



PRIME SKI TRAINING 202

***TOTAL PREPARATION
FOR MAXIMUM PERFORMANCE***

Workbook

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TABLE OF CONTENTS

Class #1: Perspective on Training.....	1
Class #2: Maximizing Off-snow Training	5
Class #3: Maximizing On-snow Training.....	12
Class #4: On-snow Mental Tools	16
Class #5: From Training to Racing	20
Appendix: Table of Mental Tools	24

CLASS #1: Perspective on Training

Types of Training

- Physical conditioning (strength, stamina, flexibility, agility).
- On-snow technical and tactical training.
- Mental training.
- Equipment.
- Nutrition.
- Sleep.
- Life.

Importance of Training

- Training is the foundation of everything you do in your ski racing efforts.
- Training establishes the physical fitness and technical, tactical, and mental skills necessary for success.
- Whatever you do in training is what you will do in races.

Close the Gap

- A key goal in training is to close the gap between where you are and where you believe you can be.
 - Only way to close the gap is to consistently look for ways and make commitment to close it.
 - Constantly push limits and expand comfort zone.
- Identify what you need to do to close the gap.
 - Mind, body, technical/tactical, equipment.
- Closing the gap is about acting on every opportunity training and life to get better.

Exercise 1.1: Evaluate the size of the gap between where you are and where you want to be: small, medium, or large. _____

Exercise 1.2: Indicate several areas you need to improve on to close the gap.

What is Prime Training?

- “Maintaining consistently high quality training resulting in optimal preparation for competitive success.”
- Value of prime training.
 - Maximize your ski racing development.
 - Efficient use of your time.
 - Ingrain effective physical, technical, tactical, and mental capabilities.
 - Transfer from training to races.
- Goal: prime training.
 - Every workout.
 - Every training session.
 - On and off snow.
- How to achieve prime training.
 - Have a goal: what area you want to improve that day.
 - Have a purpose: what specifically you will work on to improve that area.
 - Focus: maintain consistent focus on that purpose.
 - Intensity: get body totally ready.
 - Total preparation every effort.
 - Relentless in efforts: never give up!

Exercise 1.3: On a scale of 1-10, rate the quality of your off-snow training and your on-snow training (1-poor; 10-excellent). Off-snow: _____; On-snow: _____

Exercise 1.4: Indicate areas in your off-snow and on-snow training in which you need to improve.

Six Laws of Prime Training

- First Law: *Races are not won on the day you race, but rather in the days, weeks, and months before the race.*
 - Success is determined more by what you do leading up to a race.
 - If you've put in the time and effort, you will have the skills and the belief to ski your fastest on race day.
- Second Law: *Take responsibility for everything that can impact your ski racing.*
 - You must know every area that influences your ski racing.
 - If you address every one of these areas, you will be totally prepared to ski your fastest.
- Third Law: *Preparation is the foundation of all physical, technical, tactical, and mental skills.*
 - There is no magic to preparation.
 - Developing skills requires three steps: awareness, control, repetition.
 -

- Fourth Law: *The purpose of training is to develop effective skills and habits.*
 - Training ingrains physical, technical, tactical, and mental skills.
 - Whatever you practice, those are the skills and habits that you will learn.
- Fifth Law: *Failure is essential for Prime Training.*
 - Many racers believe that failure is bad.
 - If you fail, you're a failure and will never succeed.
 - But there can not be success without failure.
 - Shows you what is not working.
 - You are moving out of your comfort zone.
 - Taking risks.
- Sixth Law: *Prime Training is devoted to preparing yourself to ski your fastest under the most demanding conditions in the most important races of your life.*
 - Anyone can ski well in an unimportant race, under ideal conditions, against an easy field.
 - Ultimate goal of Prime Training: ski your fastest when it really counts.

Consistency

- Consistency separates great skiers from good skiers.
 - Training: conditioning, technical/tactical, mental.
 - Preparations: routines.
 - Life: nutrition, sleep, school, work.
- Goal: consistency in every aspect of your efforts.

