



# Learning to Fish

Workshop 13

Resilience & Mental Training

# Greatest influence on Performance?

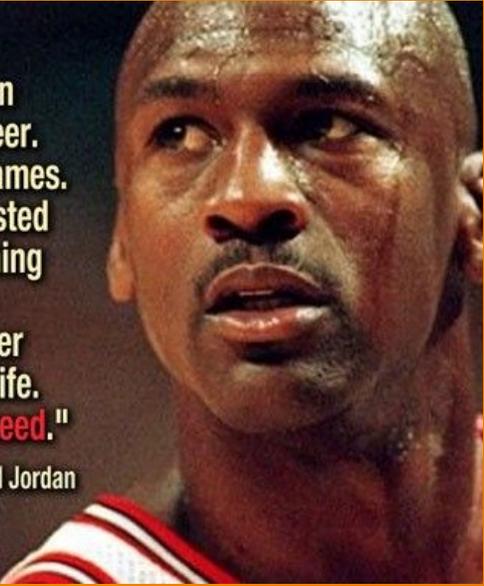


- What do you control?
- Most value from time invested?
- Most value from money invested?



# Resilience & Mental Training

- Drive & Motivation
- Confidence
- Resilience
- Managing Emotions
- Coping with Pressure

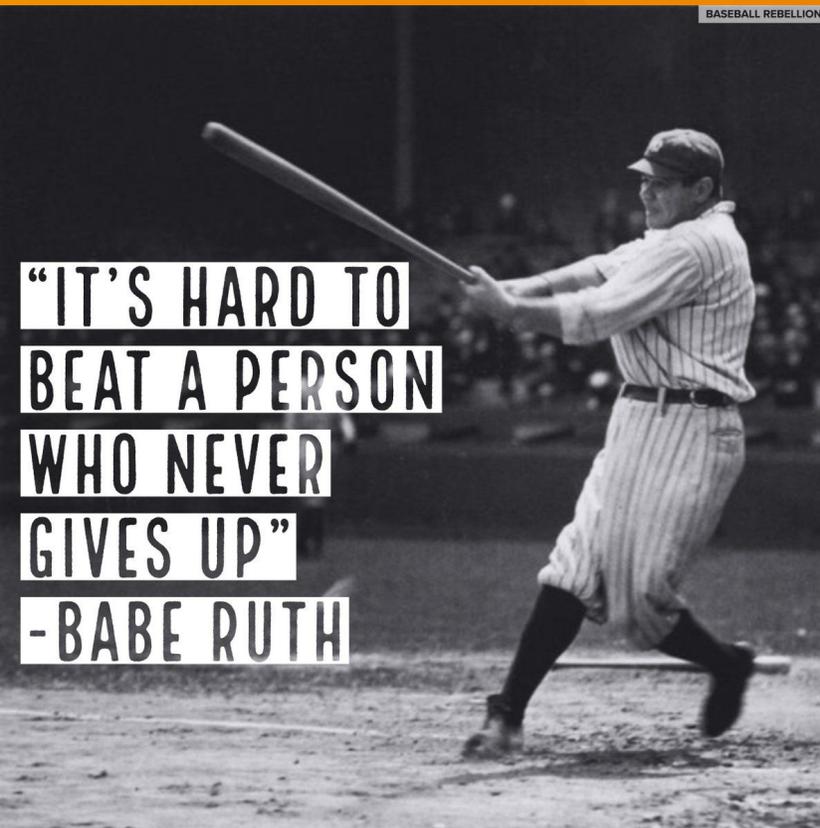
A close-up portrait of Michael Jordan, looking slightly to the right with a serious expression. He is wearing a white jersey with red and black stripes on the shoulder.

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. **And that is why I succeed.**"

~ Michael Jordan

Your strength? Area to improve?

# Drive & Motivation



- Develop SMART Goals that matter to YOU
- Build a Plan
- Show Up & Don't Give Up !

