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Triathlon Live chat

## PERSONAL CHARACTERISTICS

## STARTING SOON



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## **Physiological Attributes - RECAP**

- The physiological demands of triathlon have been widely researched and the factors underpinning performance are widely known.
- It is a priority for coaches to identify athletes' strengths and weaknesses to prescribe the right training and implement the required strategies for helping them become the best they can be.
- Setting a physiological profile will provide coaches with a complete picture of the athlete and give them valuable information for the decision making process

## Personal Characteristics





## Psychological characteristics of triathletes and their relationships with the performance in triathlon.



## Fundamental mental skills

Mental skills are defined as the internal capabilities that help an athlete improve performance by learning to control their minds efficiently and consistently as they execute attainable goals.



## Performance Profiling

Mental skills are defined as the internal capabilities that help an athlete improve performance by learning to control their minds efficiently and consistently as they execute attainable goals.

### STRENGTHS

What are you doing well?  
What sets you apart? What  
are your good qualities?

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### WEAKNESSES

Where do you need to  
improve? Are resources  
adequate? What do others  
do better than you?

### OPPORTUNITIES

What are your goals? Are  
demands shifting? How can  
it be improved?

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### THREATS

What are the blockers  
you're facing? What are  
factors outside of your  
control?



## Diagnostics

Diagnostics is a method that serves to define the athlete's mental strengths and weaknesses. When undergoing a complete diagnostic coaches, psychologist, and athletes can determine which mental skills need to be trained to enhance their performance.



## CAUTION

Rejecting any athlete from development programs based purely on poor mental and psychological attributes is considered an error.

It is critical to plan the interventions from the use of psychological instruments with the aid of a sports psychologist.





## Take Home Message

- A core set of psychological characteristics have been shown to play a significant role in effective sports psychology, especially for endurance sports.
- On the other hand, there are some additional psychological factors that could have a negative effect on endurance performance.
- Is it therefore important for coaches to educate themselves in this area or establish some collaborations with sport psychologist.



# Q & A




## UPCOMING WEBINAR

ATHLETE  
DEVELOPMENT  
MODEL

ENVIRONMENTAL FACTORS



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