



**The Psychology of High  
Performance in  
Endurance Running**  
*Michigan Cross Country Clinic*



The background of the slide features the logo for the United States Track & Field Association (USATF). The logo is a shield-shaped emblem with a red and white color scheme. At the top, the word "OVERVIEW" is written in a large, bold, blue serif font. Below this, the letters "USATF" are prominently displayed in a large, stylized, blue serif font with a white outline. Underneath "USATF", the words "TRACK & FIELD" are written in a smaller, blue, sans-serif font. The entire logo is set against a white background.

# OVERVIEW

- **Restoration Assessment**
- **The “under-recovered” Athlete**
  - **Basic Interventions**
  - **Team Dynamics**

# Introduction

- **Sport psychology is the study of the behavior of athletes and coaches in practice and performance settings, and includes:**
  - self-image;
  - communication skills;
  - motivation;
  - goal setting;
  - the learning and performance environment.

**U  
N  
D  
E  
R**



*Training/Motivation*



*Recovery/Confidence*



*Performance/Achievement*

**O  
V  
E  
R**

The background features a large, semi-transparent logo for USA Track & Field. The logo is a shield-shaped emblem with a red center and blue borders. The letters 'USA' are prominently displayed in a stylized, outlined font across the top. Below 'USA', the words 'TRACK & FIELD' are written in a smaller, blocky font. The entire logo is centered on the slide.

# **Mental Training BASICS**

- **Quality training requires quality rest**
- **Mature athletes “listen to their bodies” and trust what they hear!**

# TIPS FROM THE TOP



- **Watch for the signs that you've overdone it...study your running diary and review your lifestyle over the past few weeks"**
- **"...I really have to listen to my training partners, who warn me to cut out of a workout before I go over the edge."**

**Joan Benoit Samuelson, USA  
1984 Olympic Marathon  
Champion**

# TIPS FROM THE TOP



- **“Once, I didn’t listen and a bad track workout set the stage for a spoiled marathon. I kept trying to make up ground from this one effort, despite the fact that I had been ill and clearly had not recovered...Don’t make this common mistake.”**
  
- **“When you’re tired, it’s better to run less”**

**Joan Benoit Samuelson, USA  
1984 Olympic Marathon  
Champion**

# ENERGY MANAGEMENT



**“When the elements are just sucking the energy out of your body, it’s all about management, ...You also had three very talented runners that were conserving themselves. It really came down to who conserved the most energy and had something left at the end of the race .”**

**Dan Browne  
2004 Olympian—Marathon  
and 10K**

# Motivation

- **One of the underlying principles of human behavior is that people are motivated to fulfill their needs.**
- **The coach should understand athletes' motivations and be sensitive to the athlete's needs.**
- **Understanding an athlete's motivation can assist the coach in helping the athlete to succeed.**

# **Motivation:**

## **Motivation and Self Image**

- **Achieving a positive self image and feelings of self worth is a motivation for all people.**
- **the need to feel competent and to experience reasonable degrees of success.**
- **Self-improvement is directly related to developing self confidence and achieving one's goals.**

