

## Mental Training: Quick Guide

Mental or psychological training is an essential part of sport. The jargon is sometimes confusing but is essential that you get your head around it!

Skill at Biathlon requires mental discipline as well a physical athletic ability. The end goal of mental training is to automatize control of your psychological and emotional states through constant rehearsal of the correct process.

Skill	Consistent	Automatic	Always On	Comments
<b>Performance:</b>				
Focus	*****	*****	*****	Focus: being there; in the now; totally involved.
Attention	*****	*****	*****	Paying attention to the right thing at the right time within your focus on the process or event.
Relaxation	****	****	**	Controlling the level of anxiety. Getting it just right for perfect performance. Recovering from stressful training.
Monitoring	****	****	****	Watching your self perform. Recording events for later recall. Watching out for mistakes and external changes.
<b>Train Performance:</b>				
Visualization	*****	****	*	Imagining performance; imagining positive outcomes; re-imagining occurrences to find better outcomes.
<b>Training Attitude:</b>				
Positive Self Talk	*****	***	*****	Say "I will do" rather than "I won't do"; Be kind to yourself.
Internal Affirmations	*****	***	***	Things you say to yourself for encouragement: I can do it. I'm tough; I'm good. With autogenics, used to change attitudes long term.
External Affirmations	****	**	**	Affirmations where you see them all the time. Display your medals; pictures of you enjoying Biathlon.

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Skill	Consistent	Automatic	Always On	Comments
<b>Planning:</b>				
Analysis	*****	**	*	Dissection of performance in practice and competition. What was good, what can be improved. How will you change the process.
Reframing	*****	**	*	Putting events into a positive context. "I sucked" Changed to "My shooting was the best ever" or "I can easily catch up the 0.1% I was behind"
Goal setting	*****	**	*	Output from Analysis and Reframing: this is the next thing to accomplish in practice/competition or week/month/year/cycle.

Athletes should rehearse these skills under optimal conditions before testing their ability under stressful conditions. Correct practice is essential to success.

Some resources from the Internet:

[Quick Overview](#)

[Sport Psychology/Mental Skills – Articles](#)

Mental skills linked to breathing:

[Calming the emotions](#)

[Gathering energy](#)

[Managing pain](#)

[Creating a positive attitude](#)

<http://www.ultracycling.com/training/breathing5.html>

[Autogenics](#) – how-to instructions

[Autogenics](#) – background information