

wahoo
SYSTEM

MENTAL TRAINING WORKBOOK

Build the Four Habits of the Mentally Strong



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INTRODUCTION

Welcome to The SYSTM Mental Training Program. I've worked with some of the most successful cyclists in the world—world-class athletes like Taylor Phinney, Kasia Niewadoma, Emily Batty, hour-record holders Evelyn Stevens and Rohan Dennis—as well as multiple national champions, world champions, and Olympic medalists.

All these successful athletes have a few things in common. They are (1) clear on their goals, (2) review and improve their performance, (3) have unwavering focus, and (4) approach every day with a positive mindset. We are going to build these **Four Habits of the Mentally Strong** over the next 10 weeks.

Whether you're racing or just trying to improve your riding, you'll benefit from the techniques and exercises the pros use to sharpen their mental game.

This program will give you a clear sense of purpose, stronger motivation, and a greater sense of self-confidence. By training your mind you'll be able to effectively train your body, become a more complete athlete, and accomplish things you never thought possible.

Congratulations on starting this program. You're already a step ahead of everyone else.



Neal Henderson

Head of Sports Science at Wahoo Fitness



Neal Henderson coaching Evelyn Stevens to the Hour Record.

Getting started

- **First:** download this workbook and save it where you will remember. We recommend printing and storing it in a binder. Alternatively, you could fill it out on your computer—just remember to “save” after each session!
- **Next:** at the start of each week, read the “Weekly overview & checklists.” It will cover important information like the schedule and tips you will need to improve your mental toughness.

HOW THE PROGRAM WORKS

Who is this for?

This program is for anyone who wants to improve their athletic performance. It isn't just for competitive cyclists or racers, but for anyone who wants more focus, drive, motivation and success.

How long does it take?

The main portion of the program takes nine weeks to complete. If you have a specific race or ride in mind, this workbook includes a set of modules for the week of your event.

What you'll be doing

Each week you'll have one or two modules to complete. Most modules have corresponding exercises which put the discussed concepts into practice and help build better habits. Some exercises require completing pages of this workbook. Others may be specific visualization or relaxation routines. The [schedule](#) and weekly overviews will help you track progress.

About the schedule

The program is designed to start on the first Monday of the month. If you're dying to get going, then just work according to a four-week cycle.

This program includes:

- A series of audio modules, with subtitles. Access them in the [SYSTM app](#).
- This workbook; comprised of scheduled exercises you'll need to complete.

What do you need?

- The SYSTM app and a subscription.
- This workbook.
- Sticky notes and tape.
- Something to write with.
- We recommend a training plan. They provide a good framework for your goals. Check out the [SYSTM Plan Builder](#).



THE FOUR HABITS OF THE MENTALLY STRONG

It's time to build the Habits of the Mentally Strong.

We have identified four key habits of the Mentally Strong: **Goal Setting, Review & Improve, Strong Focus** and **Positive Thinking**.

This program will help cultivate these habits and establish the foundation for a strong mental game; transforming your performance both on and off the bike.



Goal Setting

A clear plan of action is essential to any undertaking. Setting concrete, actionable goals will keep you motivated and on track; whether you're eyeing the top podium step or the summit of the local climb.

We will help assess where you are today, where you want to go, and identify the steps needed to get there.



Review & Improve

Plato once said, "An unexamined life is not worth living."

Reflecting upon and improving your performance will ensure your path forward and allow you to make corrections early if you go off-track.

This crucial habit builds critical thinking about what you are doing, how it's working, and what you can do better.



Strong Focus

Focus is essential to high performance. Without it you can become distracted, give in to self-doubt and lose motivation.

The "Strong Focus" modules will give you mental skills to lock-in concentration, stay motivated, deal with setbacks and get 'in the zone' when it really counts.



Positive Thinking

Thoughts matter. To accomplish big goals you need the ability to maintain a positive mindset, regardless of what life gives you.

"Positive Thinking" sessions will introduce a series of techniques which help you believe in yourself. You will learn how to overcome obstacles, push aside negative thoughts, and build self-confidence.

PROGRAM SCHEDULE

Read every “Weekly Overview” in this workbook before starting each week. They will help you plan accordingly. We recommend following the schedule as closely as possible. The sequence and spacing between modules are important, and are designed to provide time for implementing the concepts introduced in each module.

If you can't listen to a module on the exact scheduled day, give yourself grace and continue on to the next module per the schedule. Quitting is not an option.

Week 1 - Here we go!

MONDAY

Identify Your Big Mountain

Gain clarity on who you are as an athlete and what your major goal (Big Mountain) really is.

19 min video + 15 min exercise

FRIDAY

Establishing the Goal Setting Habit

Ensure constant progress by creating a habit of identifying monthly and weekly goals, with weekly rewards for achieving those goals.

11 min video + 10 min exercise

Week 2 - Let's get positive!

MONDAY

Getting Positive

Overview of the power of a positive mindset. We'll introduce specific tools to help you identify negative thoughts, stop them, and take a positive path forward.