Exercise 1.5: On a scale of 1-10, rate the consistency of your off-snow training and your on-snow training (1-not at all; 10-very). Off-snow: _____; On-snow: _____

Exercise 1.6: List the specific areas in your training and your life in which you should improve your consistency.

3 Ps

- Patience.
 - Essential for long-term success.
 - Helps overcome frustration.
 - Stay positive and motivated.
 - Attitude: will do the work and put in the time to be successful.
- Persistence.
 - Ability to keep working toward your goals for as long as it takes.
 - Relentless.
 - Won't give up.
- Perseverance.
 - Willingness to keep at it in the face of setbacks, fatigue, and pain.
 - Keep a positive attitude when you're struggling.

CLASS #1: CHALLENGE AND GOALS

- **Challenge: Commit to prime training every day.**
- **Goals.**
 - **Make prime training your daily goal.**
 - **Figure out how to close the gap.**
 - **Embrace the six laws of prime training.**
 - **Establish consistency in your training.**
 - **Apply the 3 Ps to your training.**

CLASS #2: Maximizing Off-snow Training

Conditioning Is The Foundation Of Ski Racing Success

- What you do in conditioning sets the stage for what you do on-snow.
- What you can do in your skiing depends on your strength, agility, flexibility, and stamina.
- Goal: put maximum effort into all of your conditioning.

Efforts vs. Goals

- Is there a disconnect between your goals and your efforts?
 - You have very big goals.
 - Are you doing everything you can to achieve them?
 - If not, you are very unlikely to achieve your goals.
- Two options.
 - Lower your goals to match your effort.
 - Raise your effort to match your goals.
- The choice is yours!

Exercise 2.1: On a scale of 1-10, rate how aligned your efforts are with your goals (1-no alignment; 10-complete alignment). Off-snow: _____; On-snow: _____

Exercise 2.2: If not aligned, in what areas of your training is there a disconnect between your effort and goals?

- The Grind
- Definition: the point at which training is no longer fun.
 - It gets tiring, painful, boring, and you'd rather do something else.
- Typical reaction to the Grind: quit or ease up.
- Champions' reaction to the Grind.
 - The point at which it begins to matter.
 - When the real gains are made physically, technically, tactically.
 - When you do the little bit extra that will serve you well in races.
- Goal: when you experience the Grind, you push forward.

Exercise 2.3: On a 1-10 scale, rate how good you are at pushing through the Grind (1-not at all good; 10-very good). Off-snow: _____; On-snow: _____

Pain

- What is pain?
 - An uncomfortable physical experience intended as a warning of a threat to our survival.
 - Pain worked for cavepeople, but it can interfere with athletic performance.
- Pain in perspective.
 - Injury pain: server, long lasting, and uncontrollable.
 - Exertion pain: less severe, short term, and controllable.
- Mediated by the mind: your perception of the discomfort.
 - How you interpret your pain will determine how it affects you.
- Pain as your enemy.
 - Negative perception: bad, threatening, to be avoided, indication of failure.
 - Negative emotions: frustration, anger, despair.
 - Ignore pain: you can only do it so long.
- Pain as your ally.
 - Accept it as a normal and important part of training and competition.
 - Pain means you are working hard.
 - Pain as information: exertion or injury; adjust pace, technique, tactics.
 - Relax: deep breathing, loosen shoulders, hands, and face.
- Goal: See pain as positive.
 - Creates positive self-talk.
 - Produces positive emotions.
 - Releases endorphins which reduce the pain.

Exercise 2.4: On a 1-10 scale, rate how good you are at handling the pain of conditioning (1-not at all good; 10-very good). _____

Mental training starts in the gym

- Conditioning is a great place to begin strengthening mental muscles and using mental tools.
- What do gate training and conditioning have in common?
 - Both are physical, technical, and mental performances.
 - Both require total preparation and maximum effort to gain the most benefits.
 - Both have preparation, execution, and exertion.
- Advantages of mental training in the gym.
 - Ski racing is complex with many variables that can distract from mental training.
 - Conditioning is a simpler environment with fewer distractions.
 - Better able to focus attention on using the mental tools.
 - Opportunity for more repetition and making mental tools ingrained habits.
- Develop a gym routine.
 - Motivation/confidence: Make a conscious commitment to give your best effort from start to finish (e.g., “10 reps at 225 lbs., I can do this!”).

