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THE BIG 6

An exploration into your mental game. Your answers below assist your coach in understanding how you approach your training and allow clear expectations to be developed for the athlete and the coach. Please take your time completing the following questions and provide as much detail as possible.

1. Please list with some detail, challenges or obstacles you are confronted with during training cycles which tend to interfere with your progress toward reaching the goal(s) you have established.
2. Based on the above answer, please describe how you overcame said challenge(s) or obstacle(s).
3. Depending on your goal(s) and/or sport, endurance training can become consuming. Please describe what you are willing to give up, what compromises are you willing to make within your daily, weekly, monthly schedule to complete the training plan we have developed to achieve the goal(s) you have set?
4. Based upon your sport of choice, please describe what a “good” or “effective” workout means and feels like to you? What are your expectations of a training plan?
5. Please describe how you envision progressing through your training taking into consideration strength development and sport development.
6. Is there anything additional your coach should be made aware of in regard to your mental approach to training?