16 min video

THURSDAY

Remember Why

Strengthen your willpower through a deep understanding of your key motivators as you strive for your Big Mountain.

9 min video + 15 min exercise

Week 3 - Now relax

MONDAY

Relaxing to Recover

Boost your recovery with this guided meditation and full-body relaxation exercise.

22 min video

THURSDAY

Positive Self-Talk

Improve your confidence and performance through three types of positive self-talk: Motivational, Instructional and Reward.

15 min video + 5 min exercise

Week 4 - Time to focus

MONDAY

Improving Focus

Develop an understanding for why focused concentration is important to your performance.

6 min video + 10 min exercise

MONDAY + BEFORE ALL WORKOUTS

Focus Exercise

Quick pre-workout exercise to improve your ability to focus and help you get the most out of your training sessions.

6 min video

Week 5 - How's it going?

MONDAY

First Month Review & Improve

Review the past month to see what was done well and what could be better. Set a new goal for the next month.

30 min video

Week 6 - You're successful

MONDAY

The Successful Training Habit

Get the most out of your training by learning how you can improve your performance.

Schedule continues on the next page. ↓

PROGRAM SCHEDULE CONT.

Do this bonus week
if you have an event.



Week 6 - You're successful

MONDAY

The Successful Training Habit

Get the most out of your training by identifying how you can improve your pre, during and post-workout routines.

20 min video

THURSDAY

Workout Review

Review your performance during individual workouts and identify areas for improvement.

10 min video

Week 7 - Let's kick ass

MONDAY

Kicking Ass In Your Sleep Part I

Introduction to pre-sleep visualization as a tool to build confidence and willpower. Includes an exercise to detail what it will feel like to stand on the summit of your Big Mountain.

7 min video + 15 min exercise

THURSDAY

Future You is Now

Determine who you need to be to accomplish your major goal and take action to be that person now.

11 min video + 10 min exercise

Week 8 - Let's kick more ass

2-4 TIMES PER WEEK

Kicking Ass in Your Sleep Part II

Boost confidence and willpower with this pre-sleep visualization exercise.

9 min video

Week 9 - Almost there!

MONDAY

Regular Monthly Review

Look back at the past month to see what went well and what could be improved.

2 min video + 30 min exercise

FRIDAY

Overcoming Obstacles

Rainbows? Puppy dogs? Not always. Sometimes things go wrong. This session will get you moving again.

14 min video

Event week - Go time!

MONDAY

Setting Event Goals

Get clear on what an event means to you and what your event-specific goals are.

6 min video + 10 min exercise

WEDNESDAY

Planning for Every Event Scenario

Be prepared by identifying things that could happen during the your event and how to deal with them.

11 min video + 5 min exercise

SATURDAY

Preparing to Crush It

Boost your focus and determination with this pre-event visualization exercise.

9 min video

SUNDAY or EVENT DAY

How Did it Go?

Improve subsequent performances by taking a look back at your event.

8 min video + two 15 min exercises before & after event

WEEK 1 - HERE WE GO!

The very first thing we do when meeting with an athlete is to have them talk honestly about how they see themselves, where they are now, and what they want to accomplish.

Clear goals are the foundation of performance. They are the base that all our future hard work will built on. Without goals we can't effectively train and judge progress. So this week, we are focusing exclusively on Goal Setting.

Early in the week, do the first module, **Identify Your Big Mountain**. In this module you will take a good hard look at who you are as an athlete right now. You'll step firmly out of your comfort zone — to dream big. You'll learn how to articulate your goals and make them real, achievable, and motivating.

Later in the week, you'll complete **The Goal Setting Habit**. This session will take the techniques you just learned and use them to identify smaller intermediate goals. Consistently setting concrete, achievable goals will serve you well—not just in athletic pursuits, but also in every aspect of life.

By the end of this week you'll find a new sense of conviction and confidence about your aspirations. You'll have mechanisms to keep you on track. It will be challenging, but incredibly enlightening and rewarding.

These are your weekly modules—
find them in the **SYSTEM** app.

MONDAY

Identify Your Big Mountain

Gain clarity on who you are as an athlete and what your major goal (Big Mountain) really is.

19 min video + 15 min exercise

FRIDAY

Establishing the Goal Setting Habit

Ensure constant progress by creating a habit of identifying monthly and weekly goals, with weekly rewards for achieving those goals.

11 min video + 10 min exercise

- Read the weekly summary...done!
- Listen to "**Identifying Your Big Mountain**" and complete exercises.
- Listen to "**Establishing the Goal Setting Habit**" and complete exercises.

These are your
weekly tasks.

THE MIRROR

This section uses module:

Identify Your Big Mountain

25-35 minutes

Who are you?

Today's date is: _____
and _____
is an athlete who:

This section uses module:

The Future You

15-25 minutes

The new you.

Today's date is: _____
and _____
is an athlete who:

The future you.