- Intensity: Move body and actively adjust intensity to fit the exercise (high for power, low for stretching).
- Focus: Repeat keyword to focus on important area of execution.
- Mindset: Create a mindset that will maximize your efforts (aggressive for lifting, calm for stretching).

Exercise 2.5: Create a gym routine and incorporate it into your workouts.

Off-snow Mental Imagery

- What is mental imagery?
 - Seeing and feeling yourself skiing the way you want.
 - Reproducing the actual ski racing experience.
- Most powerful mental tool.
 - Swiss Army knife of mental training.
 - Mental, technical, tactical benefits.
- Mental imagery is a tool you need to use regularly to master and gain the benefits from.

Exercise 2.6: Create an off-snow imagery program and schedule imagery sessions into your weekly calendar (follow steps #1-4 below).

Step #1: Imagery Goals

Directions: In the space below, indicate the following: 1) The areas you want to improve in your imagery; 2) The current status of the areas you want to work on; 3) Your goal for the areas you want to improve; and 4) What mental tools you will incorporate into your imagery to achieve the goal.

Areas to Work On	Current Status	Goal	Mental Tools
Technical/Tactical (ex. stance, line) 1. 2. 3.			
Mental (ex. intensity, mindset) 1. 2. 3.			
Performance (ex. speed, consistency) 1. 2. 3.			

Step #2: Imagery Scenario

Directions: To guide your imagery sessions, you can: 1) use the mp3 files on the members-only site, 2) memorize, record, or modify the below training and race imagery scenarios, or 3) create your own imagery scenarios. For every imagery session, choose a specific hill, event, and either a training situation or race you will be in this coming season.

Training Scenario	Race Scenario
<p>You are in the start area before your first training run. You have a few racers to go before your run. It's time to get yourself totally prepared to ski your best.</p> <p>Begin your training routine. First, get your equipment ready. Buckle your boots, adjust your gear. Take some deep breaths. <i>[pause 15 seconds]</i> Your equipment is now totally prepared to ski your best.</p> <p>It's now time to get yourself physically ready. Stretch out, warm-up your body, check and adjust your intensity. <i>[pause 15 seconds]</i> Take a deep breath. Your body is now totally ready to ski your best.</p> <p>Two racers to go before your training run. It's time to get yourself mentally ready. Focus on what you want to work on this run. Close your eyes and imagine yourself skiing the way you want to. <i>[pause 15 seconds]</i> Take some deep breaths. You are completely prepared to ski your best on this run.</p> <p>In the gate, totally focused on skiing your best. Poles over the wand. Take two deep breaths... GO. <i>[pause 45-90 seconds depending on the event]</i></p> <p>At the bottom of the training course. Now, replay your run if you had a good run to ingrain the positive images and feelings. Replay and edit your run if you made some mistakes, correcting the mistakes, pushing out the negative images and feelings and replacing them with positive images and feelings.</p> <p>Now it's time to head back up for your next run.</p> <p>On the ride up the lift, close your eyes and imagine yourself skiing the way you want on your next training run.</p> <p><i>[repeat or each imagined training run]</i></p>	<p>Go out to the race hill. You're near the finish area about 30 minutes before your start. You've had a great week of training. You're skiing really well. You've inspected the course and know it well. You've taken your warm-up runs. You feel strong and fast. You will have a great race today.</p> <p>It's time to go up for your run. Get on the lift and make your way to the top. On the ride up, close your eyes, take several deep breaths, and see and feel yourself skiing strong and fast in your race run.</p> <p>Off at the top of the lift, ski down to the start area, making fast, aggressive turns. <i>[pause 15 seconds]</i> Arriving at the start area, it's time to get yourself totally prepared to ski your best.</p> <p>First, get your equipment ready, armor, skis, bindings. <i>[pause 15 seconds]</i> Take several deep breaths. Your equipment is now totally prepared for you to ski your very fastest.</p> <p>Now get yourself physically ready. Warm-up, stretch out, check and adjust your intensity. <i>[pause 15 seconds]</i> Take several deep breaths. Your body is now totally prepared for you to ski your very fastest.</p> <p>Five racers to go. Strip down, make your final adjustments, and buckle your boots. <i>[pause 15 seconds]</i> Take several deep breaths.</p> <p>Three racers to go. Time to get yourself mentally ready. Check and adjust your intensity. Imagine yourself skiing key parts of the course. <i>[pause 15 seconds]</i> Take several deep breaths.</p> <p>Time to go into race mode, totally focused on one thing: skiing as fast as you can. You will have a great race to day.</p> <p>The starter calls you into the gate. Slide your skis back and forth. Keep breathing. Poles over the wand. Five seconds. Ready... GO. <i>[Pause 45 seconds, SL; 65, GS; 75 SG; 90 DH]</i></p> <p>In the finish area. Look back up the hill and review your run with race imagery. Now, replay your run if you had a good run to ingrain the positive images and feelings. Replay and edit your run if you made some mistakes, correcting the mistakes, pushing out the negative images and feelings and replacing them with positive images and feelings.</p> <p>I'm going to count down from 10 to 0. During that time, leave the hill and return to this room. But all of the positive thoughts, positive images, and positive feelings will stay with you, so you can bring them out the next time you race.</p> <p><i>[repeat for two-run events]</i></p>

