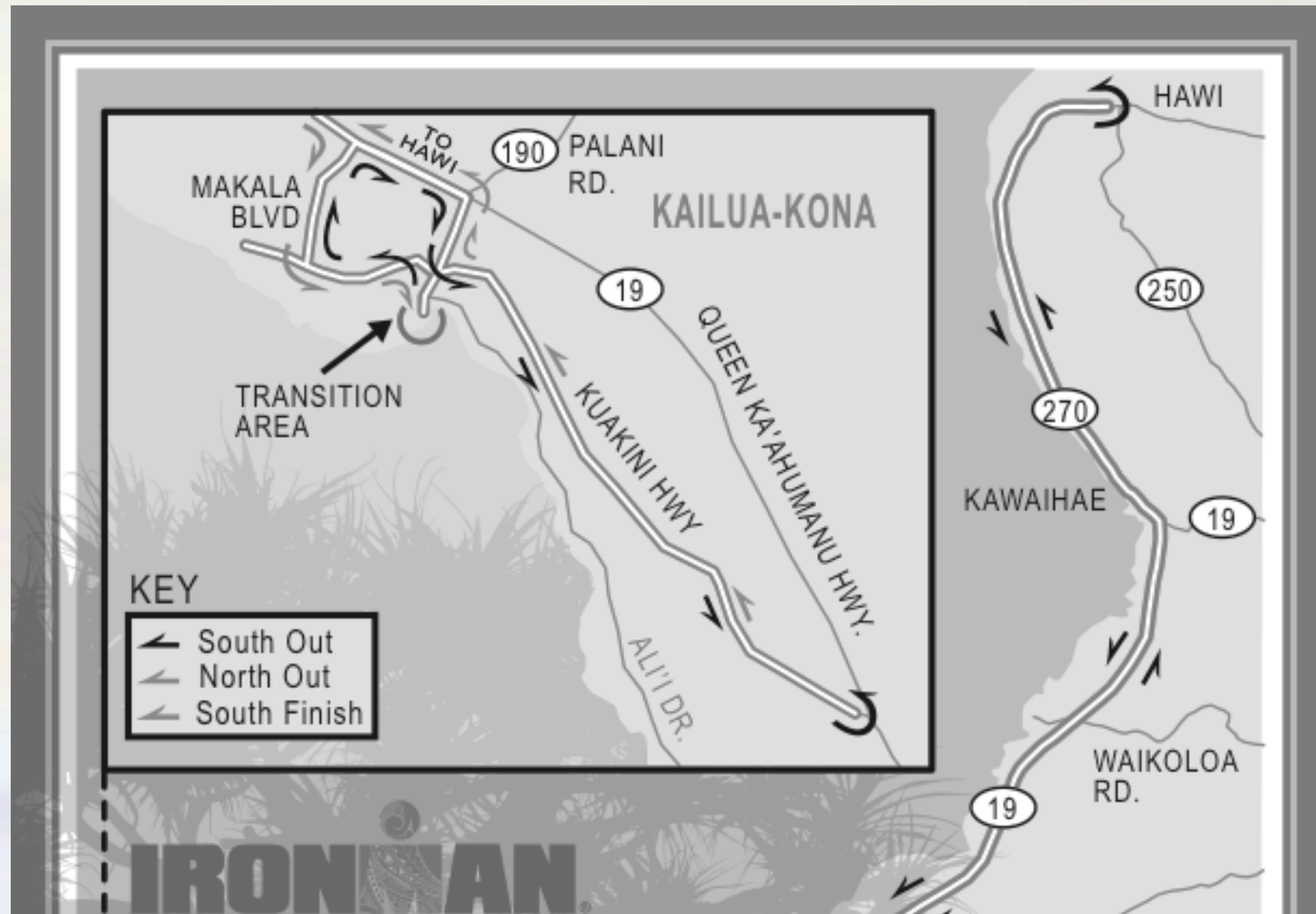
Draft a race plan

- Your “road map” for race day
- Becomes a list of reminders
- Start 6 weeks out
- Allocate thinking / planning time and put in your schedule



Takeaway: Focus on the “big things” and sources of anxiety

Develop a mental road map to break down the course into manageable segments



Disaster (injury, sickness) strikes



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What happens to your body when you stop endurance training?

Fitness Parameter	Change
VO ₂ Max	↓
Blood plasma volume	↓
Exercising heart rate	↑
Blood pressure	↑
RER (Respiratory Exchange Ratio)	↑
Muscle glycogen	↓

I. Mujika and S. Padilla, "Cardiorespiratory and metabolic characteristics of detraining in humans." *Medicine & Science in Sports & Exercise* 2000 Jun; 3(3): 413-421.