Today's date is: _____
and _____
is an athlete who:

GETTING CLEAR ON GOALS

This section uses module:

Identify Your Big Mountain

25-35 minutes

Refine your goals with S.M.A.R.T.

S. Specific

Your goals should have a specific outcome. For example: "A top result in a big time trial" is not specific. "Riding the state championships time trial in under 60 minutes" is.

M. Measurable

Just saying, "a top result" doesn't cut it. It's better to say "finishing in the top 5%."

A. Achievable

It should be something, while seemingly impossible today, you can just about make happen in the future with a lot of hard work and dedication.

R. Relevant

Do you care about these goals? Are they yours or are they what others project for you? To be effective, your goals have to be your's alone. You should want your goals so badly, you're willing to put the time and effort into making them happen.

T. Time-bound

Set concrete deadlines for each of the goals. Without those dates, you can't develop an effective plan for success.

Draft goals

Draft goal example:

A top result in a big time trial.

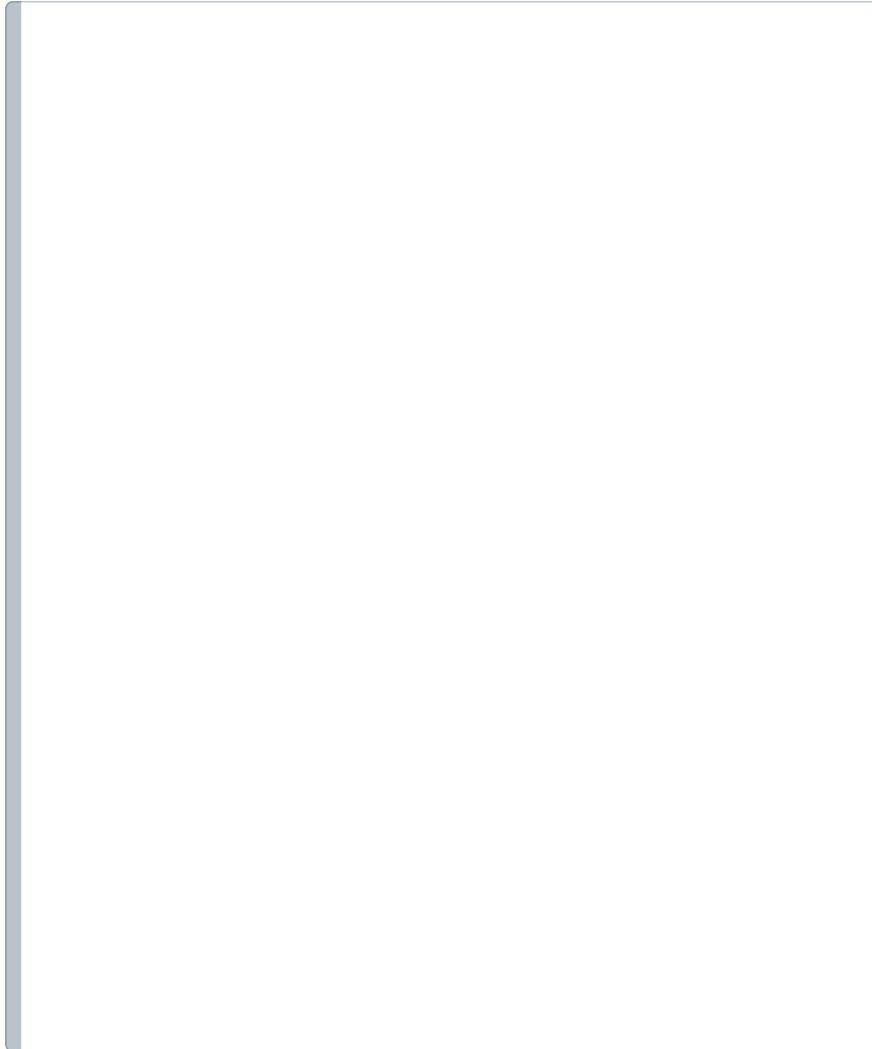
S.M.A.R.T. refined goals

Refined goal example:

