



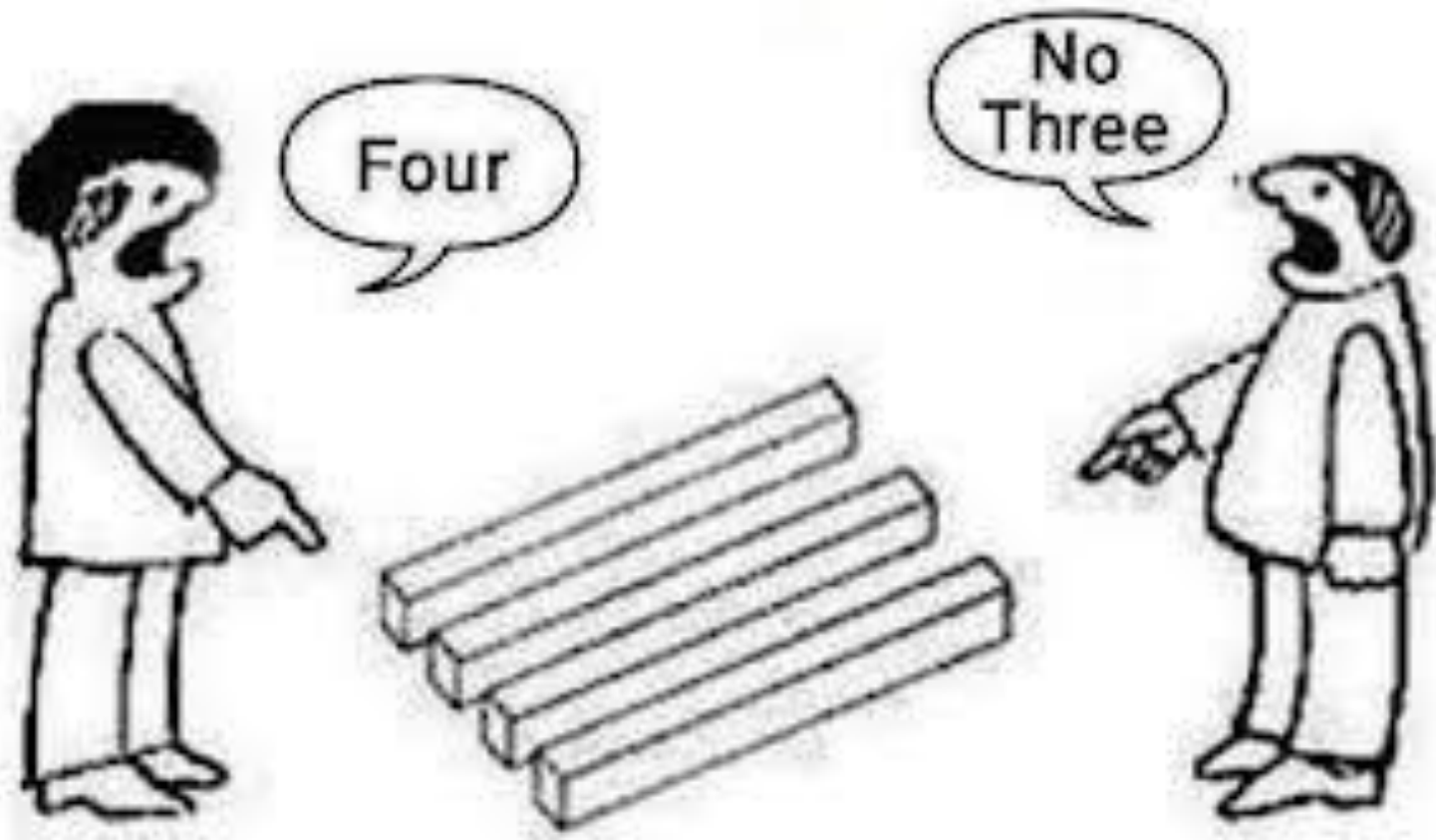
Thriving under pressure: the psychology of race preparation

Hannah Brooks, British Triathlon Pathway psychology support
Louis Richards, Welsh Triathlon Performance Pathway Manager