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...but the good news is that you can bounce back from detraining and injury!

- Take a few days off then back to working out

Day 1: Feel bad

Day 2: Feel stiff, sore

Day 3: Start to feel better

...

Day 5: Feel magical

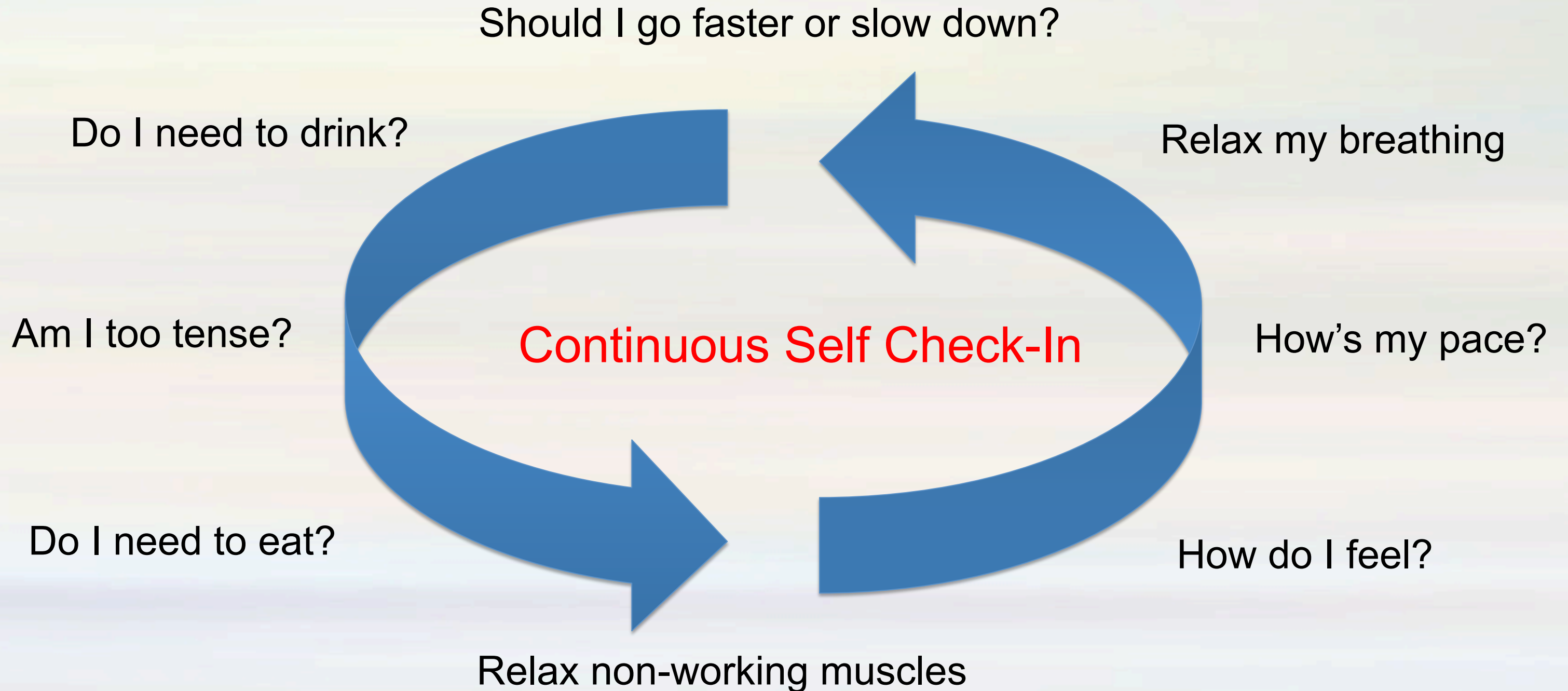
- Still get a fair amount of positive adaptation in 10 days...

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Taking a physical self-inventory during the race



Use mantras to stay in (and get back to being in) the moment

Head down. Hips up.

When my feet make contact with the ground, I barely feel my toes making an impression.

I race with focus and intensity to do my personal best



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WKO+

OK, you're in an adverse situation – now what?!?!

- Easy to dwell on what's going wrong – don't!
- NO ONE has a perfect race
- Filter out adverse situations
- Don't put yourself in a box



Final thoughts...

- Easy to come up with a list of negatives
- Ask, “What did I do right?!?!”
- Be flexible and adapt to the situation.
- Have fun!



Thank you for your time today!

- We'll provide a copy of this presentation plus supporting handouts.
- Please contact us with any questions or feedback regarding this webinar.
- Need a triathlon training plan? Visit: davescottinc.com/training-plans



Dave Scott

info@davescottinc.com

davescottinc.com



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david@enduranceworks.net

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