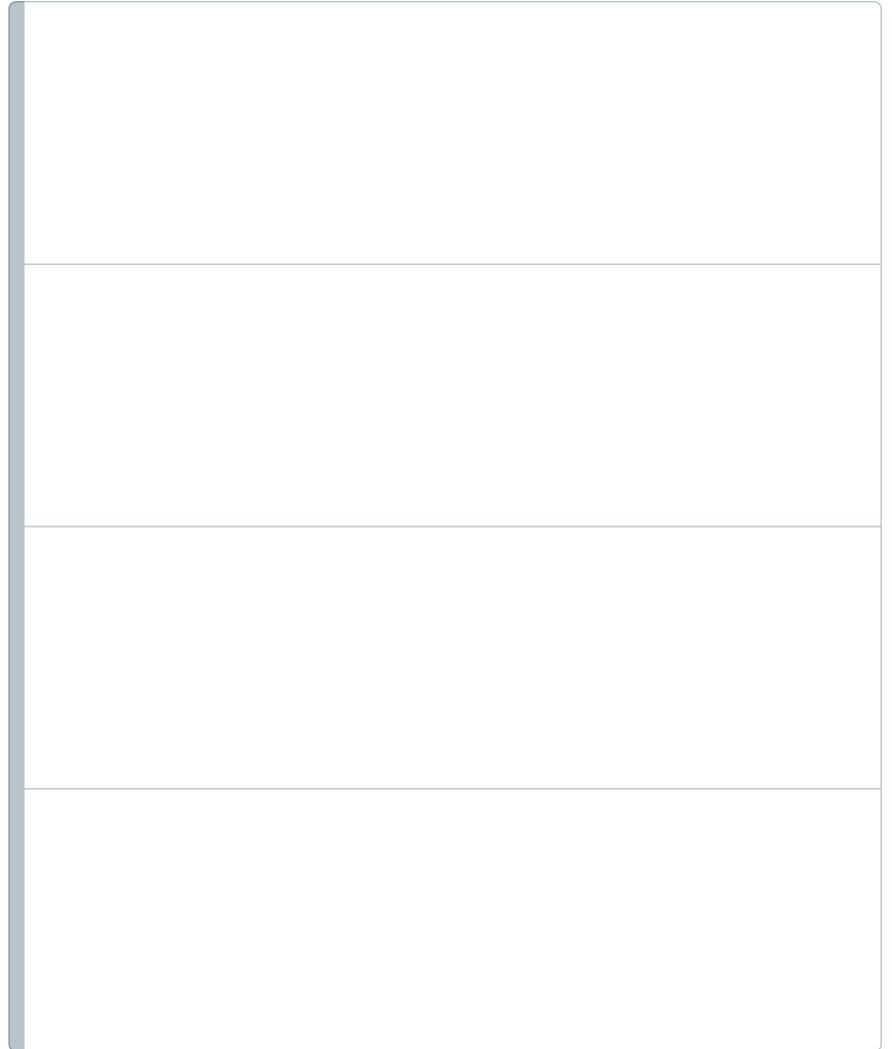
*Riding the state championships time trial
in under 60 minutes*

MY BIG MOUNTAIN

My Big Mountain is



Other key goals



MONTHLY AND WEEKLY GOALS

This section uses modules:

Establishing the Goal Setting Habit

11 min video + 10 min exercise

	Goals	Rewards	Notes	
Monthly:				<input type="checkbox"/>
____ / ____				
Week 1:				<input type="checkbox"/>
____ / ____				
Week 2:				<input type="checkbox"/>
____ / ____				
Week 3:				<input type="checkbox"/>
____ / ____				
Week 4:				<input type="checkbox"/>
____ / ____				

MONTHLY AND WEEKLY GOALS

This section uses modules:

First Month Review & Improve

5 min video + 30 min exercise

2 positive things this month

2 points to focus on this month

MONTHLY AND WEEKLY GOALS EXTRA WORKSHEET

This section uses modules:

Establishing the Goal Setting Habit

11 min video + 10 min exercise

	Goals	Rewards	Notes	
Monthly:				<input type="checkbox"/>
_____ / _____				
Week 1:				<input type="checkbox"/>
_____ / _____				
Week 2:				<input type="checkbox"/>
_____ / _____				
Week 3:				<input type="checkbox"/>
_____ / _____				
Week 4:				<input type="checkbox"/>
_____ / _____				

MONTHLY AND WEEKLY GOALS EXTRA WORKSHEET

This section uses modules:

First Month Review & Improve

5 min video + 30 min exercise

2 positive things this month

2 points to focus on this month

MONTHLY AND WEEKLY GOALS EXTRA WORKSHEET

This section uses modules:

Establishing the Goal Setting Habit

11 min video + 10 min exercise

	Goals	Rewards	Notes	
Monthly:				<input type="checkbox"/>
____ / ____				
Week 1:				<input type="checkbox"/>
____ / ____				
Week 2:				<input type="checkbox"/>
____ / ____				
Week 3:				<input type="checkbox"/>
____ / ____				
Week 4:				<input type="checkbox"/>
____ / ____				

MONTHLY AND WEEKLY GOALS EXTRA WORKSHEET

This section uses modules:

First Month Review & Improve

5 min video + 30 min exercise

2 positive things this month

2 points to focus on this month

WEEK 2 - LET'S GET POSITIVE!

Last week you learned that to be successful you need to set concrete, actionable goals, and you identified the one thing you want to accomplish more than anything else—**Your Big Mountain**. You also laid the foundation for a strong goal-setting habit by identifying monthly and weekly goals (and rewards!) which will help you maintain momentum.

If you haven't done so already, take some time today to review your goal from last week, and reward yourself if you hit that target. If you fell a little short, don't get discouraged... just commit fully to whatever goal and reward you set for the upcoming week.