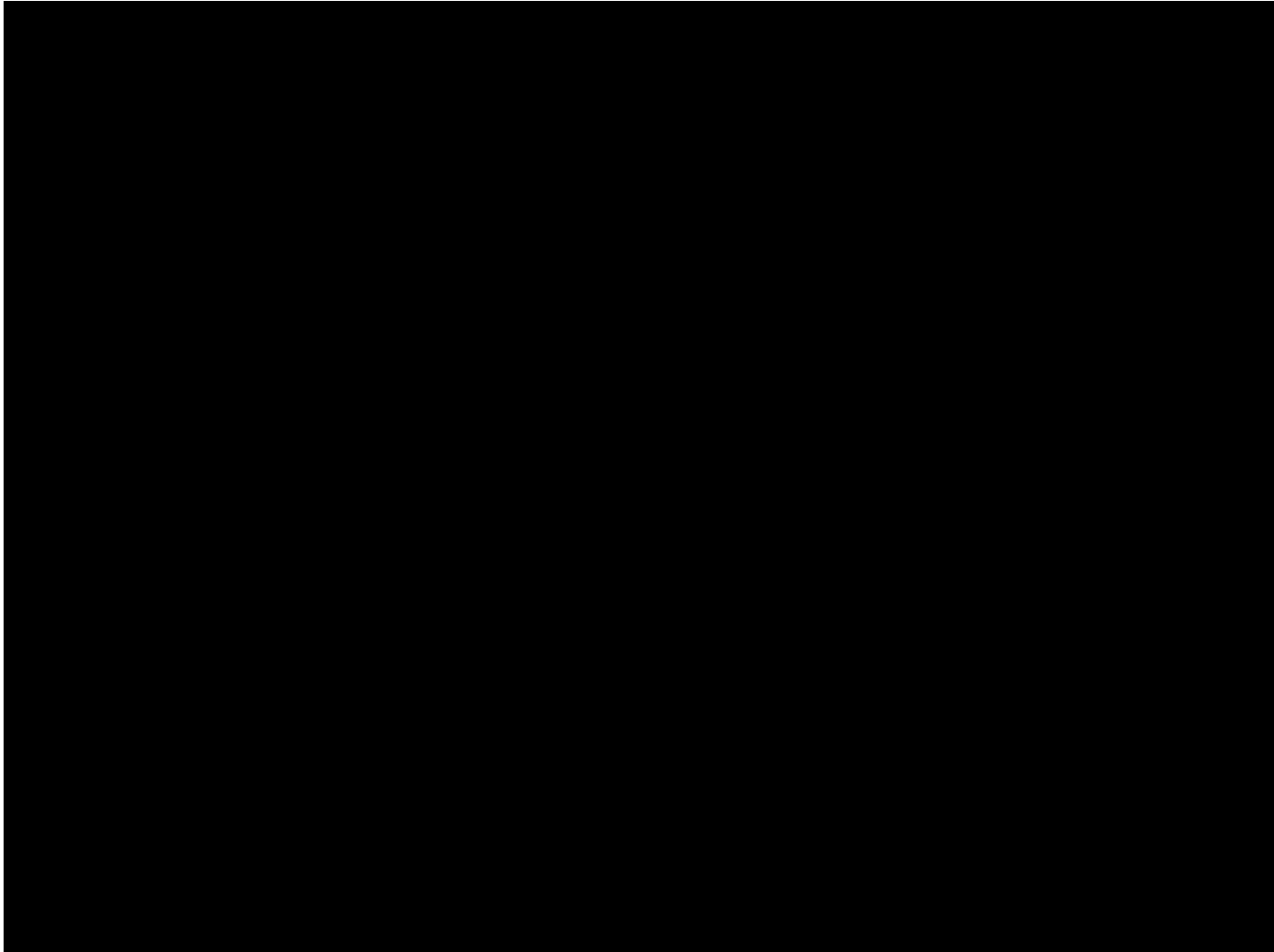
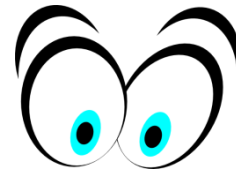
Assessment Weekend, 14th April 2018







What do you see?



**We are all unique
individuals, with different
personalities, different
experiences, and
different perspectives on
the world.**

