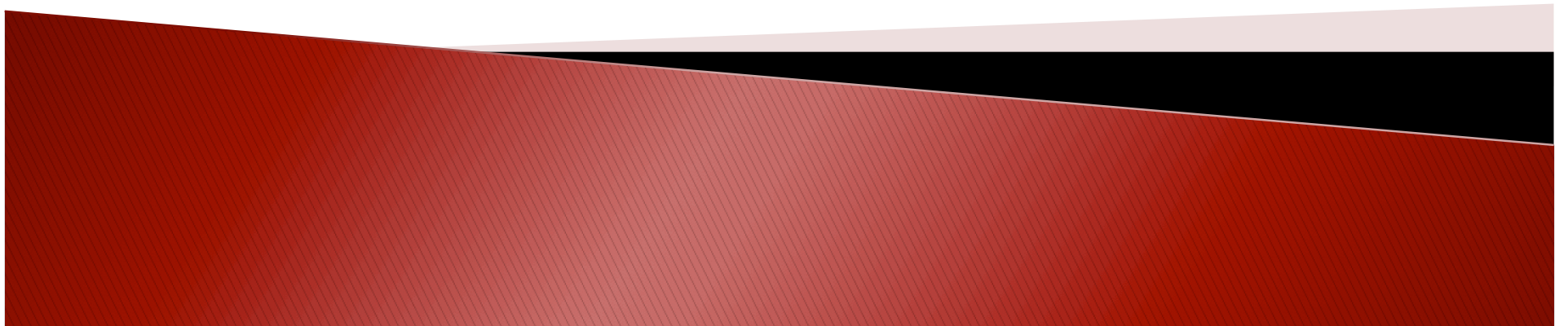


Chico Triathlon Club: Tri 101

Introduction to Mastering Your Mental Toughness in Triathlon

Dr. Gloria Petruzzelli
Licensed Clinical Psychologist &
Sport Psychologist
Peak Mental Performance



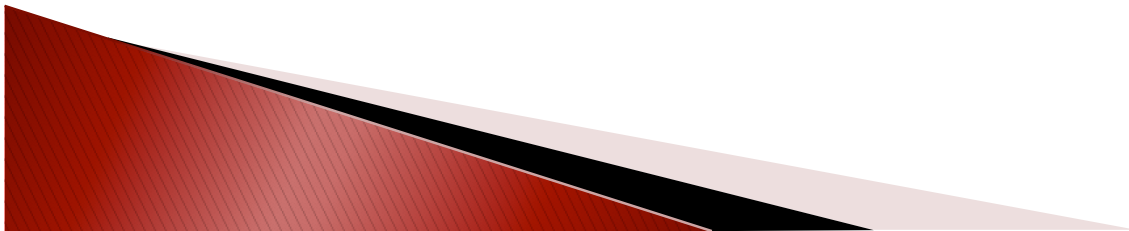
What is Mental Toughness?

- ▶ “Mental toughness is going out to train when your inner self screams not to: it is frigid outside, it is 100 degrees, you are tired, your muscles ache, and it’s too early in the morning or too late at night. You work through these urges to skip the workout and go out there and just smash it. Then you know when race day comes along, you have pushed the limit so when the race heats up you can squeeze out that extra little bit because you have done it before.”
 - –Joanna Zeiger Ph.D, 2008 70.3 World Champion



Cont.

- ▶ Mental toughness is having the developed psychological edge that enables you to:
 - Generally cope better than your opponents with many demands (competition, training, lifestyle) that are placed on you as a performer.
 - To be more consistent in remaining determined, focused, confident, resilient and in control under pressure. – Jones, et al. 2002



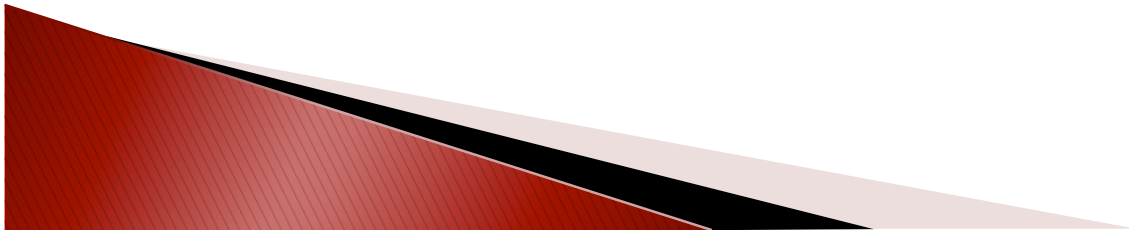
But first...what keeps you going?

- ▶ We're speaking about motivation.
- ▶ The desire to succeed has to be stronger than the fear of failure.
 - "Show me a guy who is afraid of looking bad and I can beat him every time." –Ozzie Smith
- ▶ The most successful athletes are self-motivated.