This week, we're going to focus on two of the other habits: Positive Thinking and Strong Focus. First up is 'Getting Positive', which you should complete early in the week. As simple as it sounds, maintaining a positive mindset is one of the most important drivers of your self-confidence, but it needs practice. We'll introduce you to a couple of easy-to-use techniques that will help you stop negative thoughts and maintain a more positive outlook.

Motivation is especially critical to mental strength. Towards the end of the week you'll complete module "Remembering Why," where you'll uncover underlying motivations driving you towards the summit of your Big Mountain.

MONDAY

Getting Positive

Overview of the power of a positive mindset. We'll introduce specific tools to help you identify negative thoughts, stop them, and take a positive path forward.

16 min video

THURSDAY

Remember Why

Strengthen your willpower through a deep understanding of your key motivators as you strive for your Big Mountain.

9 min video + 15 min exercise

- Review weekly goal/reward and set a new one.
- Listen to "Getting Positive" and practice exercises.
- Listen to "Remembering Why" and complete exercises.

“Nothing can stop the person with the right mental attitude from achieving their goal; nothing on earth can help the one with the wrong mental attitude.”

~ Thomas Jefferson

THOUGHT STOPPAGE TECHNIQUE

This section uses module:

Getting positive

25-35 minutes



Step 1

You can clearly see your Big Mountain. You know what your goal is and how to get there.



Step 2

When things get tough, a negative mindset can put obstacles in your way and prevent you from progressing.



Step 3

When this happens, picture a stop sign in front of that obstacle or negative thought. Block it out.



Step 4

Identify the first thing you need to do to take the more positive path. Then do it.

REMEMBER WHY CARDS

This section uses module:

Remembering Why

9 min video + 15 min exercise

Cut along the dotted lines ✂

Because: Action:	Because: Action:
Because: Action:	Because: Action:
Because: Action:	Because: Action:

WEEK 3 - NOW RELAX

This week we're going to shift gears and start by focusing on an aspect of mental health that is often overlooked: relaxation. Proper recovery is essential to allow both your body and your mind to adapt to the loads and stresses of physical training.

"**Relaxing to Recover**," which you'll complete on Tuesday, takes you through a full Progressive Muscle Relaxation session. It's part guided meditation, part focus exercise. You should listen to the module at least once a week to get in tune with your body, release tension and maximize recovery.

In the second half of the week, you'll add another arrow to your quiver of positive thinking with "**Positive Self-Talk**." Here, we'll look at the subtle and not-so-subtle effects that words have on our attitude and performance. You'll listen more closely to the way you talk to yourself so you can improve that internal dialogue and become your own biggest fan.

Oh, and don't forget to stay on top of your weekly goal setting. If you hit your goal last week, make sure you reward yourself.

“ If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.

~ Vincent van Gogh

MONDAY

Relaxing to Recover

Boost your recovery with this guided meditation and full-body relaxation exercise.

22 min video

THURSDAY

Positive Self-Talk

Improve your confidence and performance through three types of positive self-talk: Motivational, Instructional and Reward.

15 min video + 5 min exercise

- Review weekly goal/reward and set a new one.
- Continue to practice **Thought Re-Direction** exercise.
- Listen to "**Relaxing to Recover**."
- Listen to "**Positive Self-Talk**" and complete exercise.

POSITIVE SELF-TALK

This section uses module:

Positive Self-talk

25-35 minutes

	Type of self-talk	What you said to yourself	How to improve it
Workout 1	Motivational		
	Instructional		
	Reward		
Workout 2	Motivational		
	Instructional		
	Reward		
Workout 3	Motivational		
	Instructional		
	Reward		

WEEK 4 - TIME TO FOCUS

As you've learned, positive words create positive mindsets. The words we use matter, especially the words we use when we talk to ourselves.

Wait a second...

See? Even I do this!

~~Don't forget about removing negative self talk.~~ Let me try that again, this time using positive words... ahem. **Be sure to use positive self talk to drive your performance to new levels. That's better.**

Here in Week 4, we're entirely focused on... well, focus. Training is one thing. Performing under pressure is another. You could be the strongest cyclist on the starting line, but if you're distracted—if you let the pain get in the way of what you're trying to achieve—you're not going to perform at your peak.

The modules for this week are structured a little differently and you'll do them back-to-back right before a workout. **"Improving Focus"** will delve into what it means to be in "The Zone". We'll look at the psychology and the physiology of peak performance, and what it takes to get there. The next module, the **"Focus Exercise,"** is designed to be completed right before your workout. It's a five-minute exercise that will get you primed and ready to unleash the power within. That means you should be in your kit ready to train as soon as you complete the exercise.

“ Always remember that you are braver than you believe, stronger than you seem and smarter than you think.

~ Christopher Robin

MONDAY

Improving Focus

Develop an understanding of why focused concentration is so important to your performance.

6 min video + 10 min exercise

MONDAY + BEFORE ALL WORKOUTS

Focus Exercise

Quick pre-workout exercise to improve your ability to focus and help you get the most out of your training sessions.