triathlon.org


**BRITISH
TRIATHLON**



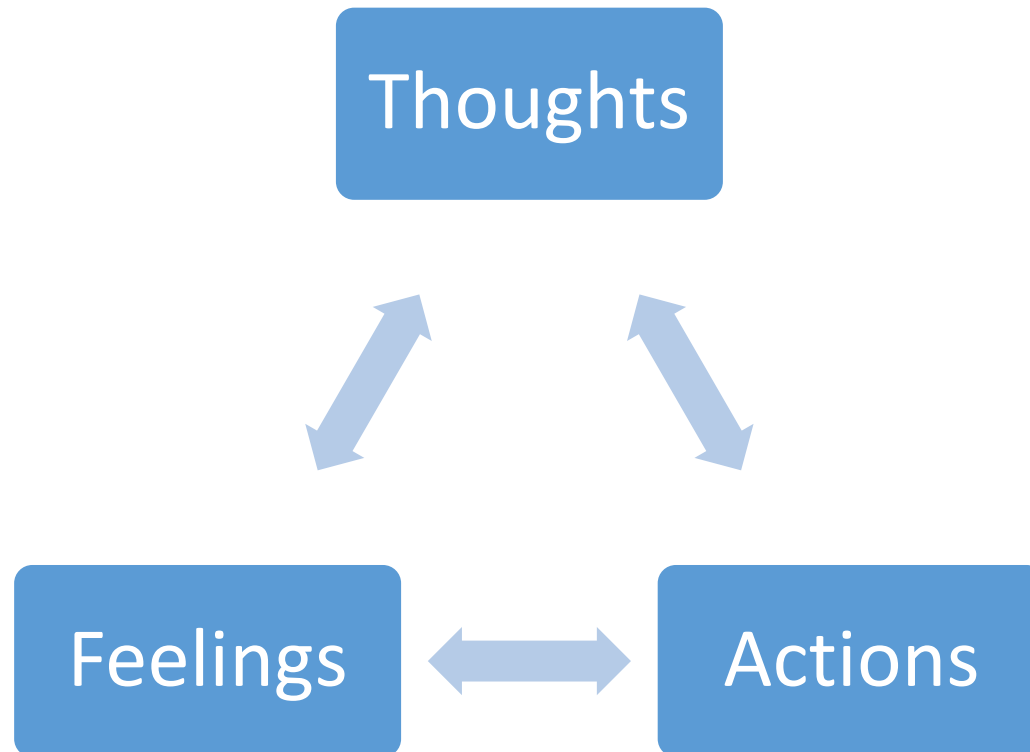
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**WELSH
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CYMRU**


