

IT'S ALL IN YOUR HEAD!

PREPARING YOUR MIND FOR THE WODS

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YOU'VE TRAINED your body to peak at this competition. You've been disciplined, you've sacrificed, and you've worked yourself through pain and sweat in every workout, because you are committed to the goal of participating in this competition.

But have you also trained your mind for a peak performance?

Many athletes tend to put their focus on the physical preparation and forget about the importance of being able to perform mentally. It's a fact: the mind-body connection is a powerful one. You can train your body to do great things, but if you choke on competition day because your mind wasn't ready for what was coming . . . it doesn't matter how strong, fit, or fast you are!

Here are a few tips on how you can prepare yourself mentally for a

competition. But remember, this will only work if you're as committed to the mental training as you are to the physical.

1. CONTROL YOUR INNER DIALOGUE

What are you telling yourself under pressure, when it hurts the most and every inch of you wants to stop?

Find your personal cue — something that reminds you of why you're doing this, something that will keep you going; make it short and repeat it over and over again.

2. SEE IT BEFORE IT HAPPENS

Use visualization as a tool to prepare yourself for the workout ahead. The more you prepare your brain for the movements your body is going to do, the quicker the brain will adjust when you are actually doing them.

3. LOVE YOUR ROUTINES

On competition day make sure you know your routines; food, warm-up, apparel, your self talk, visualization etc. Have routines for before, during and after a competition.

4. THE CONTROL LIST

Make a list of what you can control and what is beyond your control on a competition day. Don't talk about or dwell on anything but what you can control. Keep your focus.

5. PREPARE FOR COMMENTS

What will you focus on in this particular competition? Prepare a few sentences that you can use, when people comment

or ask you something about your performance. This way, you are in control of how you would like to appear.

Remember, there are always new goals to reach!

A part of working towards something and fighting for something will always result in some kind of climax when it is all over. This is the time to recover mentally. Your mind needs to unwind. Take some time off, do the things you haven't prioritized for a while, have fun, relax. Also, remember to take some time soon after your competition to evaluate while things are still fresh in your mind.

The mental recovery will help you:

INCREASE YOUR SELF-AWARENESS.

By being conscious of your reactions prior, during and after a competition, you get to know your state of mind during a competition. This will make you aware of what you need to work on mentally.

ACKNOWLEDGE YOURSELF.

If you do not evaluate yourself, how will you know what you did well? Don't leave it at being just thoughts in your head. Write down your success — share it with someone — talk about it.

SET NEW GOALS.

When you point out your challenges, you know exactly what to work on next. This is your foundation for your next goal setting session. 🧠

YOUR BRAIN

weighs just 3lbs or so—a fraction of overall body weight—but it gobbles up about 20% of your daily calorie intake. A brain-healthy diet is essential for keeping your memory and intellect sharp and your mood buoyant. Omega-3 oils (found mainly in oily fish, but also in walnuts, pumpkin seeds, and flax seeds) are good "brain foods."