6 min video

- Review weekly goal/reward and set a new one.
- Continue to practice **Thought Re-Direction** exercise.
- Listen to **"Relaxing to Recover"** again once this week.
- Listen to **"Improving Focus"** and the **"Focus Exercise"** before a workout.
- Continue review of self-talk exercise.

WEEK 5 - HOW'S IT GOING?

As we move into the second half of the ten-week course, you should have a solid grounding in the key habits that are critical to mental strength. With a month of consistent, weekly goal setting under your belt, and your first monthly goal completed, you know how to set those little milestones that will keep you on track and motivated as you continue to climb towards the summit of your Big Mountain.

You know the importance of positive thinking and self-talk to help you perform to your best. Thought-redirection should now be second nature, something you do reflexively anytime those negative thoughts start to intrude. When you need to relax or to focus on the task ahead, you have the tools at your disposal.

With so much behind you, now is the perfect opportunity to take a step back, turn around and take a look down the path to see how far you've come. What's working? What isn't? What else could you do to be more effective with your training?

In this week's module you'll complete the "**Monthly Review and Improve**" assessment. You'll look back at each of your weekly goals, as well as your overall goal for the month, to see how you did. This is your chance to give yourself a pat on the back, celebrate your successes and identify how you're going to do even better.

After looking to see what the past month can teach you, you're going to turn your attention towards what lies ahead, setting new monthly and weekly goals.

“ Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

~ Golda Meir

MONDAY

First Month Review & Improve

Review the past month to see what was done well and what could be better. Set a new goal for the next month.

30 minutes

- Listen to "**First Month Review & Improve**" and complete exercises.
- Continue to practice **Thought Re-Direction** exercise.
- Listen to "**Relaxing to Recover**" again once this week.
- Listen to "**Focus Exercise**" before workouts.

WEEK 6 - YOU'RE SUCCESSFUL

Last week you completed your first monthly Review and Improve. Before we look at what this week has in store, you should make sure you're getting your regular tasks done:

- Be sure to review last week's goal—reward yourself if you achieved it and set a new goal for the week ahead.
- Keep working on positive self-talk.
- Continue your regular pre-workout focus exercise.

This week, in “[The Successful Training Habit](#)” module, we'll zoom in on how you actually train, day in and day out. Great training sessions don't just happen. You have to make a conscious effort, get everything together, then actually do the work. Successful athletes don't leave their training to chance—they have a specific routine they go through **EVERY. SINGLE. TIME.** The more deliberate you are with your thoughts and actions before, during, and after your workouts, the better your training habit becomes and the greater your progress.

As you build better habits around your workouts, we're going to take the techniques you've learned during the “[Monthly Review and Improve](#)” module, and apply them to your training sessions. Later in the week, do the “[Workout Review](#)” module. It should be completed immediately after finishing a workout. Have your workbook with you so after the cool-down you can start the workout review exercise immediately. If your training plan shows Thursday as a rest day, then listen to it whenever your next workout is scheduled.

MONDAY

[The Successful Training Habit](#)

Get the most out of your training by identifying how you can improve your pre, during and post-workout routines.

20 minutes

THURSDAY

[Workout Review](#)

Review your performance during individual workouts and identify areas for improvement.

10 minutes

- Review weekly goal/reward and set a new one.
- Continue to practice [Thought Re-Direction](#) exercise.
- Listen to “[Relaxing to Recover](#)” again once this week.
- Listen to “[The Successful Training Habit](#)” and complete exercise.
- Listen to “[Workout Review](#)” and complete exercise.

MY TRAINING HABIT

This section uses module:

The Successful Training Habit

9 min video + 15 min exercise

	Before workout (Starters)	During workout (Activity)	After workout (Rewards)
Current Training Habit			
Successful Training Habit			

WORKOUT REVIEW

This section uses module:

Workout Review

25-35 minutes

Workout	Focus	Best aspect	What can be improved?
___/___			
___/___			
___/___			
___/___			
___/___			

WORKOUT REVIEW CONT.

Workout	Focus	Best aspect	What can be improved?
— / —			
— / —			
— / —			
— / —			
— / —			
— / —			

WEEK 7 - LET'S KICK ASS

You've spent the last six weeks learning the skills and techniques to build a strong foundation in the four key Mental Training Habits. Your weekly and monthly goal-setting routine should be well established by now.

It still might feel odd, but the pre-workout focus exercise is as important as a proper warm-up. You wouldn't jump into The Omnium without getting your legs ready—right? Preparing your mind is critical. Perform the **“Pre-workout Focus Exercise”** introduced back in Week 4, before every workout. Once you memorize the exercise, there's no need to listen to the audio—just go through the routine.

This week we'll continue to strengthen your focus and goal-setting habits. Early in the week, listen to **“Kicking Ass in Your Sleep Part 1”**. It will be a visualization and writing exercise, so you'll need your workbook and something to write with. You'll be reflecting deeply on your **“Big Mountain”** description and your potential feelings while standing on that summit. This visualization exercise will be used to complete the **“Kicking Ass in Your Sleep Part 2”** exercise next week.