**TRIATHLON
ENGLAND**


**TRIATHLON
SCOTLAND**

Get confident. Get prepared.
Thrive under pressure



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

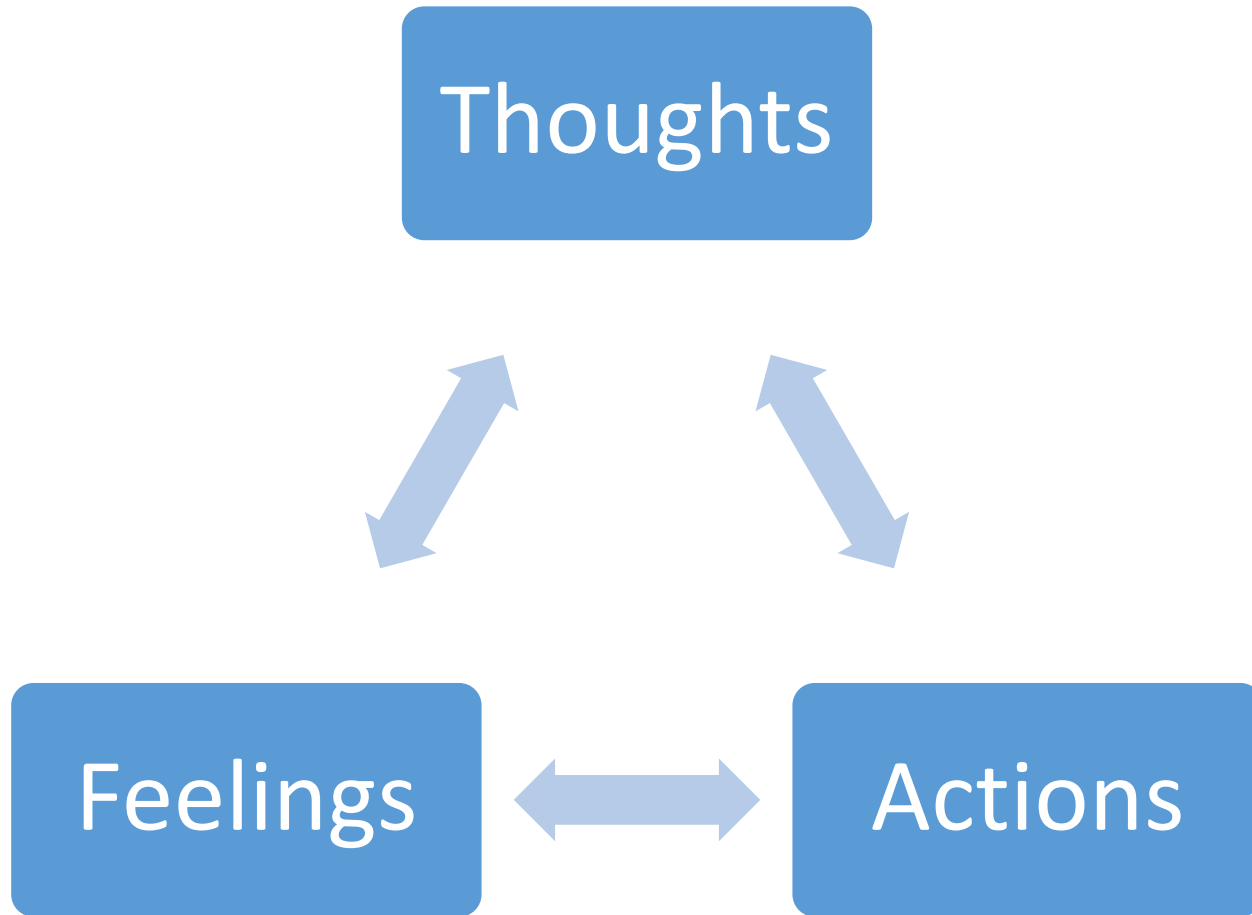
THE PRESENT MOMENT

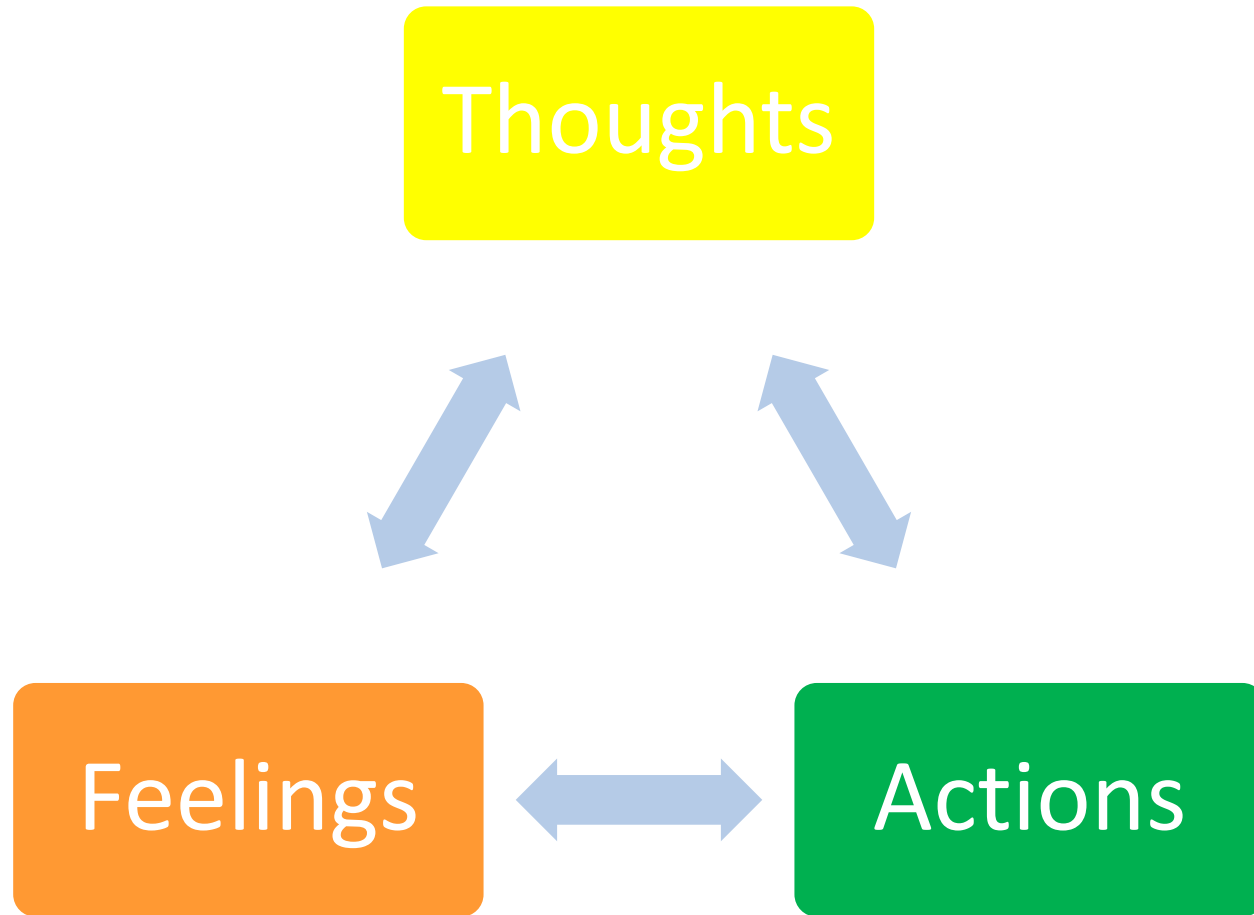
Uncontrollable factors

- 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.