# Confidence

- Positive self-talk: I CAN do this...
- Build Your “Brick Wall”



I am a Cyclist			
I've trained hard	I use the Sprinter's Gap	I corner with confidence	
	I pace effectively	I can follow a wheel closely	
I've built and followed a plan	I have a race day routine	My nutrition is good	
	I've practiced my race tactics	I visualise issues and solutions	

# Resilience

- Measure You against YOU
- Failure is Part of Learning
- Control the Controllables, Ignore the rest



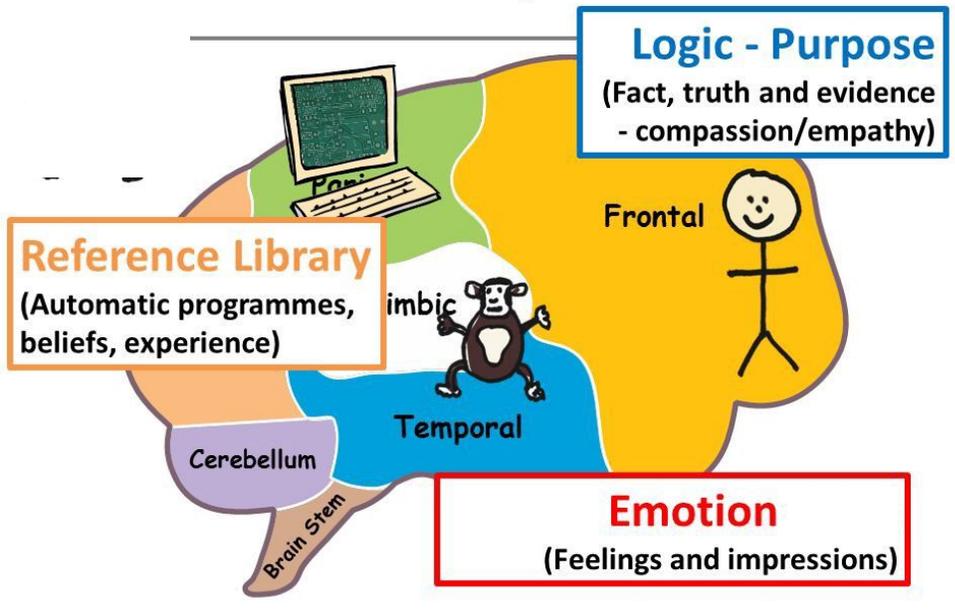
The only people who never fail are those who never try.

Ilka Chase

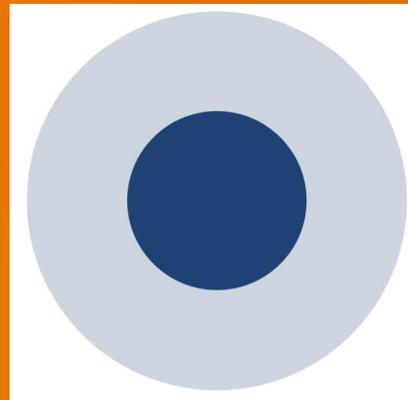
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# Managing Emotions

## The Chimp Model



- Recognise your “Chimp brain”
- Input → Chimp reacts → Human thinks
- Use “Ratio Breathing” to control the Chimp



- Focus on filling lowest, deepest part of lung
- Look at inner circle & breathe in - 1, 2, 3
- Look at outer circuit & breathe out - 1, 2, 3, 4, 5
- Repeat until the “human arrives”

# Coping with Pressure

Pressure is a privilege  
- it only comes to  
those who earn it.

Billie Jean King

[WWW.STOREMYPIC.COM](http://WWW.STOREMYPIC.COM)

- Use “Visualisation”
  - Races rarely (never) go to plan - Michael Phelps
  - Visualise problems & think up workarounds
  - Visualise putting tactics into practice
- Fail to Prepare = Prepare to Fail
  - Have your kit list prepared
  - Pack the night before
  - Prepare a timetable for the day (arrival, warm up...)
- It's Opportunity you EARNED, not a Threat



# See you in Zwift !

7:30 start with Martin and Duncan