Motivation

“Motivation is something nobody else can give you... other’s can help motivate you, but basically it must come from inside you, and it must be a constant desire to do your very best at all times and under ANY circumstance.” –Joe DiMaggio,



Inner Excellence and Attitude

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field” –Vince Lombardi

- ▶ Achieving inner excellence is a process.
- ▶ Building mental muscle, like building physical muscle, requires time and effort.
- ▶ The more you work on the inside the more it will show on the outside.
- ▶ When it all unfolds...what do you want it to look like?



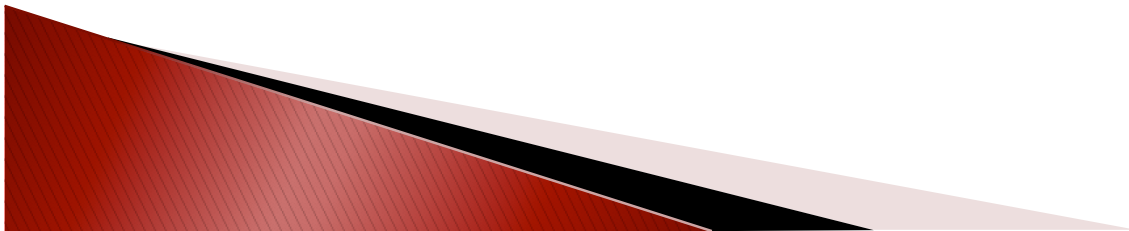
Basic Mental Skills

- Motivation
- Attitude
- Imagery/Visualization
- Positive Self-Talk
- Goal Setting



We think in pictures...Imagery

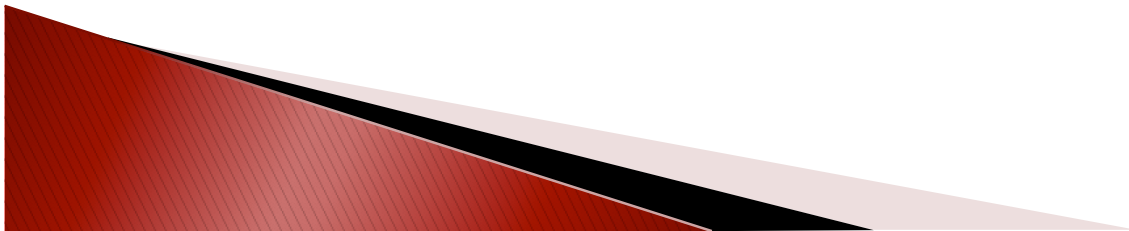
- ▶ A clear and vivid vision of what goal clearly imagined.
- ▶ Create and use mental images that are detailed, specific, and realistic.
- ▶ Use imagery during competition to prepare for action and recover from errors and poor performances.
- ▶ Most successful imagery uses all five senses in a vivid, controlled, emotional, and rehearsed manner.



POSITIVE SELF-TALK V NEGATIVE SELF-TALK

- | | | |
|-------------------------|---|----------------------|
| ▶ Provides energy | ↔ | ▶ Saps energy |
| ▶ Increases performance | ↔ | ▶ Limits performance |
| ▶ Constructive | ↔ | ▶ Destructive |

Positive Self-Talk → Confidence → Performance



Goal Setting

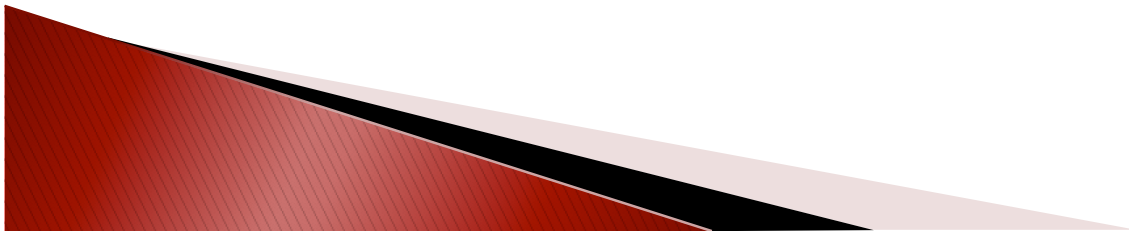
- ▶ Where is your aim?
- ▶ Be S.M.A.R.T.
- ▶ All your thoughts, feelings, behaviors, and choices have to be aimed in that direction.



Race Day Mind Frame

- ▶ Honor your purpose
- ▶ Calm in the chaos “know thy self”
- ▶ Maintain present focus
- ▶ Purposeful, productive & possible
- ▶ Accept your performance
- ▶ Be grateful for the gift of good health

HAVE FUN and Reach For Your Peak



Thank You....Questions?

Contact Information:

Peak Mental Performance

80 Declaration Drive Ste 204

Chico, CA 95973

Email: peakmentalperformance@live.com

Office: (530) 228-1196

WWW.MYPEAKMENTALPERFORMANCE.COM

