

Cs Life

Race Day

Prepare Your Mind and Body



ATHLETE WORKBOOK



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Cs Life

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Table of Contents

Note to the reader:

This eBook is written by Shane Harle, an elite coach, who has worked with numerous Olympians, National and Provincial Champions, and local athletes. He is also a dad to a Slopestyle Olympian and a Professional Freeride Skier/Ski Instructor.

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Part 1:

Mental Toughness Matters Page 4

Part 2:

Plan, Perform, Refine Page 5

Part 3:

Plan in Detail Page 6

Part 4:

Triathlon Plan Page 7

Part 5:

Your Plan Page 9

Mental Toughness Matters

It's an advantage.

Mental toughness can be defined as the ability to persevere and maintain focus and determination despite challenges, setbacks, or pressure.

It involves resilience, emotional control, and the capacity to stay motivated and disciplined in pursuit of your goals.

Mental toughness enables you to handle stress effectively, maintain a positive mindset, and perform at your best, even in difficult circumstances.

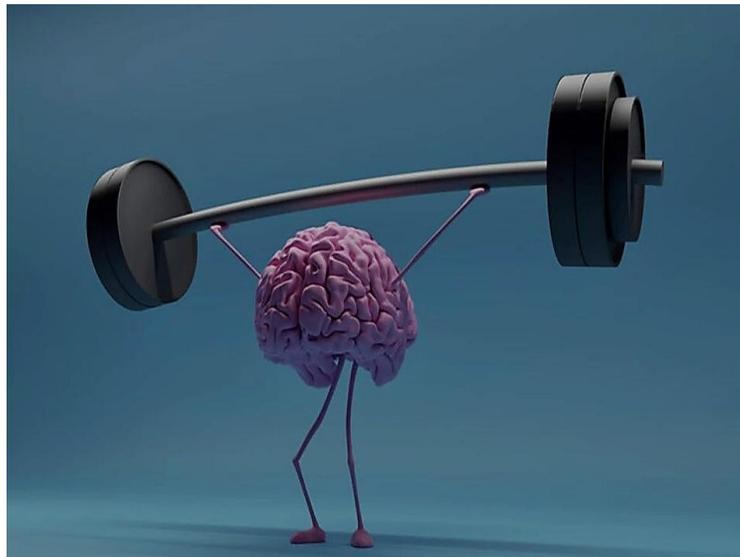
This training workbook is crafted to equip you with skills that will enhance your training and bring you closer to achieving your goals. The mental skills you acquire as you work through each page can be applied to all areas of your life, enhancing your emotional resilience and overall happiness.

I encourage you to invest your full effort and a laser focus on these exercises to reap maximum benefits.

It's time for your Greatest Self to show up.

Let's go!

Shane



PLAN, PERFORM, REFINE

Prepare your mind and body.

Planning to compete is a practice of champions. Success is not an accident!

Creating a plan for your thoughts and actions is a skill that enhances performance.

Plan in detail, perform your plan, then refine it where necessary.

Experiment and find one that works for you.

This systematic planning approach is a practice that is proven to ensure top performance by training your thoughts and emotions as well as your actions.



Brainstorm: When you prepare for competition, what has worked for you in the past?

Brainstorm: What hasn't worked for you in the past?

The next page has some ideas to help you refine your plan.

PLAN IN DETAIL

Little things aren't little.

Competition Plan

- Have a goal.
- Create a mantra that gets you emotionally aligned.
- Have some reminders.
- Describe what you think and do.
 - The night before.
 - In the morning.
 - 10-15 minutes before you start.
 - 5 minutes before you start.
 - 30 seconds before you start.
 - As the race begins.

Other Things to Consider

- ✓ Visualization the night before and the morning of.
- ✓ Sleep and wake up times.
- ✓ What to do if you can't sleep.
- ✓ Equipment preparation.
- ✓ What to wear.
- ✓ What to eat.
- ✓ Who you want around you.
- ✓ What music to listen to.



Brainstorm: Look at the lists above. What have you missed in your previous plans? What other things will you include?

Triathlon

Night and morning plan.

This is an example of a Competition Plan from a highly successful triathlete.

Goal: To have a great race by keeping a positive mindset the whole race.

Reminders:

- I focus on being as calm as possible and release any stress and worry.
- My energy is conserved when I am calm and happy.
- Focusing on a positive mindset and thoughts that make me happy, ensure I will have a successful race, a fun race.

My Mantra: "This is going to be a great race."



The Night Before

- I set out all my clothes and equipment.
- I make a detailed plan.
 - What time to arrive at the event.
 - Consider parking and bike drop off.
- I pack my late breakfast snack to eat at the event.
- I pack my water station pick up.
 - Concentrated coffee in a water bottle.
- I eat my pre-race pasta dinner and drink a lot of water.
- I set my alarm for the morning and get to bed by 9:30 pm.
- I keep repeating in my mind, "This is going to be a great race."
- If I awaken during the night, I put on my meditation tape.
 - I keep repeating my mantra, "This is going to be a great race."

In the Morning

- I wake up and say my mantra, "This is a great day. It is going to be a great race."
- As I put on my shoes and racing attire, I think, "This is going to be a great race."
- I eat a carbo-loading breakfast.
 - Plain bagels and jam, two eggs.
 - I drink my first cup of strong coffee in two weeks.
- I drink lots of water.
- I listen to my favourite soundtrack on the way to the race.
- I set my timer for 20 minutes, which is my drink interval.
 - When the timer goes off, I think, "This is going to be a great race."
- I make sure my heart rate monitor is working.
- When I meet people, I am positive and tell them how much fun I am having.
 - I say how good the day is going and, "This is going to be a great race."
- I drink a strong coffee on the way to the race.

TRIATHLON

Go Time plan.

10-15 Minutes Before I Start

- I put on my wet suit and repeat my mantra, "This is going to be a great race."
- I put on my swim cap and think, "This is going to be a great race."
- I smile, but do not interact with others.
 - As I smile, I think, "This is going to be a great race."

5 Minutes Before I Start

- I wiggle my way to the front and the outside of the pack.
 - I think, "This is going to be a great race."
- I do not to talk with anyone.
 - I repeat my mantra, "This is going to be a great race."



30 Seconds Before I Start

- I wiggle even more to the front and the outside of the pack.
- I set my stopwatch to zero.
 - I think, "This is going to be a great race."
- I make sure I am smiling.
 - I remember this is what I love to do.

As the Race Begins

- I press start on my stopwatch.
- I say out loud, "This is going to be a great race."
- I plunge into the water, feeling exhilarated.

PLAN IN DETAIL

Little things aren't little.

YOUR COMPETITION PLAN

1. What's your goal?	
2. What's your mantra?	
3. What are your reminders?	
4. Think/do the night before?	
5. Think/do in the morning?	
6. Think/do 10-15 mins. before you start?	
7. Think/do 5 mins. before you start?	
8. Think/do 30 secs. before you start?	
9. Think/do as the race begins?	