

“Get to Know Your Athletes Better and Train More Effectively”

Personality Trait Training Notes

What does it mean to train athletes based on personality traits?

1. Fitting the physiology to the psychology
2. Training model molds to the athletes’ personalities and what they bring to the track
 - a. Understanding your audience
 - b. Selling to your athlete – what is the “Pitch”
3. Predicting cause & effect, action & reaction by personality so that more effective training programs can be created.
 - a. Higher success rate with overall training system
 - b. Higher psychological absorption of the physical training stress

Why train athletes based on their personality traits?

1. Learning about what makes an athlete “tick” helps the coach to understand why they run, what they are looking to get out of it, what their goals are and will be, and how they look at success & failure in their sport
2. Training based on personality allows the coach to get a better grasp on the big picture of the athlete’s career and how to get from where they are to where they want to be.
 - a. In regard to goal setting
 - b. In regard to risk taking
 - c. In regard to trust in the coach/ athlete relationship

The Golden Rule v The Platinum Rule

1. Do unto others as you wish done unto you
2. Do unto others as they would want you to done unto them
3. The Golden Rule is dominated by a single-minded coaching ideology
 - a. “This is what worked for me, so it must be what should work for everyone.”
 - b. “There is only one road to Rome and the system that we have in place is the only one that works.”
 - c. A “one and done” training program that is not easily altered, adapted, or evolved from.

The 4 main personality categories: D I S C

1. D – the Driver
 - a. major characteristics
 - b. likes
 - c. dislikes
 - d. goals

2. I – the People person
 - a. major characteristics
 - b. likes
 - c. dislikes
 - d. goals
3. S – the System Analyzer
 - a. major characteristics
 - b. likes
 - c. dislikes
 - d. goals
4. C – the Controller
 - a. major characteristics
 - b. likes
 - c. dislikes
 - d. goals

How to create training models for the various personalities

1. Training for D's
2. Training for I's
3. Training for S's
4. Training for C's

Event predictors based on personality

1. Is your athlete in the right event?
 - a. Does their personality fit the event requirements?
 - b. Long term v short term gratification

Race planning based on personality – how will the athlete respond?

1. Racing Frequency
2. Racing during heavy training loads
3. Racing only at Peak Fitness

Recovery based on personality?

1. Recovery needs
2. Slow recovery
3. Quick recovery

How to implement this philosophy effectively

1. Look
2. Listen
3. Hear
4. Think/ Reflect
5. Act