Step #3: Imagery Sessions

- Do imagery sessions 3x/week.
- Identify a time in your day in which you know you will be free.
- Set alerts in your phone so you don't forget.
- Find quiet, comfortable place.
- Lasts 10-15 mins.
- Do relaxation (5 deep breaths).
- Follow imagery scenarios.

Step #4: Imagery Log

Directions: Record your impressions of how the imagery session went.						
Date	Rung of Ladder	Imagery Quality: 1-poor; 10-great	Areas Worked On	Improvements Seen	Problems	Things to Work on Next Session

Create a Life That Supports Your Ski Racing

- You the ski racer isn't different than you the person.
- When you slide into the gate, you take you the person with you.
- Your life outside of ski racing impacts your life inside of ski racing.
 - Sleep.
 - Nutrition.
 - School.
 - Relationships.
 - Media.
- Make sure your life supports your ski racing.

Exercise 2.8: On a scale of 1-10, rate how well your life supports your ski racing (1-not at all; 10-completely). _____

Exercise 2.9: Indicate what areas of your life you can improve to better support your ski racing efforts.

CLASS #2: CHALLENGE AND GOALS

- **Challenge:** Commit to prime training off-snow every day.
- **Goals.**
 - Make sure your efforts align with your goals.
 - Embrace the Grind.
 - Use the pain tools to work harder.
 - Create a gym routine.
 - Develop a mental imagery program.
 - Look for ways to ensure your life supports your sport.

CLASS #3: Maximizing On-snow Training

Experiment

- Change is essential to continue to progress toward your ski racing goals.
 - Is uncomfortable.
 - Takes time.
 - Can be frustrating.
- You must be open and motivated to try new things, physically, technically, tactically, mentally, and with equipment.
- Only through experimentation will you find the precise mixture of ski your fastest.
- Texas saying: “If all you ever do is all you’ve ever done, then all you’ll ever get is all you’ve ever got.”
- Goal: constantly seek out and experiment with new ways to ski faster.

Got to Extremes

- One way to experiment is to go to extremes.
 - With anything you are working on, technical, tactical, mental, start at one extreme and see how it feels.
 - Move to other extreme and see how it feels.
 - Experience the sensations and performance.
 - If appropriate, try a middle ground.
 - Decide which place on the continuum works for you.

