

TRAINING, NUTRITION, AND PERFORMANCE

Guidelines for Success

Training

- ❑ Goal Setting
- ❑ Real examples of expectations.
(Know yours?)
- ❑ Connecting the dots
(understanding what you need
to do to progress)
- ❑ Limits or boundaries.
- ❑ Comfortable Syndrome.
- ❑ Ownership



Nutrition

- ❑ Water
- ❑ Balanced diet (think less processed foods).
- ❑ Recovery and recovery aids
- ❑ Fueling
- ❑ Diet change and the impact it can have on performance.
- ❑ What to eat the night before the meet?
- ❑ Muscle building
- ❑ Ownership



Performance

- ◆ Visualization
- ◆ Anxiety management
- ◆ Confidence comes from: Training, knowledge of the sport, experience, knowing your strengths and weaknesses, having a solid routine for practice and prior to your race.
- ◆ Focus (in practice, at meets, before your race, and during your race)
- ◆ Team Support
- ◆ Ownership



The Truth

- *What is true of all three and in life is that it's not what you think, not what you say, not what you want, and not your excuses. Your end result is simply what you freaking do everyday. That is what makes the difference between change or not, between reaching your goals or not, and lastly between getting better or not.

Important: Through all these steps the mind and body attains the ability to reach the following level, or “That which the mind can conceive the body can achieve”

What it takes (Step by Step!)

- ▣ Consistent hard training and commitment



- ▣ New physical abilities



- ▣ Development of Mental toughness



- ▣ Courage to push new limits



- ▣ Reaching new training levels

What it takes (Step by Step!)

- Building motivation



- Belief



- Confidence



- Achievement



- Success!

Unlock Your Potential!!