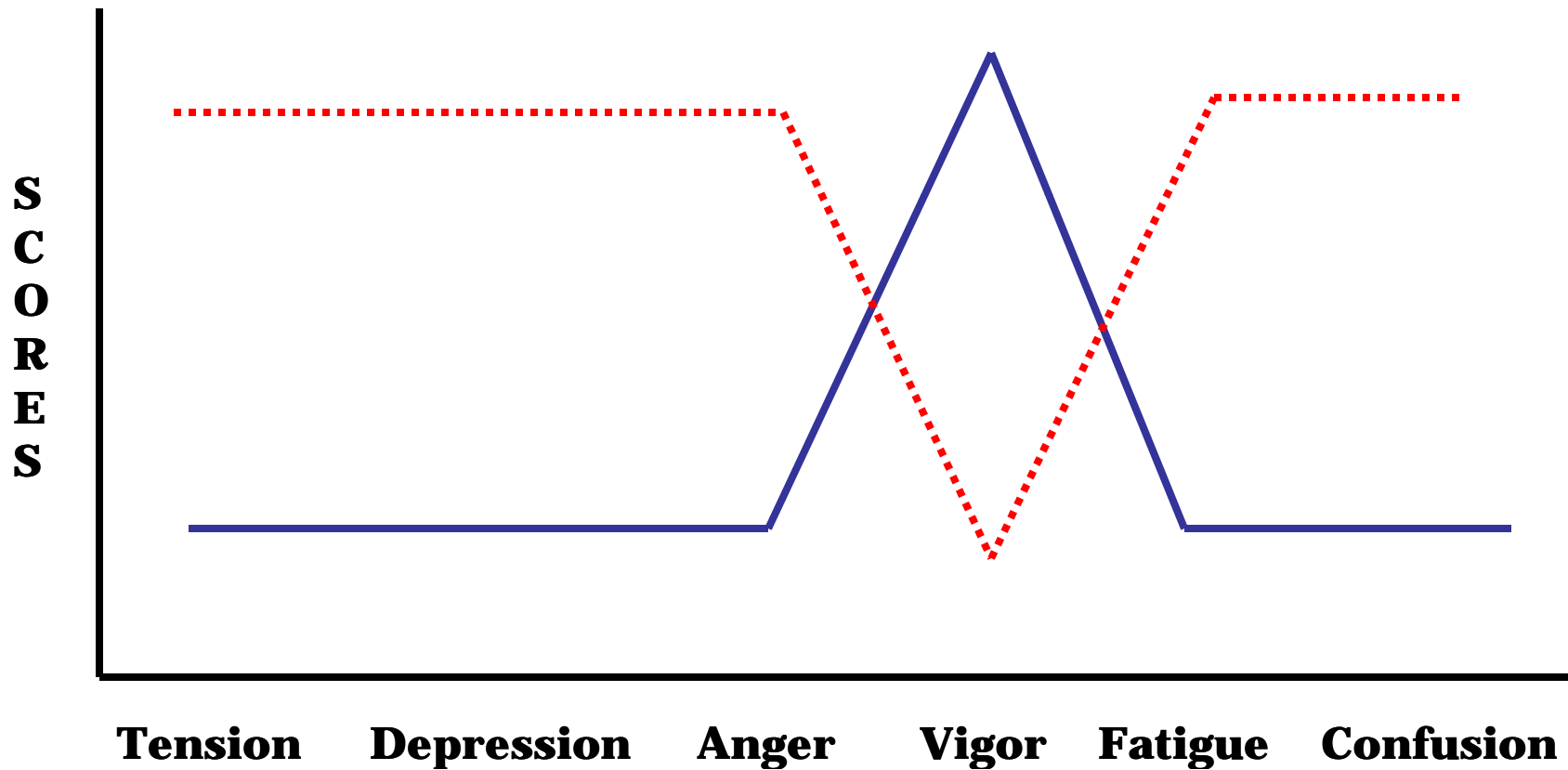
# RESTORATION ASSESSMENT

- **SELECTED INVENTORIES**

- **Profile of Mood States (POMS)**
- **Recovery-Stress Questionnaire for Athletes (RESTQ-Sport)**
- **Recovery-Cue Inventory**
- **Daily Analysis of Life Demands for Athletes Inventory (DALDA)**
- **Total Quality Recovery Scale (TQRS)**

# POMS

## “Iceberg Profile”



# RESTQ-Sport Profile

- **General Stress**
- **Emotional Stress**
- **Social Stress**
- **Conflicts/Pressure**
- **Fatigue**
- **Lack of Energy**
- **Physical Complaints**
- **Success**
- **Social Recovery**
- **Physical Recovery**
- **General Well-Being**
- **Sleep Quality**
- **Disturbed Breaks**
- **Emotional Exhaustion**
- **Injury**
- **Being in Shape**
- **Personal Accomplishment**
- **Self-Efficacy**
- **Self-Regulation**

# RECOVERY CUE INVENTORY

(Kellman, Patrick, Botterell, & Wilson, 2002)

**1. How much effort was required to complete my workouts last week**

*Excessive effort*

**0**

**1**

**2**

**3**

**4**

*Hardly and effort*

**5**

**6**

**2. How recovered did I feel before my workouts last week?**

*Still not recovered*

**0**

**1**

**2**

**3**

**4**

*Energized and recharged*

**5**

**6**

# RECOVERY CUE INVENTORY

(Kellman, Patrick, Botterell, & Wilson, 2002)