Exercise 3.1: Identify areas in your on-snow training where you can benefit from going to extremes.

Get Out of Your Comfort Zone

- Nobody likes to feel uncomfortable.
- But if you’re not uncomfortable, you’re not getting out of your comfort zone or improving.
- Why don’t racers like to leave their comfort zone.
 - It doesn’t feel good.
 - It doesn’t make you better at first.
- Key attitude: It’s good to feel bad.
- Getting uncomfortable in time expands your comfort zone: what was once uncomfortable becomes comfortable.
- Goal: get uncomfortable as much as possible.

Exercise 3.2: On a 1-10 scale, rate yourself on how good you are at getting out of your comfort zone (1-not at all good; 10-very good). ____

Exercise 3.3: Identify situations in your on-snow training where you can get out of your comfort zone more.

Mistakes in Training

- No one likes to make mistakes or DNF.
- But both are essential for improvement and fast skiing.
- If you're not making mistakes or DNFin:
 - In training, you're not getting out of your comfort zone or progressing.
 - In races, you're leaving time on the hill.
- Mistakes are good.
 - Pushing your limits.
 - You are skiing fast, but your body and mind haven't caught up with the speed yet (they will).
 - You're focused on new technique that you haven't ingrained yet, so the new technique hasn't yet translated into fast skiing.

Start to Finish

- Goal: ski consistently well from start to finish.
- Problems.
 - Training runs: Ease into course and let up before the finish line.
 - Training sessions: Ease into training and then get tired and let up near the end.
- Training matters.
 - Whatever habits you ingrain in training you will do in races.
 - You want to instill good habits in every run of training.
- Start of training run.
 - Consistent training routine for total preparation in starting gate.
 - Aggressive start and attack to first gate.
- Finish of training run.
 - Stay motivated, intense, and focused to the end of the run.
 - "It ain't over till it's over": Ski hard through finish line.
- First two runs of training sessions.
 - Totally prepared to ski your fastest the first two runs.
 - Make them like race runs.
- Last two runs of training sessions.
 - Tap into the fuel in your tank when tired.
 - Finish session strong.

Exercise 3.4: On a 1-10 scale, rate the quality of your training from start to finish of training runs and training sessions (1-not at all good; 10-very good).

Training runs: ____; Training sessions: _____

Exercise 3.5: Identify situations in your on-snow training where you can increase the quality of your training from start to finish of training runs and training sessions.

Adversity

- Meaning of adversity: conditions that are difficult and challenging.
- Adversity can be external or internal.
 - External: course, terrain, snow conditions, weather, start number.
 - Internal: fatigue, illness, injury, negativity, overthinking, distracted.
- Problem: adversity can cause threat reaction.
 - Get negative.
 - Lose motivation.
 - Feel fear, doubt, and worry.
 - Ease up or give up.
- Adversity is about how you perceive and react to it.
- Response to adversity.
 - Be confident and motivated to overcome adversity.
 - Figure out how to overcome the adversity.
 - Generate positive emotions such as excitement and inspiration.
 - Choose to fight the adversity no matter how difficult it is.
- Goals.
 - Seek out adversity in training so you're ready when you face it in races.
 - Constantly challenge yourself to respond positively to adversity.

Exercise 3.6: On a 1-10 scale, rate how well you deal to adversity in training and races (1-not at all good; 10-very good). Training runs: ____; Race runs: _____

Exercise 3.7: Identify adversity you face in training and describe how you want to overcome it.

No Such Thing as Free Skiing

- It will either cost you or you will profit from it.
- Too many racers don't put enough focus and intensity into their free skiing because they think it's not training.
- Most technical development begins while free skiing.
- Free skiing should be called gateless training.
- Whatever you want to do in gate training and races, you should start in free skiing.
 - Technical.
 - Tactical.
 - Mental.