The second module this week, **“Future You Is Now”**, will revisit the description of yourself that you wrote when first embarking on this journey. It is an opportunity to see how far you've come, but also a chance to look ahead. You're going to write the profile of who you want to be in the future so you can start being that person right now. You'll need your workbook, something to write with, a few small pieces of paper, and some tape.

“ First say to yourself what you would be; and then do what you have to do.

~ Epictetus

MONDAY

Kicking Ass In Your Sleep Part 1

Introduction to pre-sleep visualization as a tool to build confidence and willpower. Includes an exercise to detail what it will feel like to stand on the summit of your Big Mountain.

7 min video + 15 min exercise

THURSDAY

Future You is Now

Determine who you need to be to accomplish your major goal and take action to be that person now.

11 min video + 10 min exercise

- Review weekly goal/reward and set a new one.
- Listen to **“Focus Exercise”** before workouts.
- Listen to **“Relaxing to Recover”** again once this week.
- Listen to **“Kicking Ass in Your Sleep Part 1”** and complete exercise.
- Listen to **“The Future You is Now”** and complete exercise.
- Continue reviewing workouts.

STANDING ON YOUR BIG MOUNTAIN

Describe in as much detail as you can what it will be like to stand on your “Big Mountain.”

Feel free to check back to the “[My Big Mountain](#)” exercise to refresh your mind.

This section uses module:

Kicking Ass in Your Sleep Part 1

7 min video + 10 min exercise

This is what it feels like to stand on the summit of my Big Mountain:

WEEK 8 - LET'S KICK MORE ASS

Let's review your assignments thus far, making sure you're on track.

- You are practicing positive self-talk everyday.
- You have a reminder system in place (maybe an app or a stack of cards) for why you're working so hard for your Big Mountain.
- The pre-workout focus exercise is an integral part of your routine—like putting on your kit or filling your bottles.
- You're always looking for ways to become the "future you"—constantly asking "what would future me do?"
- Lastly, you're probably wrapping up the workout review exercises.

Just like we all need a recovery week after a hard block of training, this week's mental training load is light. Last week you completed [Kicking Ass in Your Sleep Part 1](#). Over the past few days we asked you to refine your [Standing on the Big Mountain](#) description. Get to know it well—maybe even memorize it!

The "[Kicking Ass in Your Sleep Part 2](#)" visualization exercise is designed to be completed when you're in bed, ready to fall asleep. You'll travel from your bedroom to the summit of your Big Mountain. Visualization can have a profound effect on performance, creating strong neural pathways and a sense of inevitability that will keep you motivated and focused—especially when things get challenging. Do this module a couple of times per week over the next month to really burn the picture of success into your mind and create a deep source of motivation which you can draw from going forward.

“ It is not the mountain that we conquer, but ourselves.

~ Sir Edmund Hillary

COUPLE TIMES PER WEEK

Kicking Ass in Your Sleep Part II

Boost confidence and willpower with this pre-sleep visualization exercise.

9 min video

- Review weekly goal/reward and set a new one.
- Refine picture of standing on your Big Mountain.
- Listen to "[Relaxing to Recover](#)" again once this week.
- Listen to "[Kicking Ass in Your Sleep Part 2](#)" and complete exercise.

WEEK 9 - ALMOST THERE!

Whoa! This is the last week in the scheduled sessions. Although this there is one further set of modules that you should do if you have an upcoming event on your Calendar, these are the last two modules of the main program.

With a second month behind us, it's already time for your "**Regular Monthly Review**"! The process mirrors what you did in week five. If you feel like you're making gains, it's likely you've been getting the work in. If you're not progressing—if you feel run down—look to see if there are any patterns. Are you sleeping enough? Are you committing to your workouts? Are you living on donuts and coffee?

Later in the week, after you've had time to process your review of your performance, we're going to bolster the Positive Thinking habit with our final regular module: "**Overcoming Obstacles.**" As a visualization exercise, it is meant to be listened to whenever you feel stuck—whether that's due to an obstacle you can't see a way around, an injury, a loss of motivation or any other reason which makes you doubt yourself. Even if you don't have an obstacle right now, it's a good idea go through the module so you know what it's about and when to use it. It will help you re-focus, reset, and re-establish your confidence in who you are and where you're headed.

Find a quiet place where you can close your eyes and focus on the narration with no interruptions.

 It's hard to beat a person who never gives up.

~ Babe Ruth

MONDAY

Regular Monthly Review

Look back at the past month to see what went well and what could be improved.

2 min video + 30 min exercise

FRIDAY

Overcoming Obstacles

Rainbows? Puppy dogs? Not always. Sometimes things go wrong. This session will get you moving again.

15 min video

- Listen to "**Regular Monthly Review**" and complete exercise.
- Listen to "**Kicking Ass in Your Sleep Part II**" at least twice.
- Listen to "**Relaxing to Recover**" again once this week.
- Listen to "**Overcoming Obstacles.**"
- Listen to "**Program Wrap-up**" again once this week.

