

The Triathlete's Guide to Mental Training (Ultrafit Multisport Training) By Jim Taylor He has been invited to lecture by the Olympic Committees of Spain France Poland and the United States and he has been a consultant to the athletic departments at Stanford University and the University of California Berkeley. He has been invited to lecture by the Olympic Committees of Spain France Poland and the United States and he has been a consultant to the athletic departments at Stanford University and the University of California Berkeley. He is a former associate professor in the school of psychology at Nova University and a former clinical associate professor in the sport and performance psychology graduate program at the University of Denver. {site\_link} The Triathlete's Guide to Mental Training written by accomplished sport psychologists and Ironman triathletes offer readers in-depth practical information and skills they can use to build mental muscle. Triathlons are certainly physically demanding to say the least but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals. The book includes essential tools for training and competition such as routines mental imagery and tips on getting organized and setting goals and also explores what it takes to be an Ironman the unhealthy side of triathlon and valuable lessons to be learned from the world's best triathletes. The Triathlete's Guide to Mental Training (Ultrafit Multisport Training)Lots of exercises to allow you to devote even more of your life to triathlon without logging more junk mileage on top of the 10-20 hours/week you're already racking up. Which may not be exactly the sort of stress the authors were hoping to christen you with but can be channeled constructively to improve the quality of your training and your comfort on race day. Devoting a chapter to each of the areas of mental training in part 2 was not that helpful since the strategies to build them up overlapped a lot across each area creating a lot of repetition. I personally got sick of the triathlete spotlight story trying to apply the concepts of the chapter and pro athlete quote sidebars but so many authors of triathlon books do it that this is probably just a personal pet peeve,

Librarian Note: There is than one author by this name in the Goodreads database: Jim Taylor PhD CC AASP is an internationally recognized consultant and presenter on the psychology of sport and parenting, and Japanese ski teams the United States Tennis Association and USA Triathlon, He has worked with professional and world class athletes in tennis skiing cycling triathlon track and field swimming golf and many other sports, Taylor has authored or edited 18 Librarian Note: There is than one author by this name in the Goodreads database: Jim Taylor PhD CC AASP is an internationally recognized consultant and presenter on the psychology of sport and parenting: and Japanese ski teams the United States Tennis Association and USA Triathlon, He has worked with professional and world class athletes in tennis skiing cycling triathlon track and field swimming golf and many other sports: Taylor has authored or edited 18 books published than 800 articles and given than 1000 workshops and presentations throughout North and South America Europe and the Middle East, A former world ranked alpine ski racer Taylor is a second degree black belt and certified instructor in karate a marathon runner and an Ironman triathlete: He earned his PhD in psychology from the University of Colorado, Taylor is currently an adjunct faculty member at the University of San Francisco. Resources addressing this key aspect have been hard to come by -- until now. Readers will learn in this book first how to assess their psychological strengths and weaknesses and then discover the six mental factors that most affect triathlon performance: Chapter 14: Ironman Preparation and Racing is a gem-- dead on about both the cons and pros of committing to this distance. Psychology Full of great advice for endurance driven people let alone triathlons tons of advice mantras and the like for high intensity work and family life, Particularly insightful for test-takers for all those certification entrance exams out there Psychology Good read: Helped me focus on my training for triathlon but not necessarily stuff I didn't already know: But good food for thought for anyone needing to focus on something big. He has served as a consultant for the U.S. He has served as a consultant for the U.S. Psychology