CLASS #3: CHALLENGE AND GOALS

- **Challenge: Commit to quality training every day.**
- **Goals.**
 - **Look for opportunities to experiment (and go to extremes) in training.**
 - **Get out of your comfort zone and make mistakes in training.**
 - **Engage in prime training start to finish of every training run and training session.**

CLASS #4: On-snow Mental Tools

Mental Progressions to Improve Training

- Intensity.
- Breathing.
- Focus.
- Mindset.

Identify and reach your prime intensity

- Recall past race performances.
 - What was your intensity when you skied well?
 - What was your intensity when you skied poorly?
 - Identify pattern.
- Experiment.
 - Train with low, medium, and high intensity.
 - When do you ski your best?

Exercise 4.1: On a 1-10 scale, identify your prime intensity for races (1-very relaxed; 10-very intense). _____

Exercise 4.2: List strategies you can use to reach prime intensity in training.

Breathing

- Types of breathing.
 - Deep and slow.
 - Full and aggressive.
- Use of breathing.
 - As part of training routines.
 - During runs.
 - To recover after runs.
- Goal: make breathing a tool and a habit.

Exercise 4.3: Experiment with and identify which type of breathing is best for you, and incorporate it into your free skiing and gate training.

Focus

- Keywords: short and active words that remind you what to focus on.
 - Help you stay focused start to finish.
 - Technique, tactics, mental.
- Keyword progression.
 - When you are first learning a new skill, say your keyword out loud.
 - As you ingrain the skill, say your keyword quietly to yourself.
 - You know you have the skill learned when you do it automatically.
- Use keywords in free skiing and then gate training.

Exercise 4.4: Identify keywords (technical, tactical, mental) in your training that you can use to focus while free skiing and gate training.

On-snow Imagery

- Benefits.
 - Narrows focus onto performance, blocks out distractions and negative thinking.
 - Focuses on improvements for next performance.
 - Primes mind and muscles.
 - Helps reach ideal intensity.
 - Builds confidence.
- Where to use imagery on-snow.
 - Inspection.
 - At start as part of your training routine.
 - At finish: replay good runs to ingrain good images and feeling, edit bad runs to erase bad images and feelings and replace with good images and feelings.
- On-snow imagery must be done consistently, every training run as part of your routine.

Exercise 4.5: Indicate where you can incorporate imagery into your on-snow training.

Training Routines

- Benefits of training routines.
 - Ensures total preparation for every training run.
 - Creates mental and physical consistency.
 - Transfers to race routines.
- You need to create a training routine that works for you.
 - Equipment.
 - Physical (warm-up, breathing, reach ideal intensity).
 - Mental (focus, mindset, imagery, keywords, self-talk).
 - In gate: breathe, focus.
 - Attack first gate.

Exercise 4.6: Design and use a training routine that ensures that you are totally prepared for every training run.

Frustration

- Your biggest obstacle to improvement.
 - Improving is difficult.
 - You want to get better right away.
- Problem: change takes time.
- Result: You can get frustrated when you can't improve quickly.
- Stop frustration.
 - Step away from the cause of frustration (get physical and emotional distance).
 - Breathe and relax body.
 - Get perspective: be patient.
 - Identify cause of frustration.
 - Look for solution.
 - If no immediate solution, change goal or stop for the day.

Exercise 4.7: Describe what you think and how your body feels when you get frustrated, and how that hurts your skiing.

Exercise 4.8: Identify situations in training and describe how you will use the strategies above to stop yourself getting frustrated.

CLASS #4: CHALLENGE AND GOALS

- **Challenge:** Use the mental tools to create prime training every day.
- **Goals.**
 - Go through the four progressions (intensity, breathing, focus, mindset).
 - Use imagery in your on-snow training.
 - Develop a consistent training routine so that you feel totally prepared before every run.
 - Use the steps described earlier to overcome frustration.

CLASS #5: From Training to Racing

Transition from Training to Racing

- Your biggest challenge as a racer.
 - Many racers are fast in training, but not in races.
 - Why?
- Training runs and race runs are objectively the same.
 - Both have a hill, a course, snow conditions, and weather.
- The difference is in how you perceive them.
 - Races matter!