EVENT WEEK - GO TIME!

These 4 additional sessions are for getting the most out of an event day. Whether it be a gran fondo, big group ride or maybe even a PR on a Strava segment, these sessions are here to help.

The first module (**Setting Event Goals**) is designed to help clarify exactly what you want to accomplish at your event—to define success.

Next, “**Planning for Every Event Scenario**”, will prepare you for the inevitable hiccups that might occur during your event day.

“**Preparing to Crush It**” will help you get in the zone to deliver what athletes and sports psychologist call a “peak performance;” it’s when everything flows and operates at the highest level almost without any effort. Complete this after your warm-up and right before the start line of your event. It’s a breathing and visualization exercise, so you’ll need headphones, a quiet place and 9 minutes.

Once the dust has settled and your heart rate has returned to normal levels, listen to “**How Did It Go**”. This exercise is meant to be completed 15 minutes after the event ends. You’ll need this workbook, the event goal sheet you filled out earlier this week, and something to write with. Part two of this exercise is completed the next day, when you’ve had time to process and reflect on everything that happened during the event day.

As you head into your event week, know that you are prepared, powerful and capable of anything you set your mind to.

“ If you are going to win any battle, you have to do one thing: you have to make the mind run the body.

~ George S. Patton

MONDAY

Setting Event Goals

Get clear on what an event really means to you and what your event-specific goals are.

6 min video + 10 min exercise

WEDNESDAY

Planning for Every Event Scenario

Be prepared by identifying things that could happen during your event and how to deal with them.

11 min video + 5 min exercise

SATURDAY

Preparing to Crush It

Boost your focus and determination with this pre-event visualization exercise.

9 min video

SUNDAY or EVENT DAY

How Did it Go?

Improve subsequent performances by taking a look back at your event.

8 min video + two 15 min exercises before & after event

SETTING EVENT GOALS

This section uses modules:

Setting Event Goals

11 min video + 10 min exercise

How did it Go?

5 min video + 30 min exercise

Event information

Title _____

Date _____

What does this event mean to you?

How important is your performance in this event?

How prepared are you for this event and why?

Goal 1

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Post-event assessment

Goal 2

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Post-event assessment

The story of my event

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Looking forward

Key learning:	How to improve:
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PRE-EVENT CHECKLIST

Forgetting to bring critical equipment to your event can be a disaster.

Try to take your time and explore all options here. It could mean the difference between achieving your goal or not.

This section uses module:

Planning for Every Event Scenario

11 min video + 15 min exercise

Essential equipment

- Running shoes
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Pre-event preparation

- Check tire pressure
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EVENT STRATEGY

This section uses module:

Planning for Every Event Scenario 

11 min video + 15 min exercise

Event strategy

Stay in middle of the group 1/3 of event.

THE WRAP-UP

Fantastic! Congratulations, you have successfully completed the SYSTM Mental Training Program.

Over the past nine weeks (ten if you've done the Event Week), you've unlocked the power of your mind and improved your physical performance. You've embarked upon what I hope is a lifelong journey to further discover who you are, what you want, and what you're capable of. You've successfully built the foundations of the four habits of the mentally strong and made them part of who you are.

The tangible benefits of mental training have been demonstrated by numerous studies and the personal experience of countless athletes. It also improves other facets of our lives, such as our career, relationships, and outlook on life. **These same qualities that build a successful athlete, make a successful human being:**

- Setting S.M.A.R.T. goals—clear, measurable, realistic and need effort.
- Committed to the required work, to accomplish those goals; especially when it's not easy.
- Regular reflection and self-assessment; every experience is an opportunity to learn, do better, and grow.
- Focused and self-aware; the mind controls the body and creates the desired outcomes.
- A positive mindset and affirming language creates positive outcomes for you and those who surrounding you.



THE WRAP-UP CONTINUED

Now — you're not done. Without use, our muscles atrophy. The same is true of our mental training. The skills, techniques, and habits you've developed over the course of this SYSTM Mental Training Program need to be used to be effective. To reach the summit of your Big Mountain, you need to continue with the daily, weekly, and monthly exercises you learned in this program.

We never truly finish improving. There are always new goals to strive for, new challenges to take on, and new mountains to climb.

The techniques and skills you've learned during the course of this program are secret weapons. You have the tools now.

Believe in yourself and congratulations.



Neal Henderson,
Head of Sports Science at Wahoo Fitness.

- Every day you should be performing your pre-workout focus routine and using the thought-redirection and positive self-talk principles to stay positive.
- Every week you should be establish a clear, concrete goal that is Specific, Measurable, Achievable, Relevant, and Time-bound, and that is tied to a reward.
- Every month you should review your performance over the past four weeks, and establish a new monthly goal based upon the same S.M.A.R.T. criteria.
- Periodically you should use the Relaxing to Recover exercise to reduce stress, and the Kicking Ass in your Sleep module to leverage the power of your subconscious to help create positive outcomes.