**3. How successful was I at rest and recovery activities?**

*Not successful*

**0**

**1**

**2**

**3**

**4**

**5**

**6**

*Successful*

**4. How well did I recover physically last week?**

*Never*

**0**

**1**

**2**

**3**

**4**

**5**

**6**

*Always*

# RECOVERY CUE INVENTORY

(Kellman, Patrick, Botterell, & Wilson, 2002)

**5. How satisfied and relaxed was I as I fell asleep in the last week?**

*Never*

**0**

**1**

**2**

**3**

**4**

**5**

**6**

*Always*

**6. How much fun did I have last week?**

*Never*

**0**

**1**

**2**

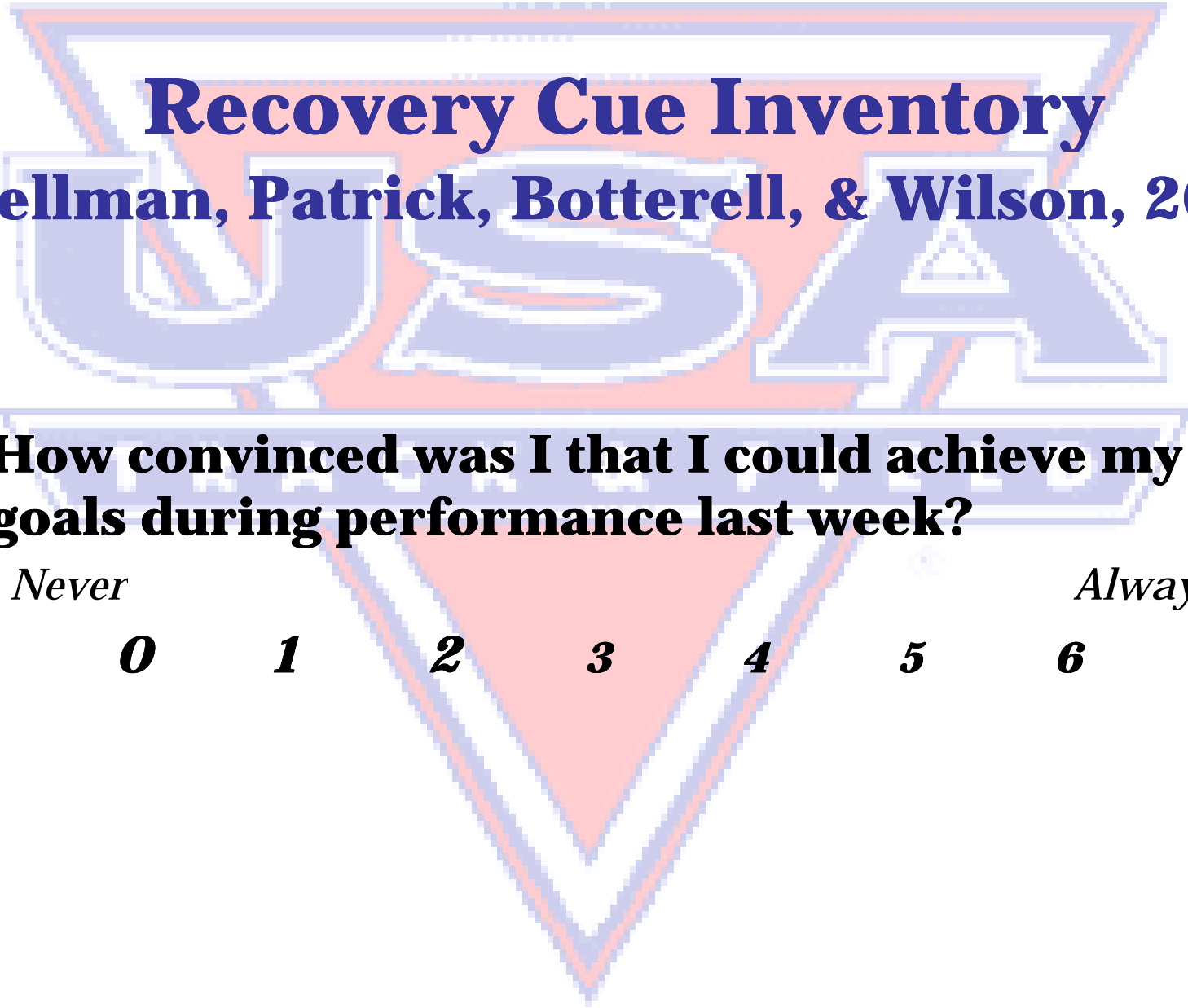
**3**

**4**

**5**

**6**

*Always*

A large, stylized logo for the USA is centered in the background. It features the letters 'USA' in a bold, blue, sans-serif font with a white outline. The letters are set against a red background that is shaped like a downward-pointing triangle. The entire logo is framed by a blue border.

