

# TRAINING DIARY

FASTER HIGHER STRONGER



SPORT & PERFORMANCE PSYCHOLOGY

*How can you ensure that your self-confidence builds through your hard work?*

*How can you ensure that you will be able to better handle pressure due to your training?*

*How can you ensure that you will perform at your peak physically and mentally by doing the training?*

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## **BUILDING CONFIDENCE WITH THE MNC TRAINING DIARY**

When you work physically hard your body benefits – you become fitter, stronger, and you adapt to the work you do for your chosen sport.

Mental characteristics such as self-confidence do not simply develop via only doing the physical hard work. Optimal results are not achieved by just doing the training and assuming that it will all work out; training needs to be competition relevant and closely linked to your competitive goals.

THE MNC TRAINING DIARY BUILDS SELF-CONFIDENCE IN A NUMBER OF WAYS. HERE'S HOW:

- 1 TRACKS PROGRESS AND IMPROVEMENTS IN YOUR SKILLS THROUGH YOUR TRAINING AND COMPETITION;
- 2 REVIEWS TRAINING AND COMPETITION PERFORMANCES AS A TOOL FOR ANALYSIS AND CONTINUAL IMPROVEMENT;
- 3 IDENTIFIES AND SOLVES PROBLEMS AS THEY BEGIN TO ARISE RATHER THAN AFTER THE FACT WHEN THEY BECOME BIGGER CONCERNS; AND
- 4 BUILDS SELF-CONFIDENCE THROUGH RECOGNITION OF CONSISTENT PROGRESS AND GOOD PERFORMANCES.

Keeping a training diary throughout your training and competition phases gives you the chance to maximise the benefit of your hard work.

It ensures that your mind works to develop self-belief through setting goals, recognising the hard work to achieve them, and seeing your progress towards your goals – just as your body does.

*Remember - it's a state of mind!*

## GOAL SETTING

Goal setting is one of the most commonly used mental skills in sport. There would be very few athletes who have not heard that they should set goals towards their performances.

Likewise, there would be very few coaches who don't have clear training and progression goals for their athletes. This tells us that setting goals is important if you are going to be successful in any challenging endeavor. **But why?**

### EXAMPLE ANNUAL GOAL SETTING

There are three very important types of goals that all athletes must set. These different types of goals work together to move the athlete towards their ultimate goal(s). It is not a matter of choosing which type of goal to set, but a matter of setting all three types together so there is a clear pathway to success.

*Breaking down the process for how to achieve your Goals*



OUTCOME GOALS	
1	Top 3 in Nationals K1 500m final

**OUTCOME GOALS** are those that are related to results and competition compared to others. They involve aspects such as winning a match, attaining a certain ranking, or being selected into a team/squad. Outcome goals are important because they are your primary drivers for all the work you put in and they also help to determine your required work rate.

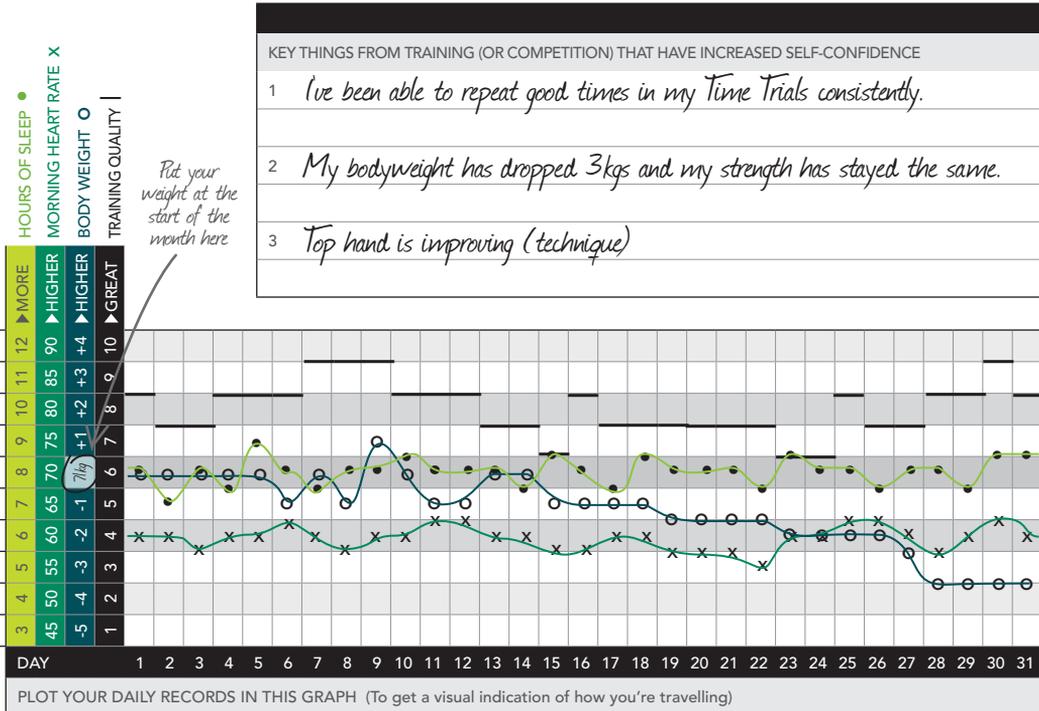
Keep in mind you want these goals to be challenging, realistic, and achievable.

