Thriving under pressure: the psychology of race preparation

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What do you see?
We are all unique individuals, with different personalities, different experiences, and different perspectives on the world.
Get confident. Get prepared. Thrive under pressure

Thoughts

Feelings

Actions
Important

MAINTAIN FOCUS ON CONTROLLABLE FACTORS
Controllable factors – is the word I flash up a controllable factor?
THE WEATHER
THE WEATHER
YOUR OPPONENTS
YOUR OPPONENTS
YOUR WARM UP ROUTINE
YOUR WARM UP ROUTINE
THE BIKE COURSE
THE BIKE COURSE
RACE START TIME
RACE START TIME
YOUR EFFORT
YOUR EFFORT
PRE-COMPETITION NUTRITION/HYDRATION
PRE-COMPETITION
NUTRITION/HYDRATION
YOUR SLEEP
(e.g. the night before the race)
YOUR SLEEP
(e.g. the night before the race)
NERVES
NERVES
YOUR PARENTS
YOUR PARENTS
THE PAST
THE PAST
THE RACE OUTCOME
THE RACE OUTCOME
THE PRESENT MOMENT
THE PRESENT MOMENT
Uncontrollable factors

- The weather
- Your opponents
- Bike course
- Race start time
- Your parents
- The past
- The race outcome
- Sleep
- Nerves
Controllable factors

• Your warm up routine
• Your levels of effort
• Your pre-race nutrition and hydration
• The present moment
What does my best preparation look like?

• Think back to your best ever competition. Discuss with the person next to you how the 24 hours prior to that competition looked for you…
  • What did you do?
  • What were you thinking about/focusing on?
  • How were you feeling?

• What are 3 (or more) key things that you would like to replicate at future competitions? Are these controllable?

• How will you do this?
Summary

• We are all individuals.

• Reflect on competitions and work out what your best preparation looks like.

• Preparation → confidence → thriving under pressure

• Focus on controllable factors on race day.

• Remember, we can only influence our thoughts and feelings BUT we have most control over our actions.