# Recovery Cue Inventory

(Kellman, Patrick, Botterell, & Wilson, 2002)

**7. How convinced was I that I could achieve my goals during performance last week?**

*Never*

*Always*

**0**

**1**

**2**

**3**

**4**

**5**

**6**

# Daily Analysis of Life Demands for Athletes (DALDA)

## Sources of Life Stress

- Diet
- Home-Life
- School/College/Work
- Friends
- Training and Exercise
- Climate
- Sleep
- Recreation
- Health

## Symptoms of Stress

- Muscle Pain
- Tiredness
- Need for a Rest
- Boredom
- Recovery Time
- Irritability
- Technique Strength
- Enough Sleep
- General Weakness
- Training Effort
- Temper
- Arguments

# **TOTAL QUALITY RECOVERY**

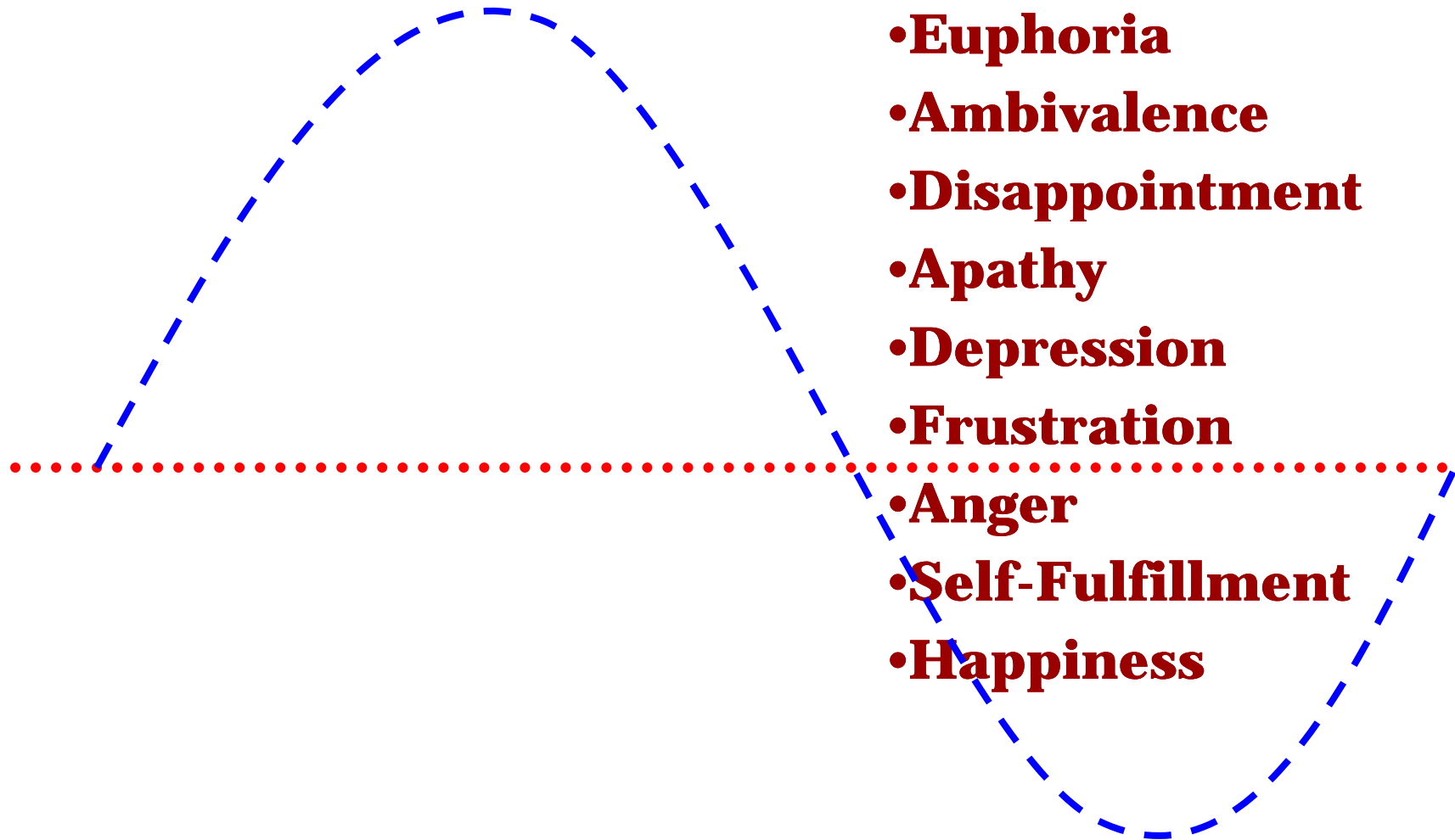
**(Kentta & Hassmen, 2002)**

- 6 No recovery at all**
- 7 Extremely poor recovery**
- 8**
- 9 Very poor recovery**
- 10**
- 11 Light**
- 12**
- 13 Reasonable recovery**
- 14**
- 15 Good recovery**
- 16**
- 17 Very good recovery**
- 18**
- 19 Extremely good recovery**
- 20 Maximal recovery**

# RESTORATION ASSESSMENT

- **Sleep Patterns**
- **The Post Patterns**