Exercise 5.1: On a 1-10 scale, how fast do you ski in races compared to training (1-always slower; 10-always faster). _____

Speed is an Acquired Skill

- Speed doesn't always come naturally.
- Just like a technical skill, learning to go fast is a skill to be learned.
- Speed takes time to learn and ingrain.
 - You'll feel out of balance, out of control, and out of sorts.
 - It is uncomfortable.
 - You will make mistakes.
 - Your mind and body need time to figure out how to ski the new speed.
- Obstacles to speed.
 - Fear of injury.
 - Fear of failure: worry about the consequences.
 - Lack of confidence and trust.
 - Thinking too much about technique or tactics.
- Seek your threshold of speed.
 - How fast you can go without skiing out or crashing.
 - The only way to find threshold is to push yourself until you cross it and then you back off just a bit.
- How to acquire the skill of speed.
 - Accept the possibility of injury.
 - Let go of fear of failure.
 - Understand what you need to do to go fast (e.g., technical, tactical, physical, mental, equipment).
 - Practice going fast regularly in training.
- Tools for speed.
 - Be well prepared.
 - Trust your body to ski fast.
 - Speed imagery.
 - Adjust your intensity.
 - Aggressive mindset and breathing.

Exercise 5.2: On a 1-10 scale, rate how good you are at going consistently fast. _____

Exercise 5.3: Indicate what obstacles may be holding you back from skiing consistently fast.

Exercise 5.4: Describe what you need to do to improve your ability to ski consistently fast.

Smart Speed

- Skiing aggressively will make you faster, but it may also lead to mistakes and DNFs.
 - Many racers think that focusing on speed is about going straight at the gates.
 - Technique and tactics fall apart.
 - Result: big mistake or DNF.
- To ski consistently fast and finish, you must ski aggressively and smart.
- Smart Speed means:
 - Sound technique and tactics.
 - Assessing the conditions.
 - Maximum aggressiveness for the conditions.
- Smart Speed means knowing where on the course to:
 - Seek speed.
 - Maintain speed.
 - Dump speed.
- When you focus on Smart Speed, you learn to ski your best, ski your fastest, and finish consistently.

Train Like You Race or Race Like You Train?

- Question: Should you train like you race or race like you train?
- Answer: You should train like you race, so you can race like you train.
- What is your goal on race day?
 - To be as prepared as you can be to ski your fastest.
- What should be your goal on a training day?
 - To be as prepared as you can ski get the most out of your training.
- Three rules of training.
 - The purpose of training is to develop good skills and habits.
 - Whatever you do in races, you must first do in training.
 - Whatever you do in training is what you will do in a race.

- What is your goal in training?
 - Ingrain the skills and habits that will optimally prepare you ski your fastest.
 - The more you can make training like race, the easier it will be to race like you train.
- Problem: Racers often practice bad skills and habits in training (e.g., 70% focus and intensity).
- How to train like you race?
 - Ensure that your training routine is a mini-race routine (and use it consistently).
 - Devote some training runs to just going fast (ideally the two runs of the day).

Exercise 5.5: Make a list of things you need to do in training to train like you race.

Every day can be a good day of training

- On 'good' days, the benefits are clear.
 - you make technical, tactical, or speed gains.
 - You feel good.
 - Your coach is happy.
- On 'bad' days, the benefits are less clear and the challenges are greater: poor snow, weather conditions, not skiing well, tired, frustrated.
- 'Bad' days are great for mental training.
 - Staying positive and motivated.
 - Getting comfortable with being uncomfortable.
 - Adapting to the conditions.
 - Dealing positively with frustration and disappointment.
- You get stronger mentally and ingrain positive mental habits on so-called bad days.
- These experiences and new habits prepare you for the same challenges you will face in races.

