



Winning At Sport



Staying Motivated When Training

by
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A note from Jeremy Lazarus

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Yours faithfully

Jeremy Lazarus

www.WinningAtSport.com

A Request to you from Jeremy Lazarus

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How To Stay Motivated When Training for Endurance Events

Pounding the pedals, pool or pavement may sometimes get you down. Maintaining a high level of motivation even when it's cold, wet and your boss (if you're not a professional athlete) wants you to work harder to help overcome a downturn in orders can make it feel even worse.

So how can you keep motivated even when the going gets really tough? Here are **three** important things that you can do.

Firstly, be absolutely clear on your purpose and goals. What does being an athlete/player do for you? What will it do for you once you have achieved the goal(s) you want? How will you feel when you've achieved the goal(s)? If people have enough reasons they will do anything - so how big are your reasons for being an athlete/player? Make your goal(s) compelling – get a picture in your mind of having achieved it, make it big enough, bright enough and clear enough with just the right amount of movement for it to be compelling. Add the right sounds, and make the feelings just 'purrfect'. Keep that image in your mind, and bring it to mind when the going gets tough.

Secondly, set specific goals for each training session, so that you have something to work towards each session.

The final point to keep in mind is courtesy of one of my clients, a world championship 'age-grouper' in the 2007 Hawaii Ironman. She said that when the going got tough, she simply reminded herself that it was a choice to do this, no one was forcing her to do it. So enjoy it!

Ultimately, and they don't teach us this at school, we can control our responses to the thoughts we have, and with a little practice we can actually influence our thoughts, which has benefits in all areas of life.