

# PSYCHOLOGICAL RESTORATION AND PEAK ATHLETIC PERFORMANCE

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## Sport Psychology

### Thinking Right in Sport

1. Thought Control-Mental Skills
2. Taking Control with Great Choices

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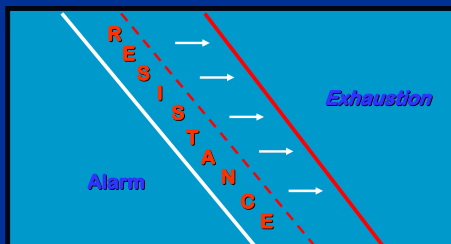
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## DEVELOPMENT & RESTORATION

### General Adaptation Syndrome



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## ENERGY MANAGEMENT AND DISTRIBUTION



“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

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## ENERGY SYSTEMS



- Physical
- Mental
- Emotional
- Spiritual

Stored Energy

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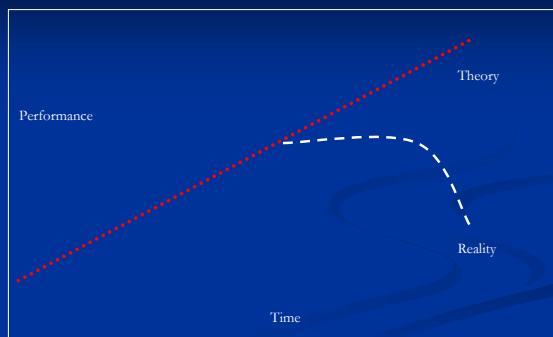
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## DRIVE THEORY: MORE IS BETTER



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# PERFORMANCE PERIODIZATION

## Physical and Mental

Preparatory Phase	Transition Phase	Competitive Phase	Rest Phase
<ul style="list-style-type: none"><li>Hard Work</li><li>Volume</li></ul>	<ul style="list-style-type: none"><li>Exchange Quantity for Quality</li></ul>	<ul style="list-style-type: none"><li>Peak Performance</li><li>Sharp</li><li>Rested</li></ul>	<ul style="list-style-type: none"><li>Rest</li><li>Recover</li><li>Restore</li><li>Regenerate</li></ul>

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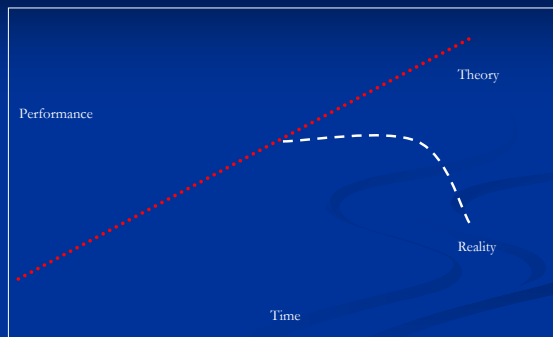
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# DRIVE THEORY: MORE IS BETTER



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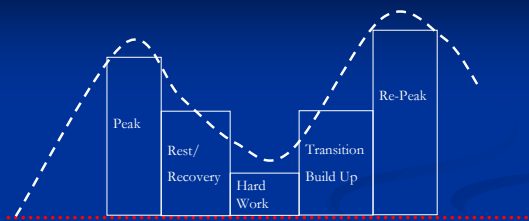
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# PERFORMANCE PERIODIZATION



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## THE UNDERRECOVERED ATHLETE PROFILE

- Perfectionistic
- “More is Better” Mentality
- Thinking Patterns
- Lacks Trust/Confidence
- Driven by Fear of FAILURE

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## RESTORATION BASICS

- Quality training requires quality rest
- Let's put the rest back in restoration!
- Mature athletes “listen to their bodies” and trust what they hear!
- Athletic performance and regeneration

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## THE BOTTOM LINE

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

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# The Road to Beijing



***DISTRACTIONS***

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