

Core Principles: How To Train Your 'Athletic Brain'

In today's modern & sedentary lifestyle, making time for deliberate physical activity is more important than ever. Time is a limited resource and you want to train effectively, moving towards your physical health objectives. Explore the core principles of resistance and cardiovascular training - what the common misconceptions are, the beliefs and values you can adopt, and how it shifts your individual training experiences. We'll also take a peek into sports psychology, the mind of top performers. What are some mental strategies that athletes use to stay on top of their game, being motivated and consistent in training and performance.

Knowing is just the beginning. This session will also equip you with practical strategies to create an awareness and a shift in how your mind operates. Whether you're a recreational sports player, an avid fitness enthusiast, or a total beginner, this session will inspire and equip you to make a real impact.

Learning Objectives

1. Address common misconceptions about resistance training and cardiovascular training
 2. Adopt 'training specific' beliefs and values to improve physical well being
 3. Utilise 3 mental strategies that athletes use
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Content Outline

Address common misconceptions about resistance training and cardiovascular training

- Learn how correcting misconceptions can improve the way you train
- Understand the science behind each misconception and how to use them based on your fitness objectives.

Adopt 'training specific' beliefs and values to improve physical well being

- Understand the constants and variables when doing resistance training to reduce the risk of injury and get results consistently.
- Discover training tips to manage resistance and cardiovascular training when time is scarce.

Utilise 3 mental strategies that athletes use

- Discover actionable strategies to boost performance, stay consistent and motivated.
- Learn three key strategies: creating your identity, deciding on your operating structure and mindfulness.