# EMOTIONAL POST PATTERNS



The background features a large, semi-transparent watermark of the United States Track & Field logo. The logo consists of a shield-shaped emblem with a red and blue color scheme. Inside the shield, the letters 'U', 'S', and 'A' are prominently displayed in a stylized, outlined font. Below the shield, the words 'TRACK & FIELD' are written in a smaller, blocky font.

# **RESTORATION ASSESSMENT**

- **RECOVERY PATTERNS**

- **Coach-Athlete Communication**

- **Training Diary/Log**

- **Post-Competition Evaluation for Track and Field Athletes**

# **Communication: Athlete to Coach Communication**

- **Part of the coaching/teaching process is assisting the athlete to communicate information the coach needs.**

# **Communication: Athlete to Coach Communication**

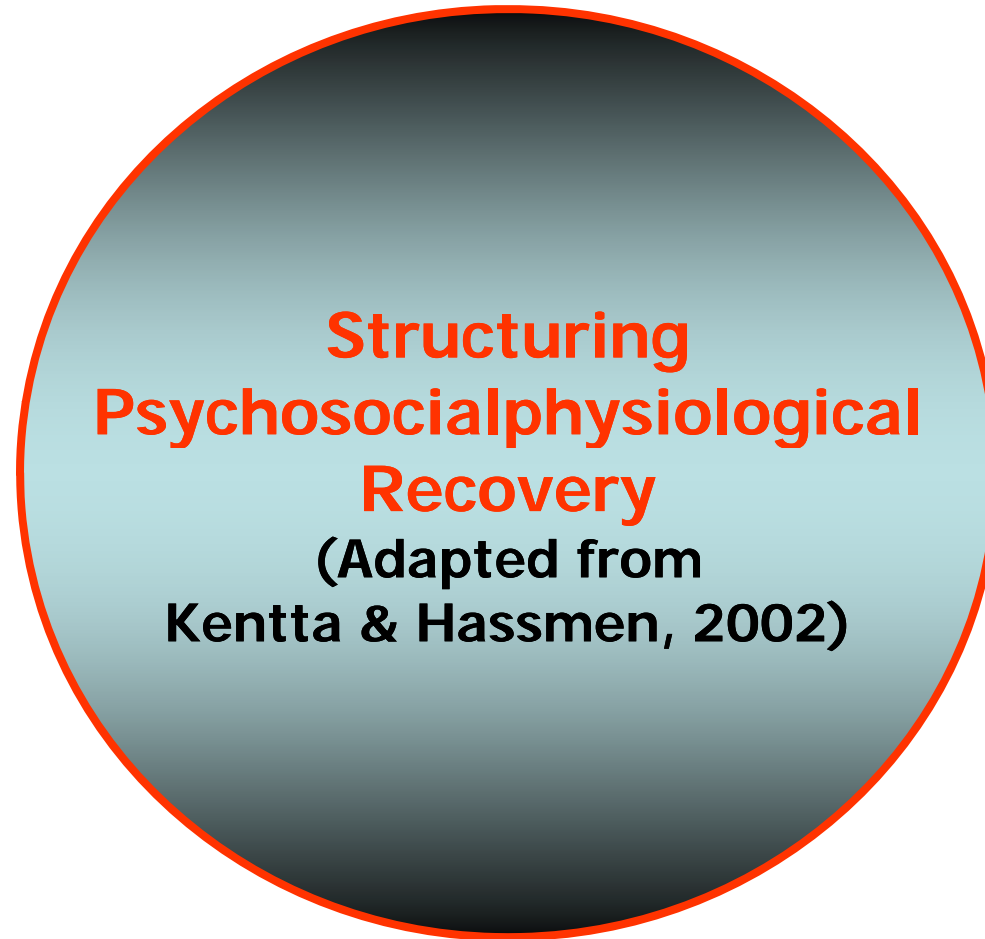
- **The Coach as a Listener:**
  - **convey openness to the athlete,**
  - **creating a learning environment in which the athlete is comfortable conveying information to the coach**
  - **the athlete is assured he/she is being valued and considered.**

