

## Some follow on reading

Carol McNeill: Crowood Sports Guides: Orienteering Skills, Techniques, Training; 2010; especially Chapter 14 Mental Training

Steve Peters: The Chimp Paradox

“The psychiatrist behind the winning Olympic GB cycling team, Dr Steve Peters shares his phenomenally successful mind management programme used to help elite athletes.”

Carol Dweck: Mindset

“Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports.”

Matthew Syed: Bounce

“What are the real secrets of sporting success, and what lessons do they offer about life?”

Daniel Coyle: The Talent Code. The Little Book of Talent.

“He shows how all of us can achieve our full potential if we set about training our brains in the right way.”

Triathlon Europe produces a daily email with interesting articles about mental preparation as well as running, nutrition etc.). It is free to sign up to and easy to see if there is anything interesting for you each time.

<http://triathlete-europe.competitor.com/>

There is a wealth of material on the Internet and this is being expanded all the time as research uncovers more and more about our behaviour and our brain (most of what we know about the workings of the brain has been revealed through research in the last 10 years).

## Some interesting websites to get you started.

<http://worldskillsuk.apprenticeships.org.uk/competitor-toolkit/national-heats/being-mentally-tough/welcome-being-mentally-tough>

<http://www.thesportinmind.com/articles/what-is-mental-toughness-and-why-do-you-need-it/>

### [Swim Coach Q&A: Training Essentials](#)

Most of us have questions about the swim and we've got someone who can answer them! Swim coach, and Triathlete Europe columnist Sara McLarty is on hand...

### [Gallery: Superbikes Square Off At Interbike](#)

We love this time of year. Absolutely love it. Along with a slew of new tech we get to take a long hard look at some absolutely stunning bikes. Admittedly, these bikes...

### [The Shift To Shorter Crank Arms](#)

Short crank arms are a potential solution to fit discomfort caused from riding a low aerobar position. The appeal of dropping the aerobars is obvious...

### [RUN NOW: Why Beetroot Juice Is The Drink Of Champions](#)

There's been a lot of hype around beetroot juice lately. That's because a few recent studies have shown that daily consumption of beetroot juice reduces the oxygen cost...

### [Nine Tools For Boosting Mental Toughness](#)

Whether the goal is to finish a first event, break a time goal or win the thing, a race isn't truly satisfying unless we come face-to-face with the inner weakness that tries...

### [The BIG Questions: Liz Blatchford](#)

After not being selected for Britain's Olympic squad in London Liz Blatchford decided she needed a change and started racing 70.3. It was a smart move...

### [Airstream Sponsors Skechers ActivInstinct Team](#)

Premium racing and triathlon cycling brand Airstream has confirmed details of a new sponsorship deal, which sees it become the official bike and wheel sponsor...

### [Halksworth In Final Kona Tune-Up At 70.3 Cozumel](#)

Ironman UK Champion Dan Halksworth is set to take on a stellar field at Ironman 70.3 Cozumel this weekend. In the third edition of the race, set on the beautiful...

