

THE RELAXED ATHLETE

My Pre-race Routine for Triathlon

| Phase | Strategy | Your Mental Game Tasks | Sports-Specific Tasks |
|---|---|---|--|
| Prior to prerace routine | Expel pressure-packed expectations | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Identify your expectations about competition two to three hours prior to the race <input checked="" type="checkbox"/> Replace your expectations with process goals for upcoming competition | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Go through check list for equipment <input checked="" type="checkbox"/> Check bike tire pressure <input checked="" type="checkbox"/> Prepare all fluid & energy sources |
| Check in | Calm your inner chatter | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Recognize when you are engaging in inner chatter quickly <input checked="" type="checkbox"/> Refocus your mind on the prerace warm up | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Place number on bike <input checked="" type="checkbox"/> Take all equipment to assigned transition spot |
| Transition area set-up | Take control of your confidence | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Review your confidence resume one hour prior to competition <input checked="" type="checkbox"/> Shoot down any last minute doubts you may have about the race | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Lay out transition area supplies/equipment |
| Bicycle set-up Check | Rehearse your performance | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Use mental imagery to review your race plan or strategy for the day. <input checked="" type="checkbox"/> Use mental imagery to rehearse the situations you will encounter in the race | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Check initial gearing <input checked="" type="checkbox"/> Prep cycling shoes <input checked="" type="checkbox"/> Fluid containers secured and full |
| Warm up Period | Focus on the process | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Keep your mind on preparation during your warm up <input checked="" type="checkbox"/> Know what cues to stay focused on during the race <input checked="" type="checkbox"/> Set one or two process goals for today's competition | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Perform established warm-up routine <input checked="" type="checkbox"/> Think "smooth" in the water <input checked="" type="checkbox"/> Think "power" on the bike <input checked="" type="checkbox"/> Think "cruise" on the run |
| Waiting for command to enter water | Prepare your mind to win ugly | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Forget about proper technique during the warm up <input checked="" type="checkbox"/> Do not assess the quality of your warm up <input checked="" type="checkbox"/> Remind yourself to perform with a functional mindset – win ugly | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Stay loose while in group <input checked="" type="checkbox"/> Position yourself for optimal competition |
| Waiting in water for start | Embrace the pre-race butterflies | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Interpret excitement as a sign you are ready to compete <input checked="" type="checkbox"/> Embrace the prerace butterflies as helpful to your performance <input checked="" type="checkbox"/> Use the added intensity to help you focus better | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Take practice strokes <input checked="" type="checkbox"/> Stay loose <input checked="" type="checkbox"/> Position yourself for optimal start |