# **Communication: Athlete to Coach Communication**

- **Athletes Intrinsic Feedback or Kinesthetic Awareness:**
  - **Body Feelings**
  - **Sensations athletes perceive and experience during performance**

# 1. Nutrition & Hydration

4.  
Stretching  
&  
Active  
Rest



2.  
Sleep  
&  
Rest

**3. Relaxation & Social Support  
(including emotional and financial support)**

# **THE UNDERRECOVERED ATHLETE**

- **Perfectionistic**
- **“More is Better” Mentality**
- **Thinking Patterns**
- **Controlling the uncontrollable**
- **Lacks Confidence**
- **Driven by Fear of FAILURE**



# BASIC BELIEFS

- The equation Success = Talent x Effort
- Achievement motivation: Demonstrating competence and avoiding demonstrating incompetence
- Fear of competition



# **FEAR OF FAILURE**

## **Threat vs. Challenge**

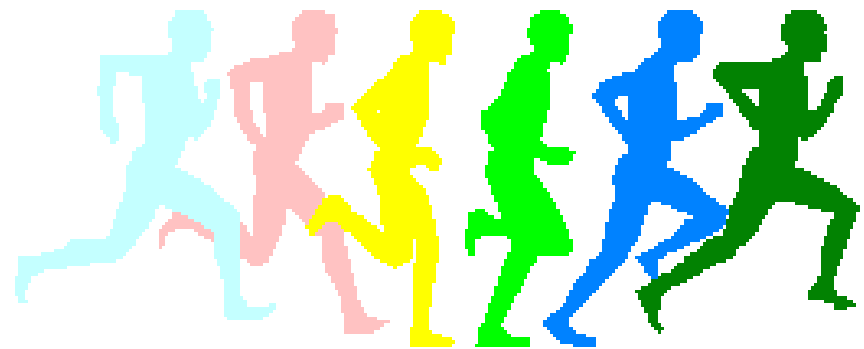
- **Separate the athlete's identity from their performance**
- **Choose positive emotion**
- **Focus on the process not the outcome**
  - **SUCCESS = Ability x Preparation x Effort x Will**
- **Focus on self-improvement vs. comparison to others**
- **Learn to take the good with the bad**
- **The “gifted” athlete and fear of failure**

# **BASIC INTERVENTION GUIDELINES**

- **Build Physical, Mental, Emotional & Spiritual Confidence**
- **Confidence = Control x Competency**
- **Increase Variety**
- **Help The Athlete Remain In Touch With Love Of The Activity**
- **Keep The Vision: (Short Term vs. Long Term)**
- **Develop HARDINESS: Threat vs. Challenge**
- **Mistakes As Steps To Success**

# Interventions

- **SMART goal setting**
- **Redefining success: Task emphasis**
- **Coaching the whole person**
- **Training Intensity Management**



# FOCUSING AND REFOCUSING

- **Anticipation and Preparation are the Keys to *Mental Toughness***

- **Expect the Unexpected**
- **Worry Early!**

**Insurance Policy:  
Mental Skills Training**



# Team Dynamics

- **Steps in setting up a team for success**
- **Forming**
- **Storming**
- **Norming**
- **Performing**
- **This process uses the time and energy of the athletes.**

# THE BOTTOM LINE

- **Get to the starting line healthy, energized, focused and fit!!!!**

Beijing 2008<sup>TM</sup>