Exercise 5.6: On a scale of 1-10, rate yourself on how well you can turn a 'bad' day into a good day (1-not able to at all; 10-easily able to). _____

Own Your Training

- You must own every aspect of your training and life.
 - If it affects your skiing, you must own it: conditioning, technique, tactics, equipment, psychology, relationships, school, sleep, diet.
- Are you owning every aspect of your training?
- One hour a week for five weeks isn't enough to own your training.
 - This course only gives you the information and tools to own your training.
 - You must express that ownership in everything you do.
- Examples of owning your training.
 - Consistently focused effort in conditioning.
 - Use of routines and imagery in on-snow training.
- Until you own your training, you will not get the most out of your training.

Exercise 5.7: On a 1-10 scale, rate how much you own your off-snow and on-snow training (1-not at all; 10-completely). Off-snow ____; On-snow ____

Exercise 5.8: Make a list of areas of your training that you need to gain more ownership of and how you would.

CLASS #5: CHALLENGE AND GOALS

- **Challenge: Make the transition from training to racing.**
- **Goals.**
 - **Acquire the skill of speed.**
 - **Train like you race.**
 - **Make every day a good day of training.**
 - **Own your training.**

Mental Tools

Motivation Tools

- Set goals.
- Focus on your long-term goals.
- Train smart: Have a training program that includes variety, plenty of rest, and allows balance in your life.
- Have a training partner or group who can push you.
- Use motivational cues: words, phrases, photographs.
- Identify your greatest competitor: Ask if you're working hard enough to beat him/her.
- Ask two daily questions: Morning: "What can I do today to become the best racer I can be?"; Evening: "Did I do everything possible today to become the best racer I can be?"

Confidence Tools

- Preparation.
- Mental toolbox.
- Adversity.
- Support from others.
- Success.
- Positive self-talk.
- Fire-up negative thinking.

Intensity Tools

- Psych-up: move your body, intense breathing, high-energy self-talk and body language.
- Psych-down: calming self-talk, deep breathing, muscle relaxation, slow pace.
- Mental imagery.
- Talk to friends.
- Listen to fire-up or chill-out music.
- Smile!

Focus Tools

- Have clear goals and process.
- Identify and limit distractions.
- Mental imagery.
- Breathing.
- Routines.
- Messages on equipment.
- 3 Ps: positive, process, present.

Mindset Tools

- Self-talk.
- Breathing.
- Imagery.

Emotional Tools

- Frustration.
 - Step away from cause of frustration (get physical and emotional distance).
 - Breathe and relax body.
 - Get perspective: be patient.
 - Identify cause of frustration.
 - Look for solution.
- Emotional mastery.
 - Know your 'hot buttons.'
 - Create healthy alternative reactions.

Imagery Tools

- Create off-snow imagery program.
 - Goals: what you want to work on in your sessions.
 - Ladder: a progression of training and race situations you will imagine.
 - Training/Race-specific: Choose a hill, event, and either a training situation or a specific race you'll be in this season.
 - Scenarios: narratives that will guide you through each session (use mp3s you can download from the members-only page or generate your own).
- Imagery sessions.
 - Do imagery sessions 3x/week.
 - Identify a time in your day (10-15 mins.).
 - Set alerts in your phone so you don't forget.
 - Find quiet, comfortable place.
 - Follow imagery scenarios.

Routine Tools

- Create race routine that begins the night before.
- Create start routine that begins when you arrive at the start area.
 - Key areas.
 - Equipment.
 - Physical.
 - Mental.
 - Location of routine.
 - Specifics of routine.
 - Order of routine.

Breathing Tools

- Types of breathing.
 - Deep and slow.
 - Aggressive.
- Breathing as a tool.
 - As part of training and race routines.
 - During runs.
 - To recover after runs.

Trust Tools

- Have a physical, technical, and mental program that you believe in.
- Total preparation.
- Make conscious commitment to trust.



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Disclaimer: The appearance of the racers in this workbook does not indicate a professional relationship with or endorsement of Dr. Jim Taylor.

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