It is important to note that you have very little control over these goals and as such the following two goals are essential to support the achievement of outcome goals.

*How you make these goals occur*

# EXAMPLE MONTHLY GOAL SETTING & RECORD

MONTH <i>January</i>		
PERFORMANCE AREA (List your areas for improvement here at the start of the month)	GOAL (Enter your goals for improving those areas here at the start of the month)	REVIEW - Was it achieved? (This is a confirmation that you achieved your goal. This confirmation should boost your confidence that you're executing your plan)
<i>Strength endurance</i>	<i>Improve 2minute Bench Pull test (80 reps to 90+ reps)</i>	<i>Yes - 92 reps 15 Jan test</i>
<i>500m Time Trials</i>	<i>Improve 500m time (Previous best 1:54)</i>	<i>No - 1:55 27 Jan Time Trial Penrith STRC course slight tail wind. Next month re-trial.</i>
<i>Active recovery</i>	<i>3 sessions per week</i>	<i>No - Only 1-2 sessions per week. Next month make sure I schedule all my sessions so I don't opt out.</i>
<i>Improve technique</i>	<i>1 Video analysis session per week</i>	<i>Yes - Coach says my top hand at race pace is improving</i>



EXAMPLE MONDAY DATE 2 January 2012

SESSION TYPE	K1 Speed	TIME	6am
DETAILS			
w/up 2kms			
3x 10" on 20" off			
20" on 40" off			
30" on 1" off			
45" on 1'30" off			
c/down 3kms Technique		TOTALS	
		50min	
		10kms	
QUALITY (POOR) 1 2 3 4 5 6 <b>7</b> 8 9 10 (GREAT)			

SESSION TYPE	Run	TIME	10am
DETAILS			
Steady 25mins			
Around the Golf Club			
(work 12noon - 3pm)			
		TOTALS	
		25min run	
		6kms run	
QUALITY (POOR) 1 2 3 4 5 6 7 <b>8</b> 9 10 (GREAT)			

SESSION TYPE	K1 Technique	TIME	4.30pm
DETAILS			
10km Float - L2			
with x4 starts			
(video analysis)			
		TOTALS	
		1hr	
		10km	
QUALITY (POOR) 1 2 3 4 5 6 <b>7</b> 8 9 10 (GREAT)			

TUESDAY DATE 3 January 2012

SESSION TYPE	K4 Race practice	TIME	7am
DETAILS			
w/up 2kms			
4x 750m - PH KK LF RS			
Max start & finish			
100on 550(85) 100off			
Starts were terrible			
Got better by the end			
Boat run was ok		TOTALS	
		1hr 20min	
		12km	
QUALITY (POOR) 1 2 3 4 5 6 <b>7</b> 8 9 10 (GREAT)			

SESSION TYPE	Off	TIME	
DETAILS			
(work 10am - 2pm)			
		TOTALS	
QUALITY (POOR) 1 2 3 4 5 6 7 8 9 10 (GREAT)			

SESSION TYPE	K1 Aerobic	TIME	3pm
DETAILS			
w/up 1km			
5x 8' @ L3 2' Rest			
Struggled with soreness and heat.			
Managed to stay with LF & KK,			
but at max for HR zone (HR 162-167)			
		TOTALS	
		1hr 10min	
		11km	
QUALITY (POOR) 1 2 3 4 5 <b>6</b> 7 8 9 10 (GREAT)			



*"The ability to set realistic goals only comes with experience and with the intimate knowledge of yourself that you acquire when you've worked hard and tested yourself. When in doubt, scale your goals back a little bit. If the aim is realistic, you'll get there soon enough."*

MICHAEL JOHNSON

**IT'S A STATE OF MIND.**

We guarantee you will  
achieve your goals if  
you follow our guidance,  
put in the work  
required, and be honest  
about your commitment.



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