

2014 USA Cycling Coaching Summit

Mindfulness & Cycling

Bringing your mind along for the ride

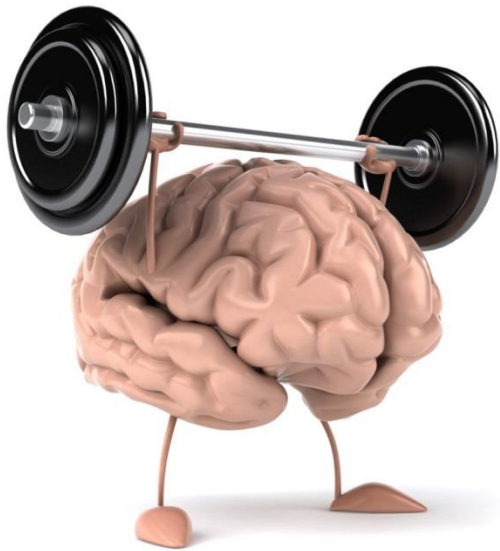


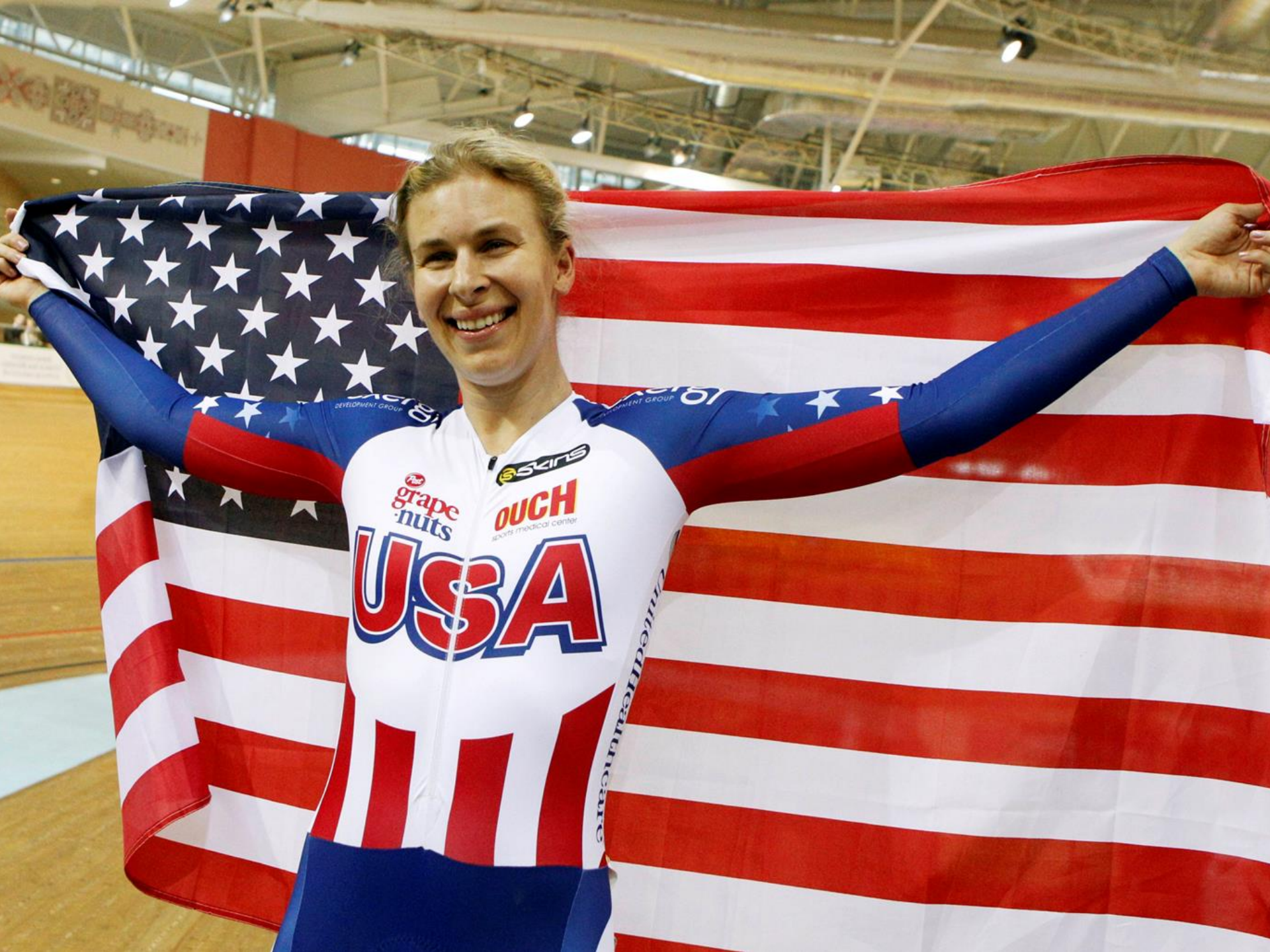
TEAM USA

Peter Haberl, Ed. D. USOC Senior Sport Psychologist

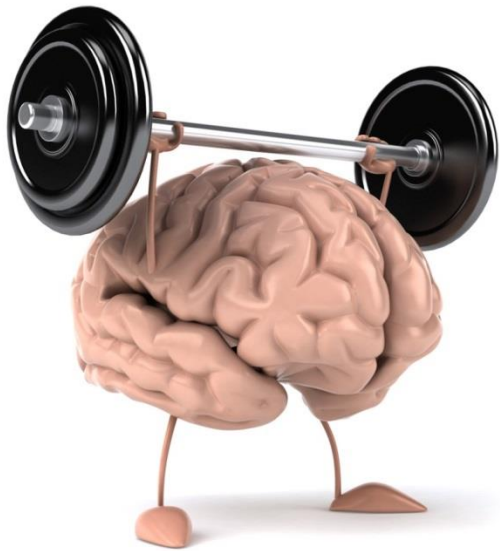














MY MIND GETS TO WANDERING,
AND I BECOME TROUBLED



BRADLEY WIGGINS MY TIME











def·i·ni·tion n. 1.
The teacher gave de
of the new words.
of an image (pictu
a TV screen



"I just keep going day-by-day, I keep saying day-by-day, I never think too far ahead . . . and everyone keeps talking to me about 'what's ahead, what's ahead', that doesn't help my concentration, I go day-by-day, I've trained myself mentally as well as physically and I go day-by-day, that's what we do, whatever we do, we go day-by-day. How can you think three days ahead when you've got two days before that? That's how you crack, that's how you cock things up, so day-by-day" Bradley Wiggins 2009

In Melbourne I wasn't doing much training (which is the whole point of tapering), and so I had a lot of time to think, and to wonder: have I got my preparation wrong? Even if I was watching a film, or reading a book, it was always there, in the back of my mind, stressing me out. Sir Chris Hoy 2009. p. 127

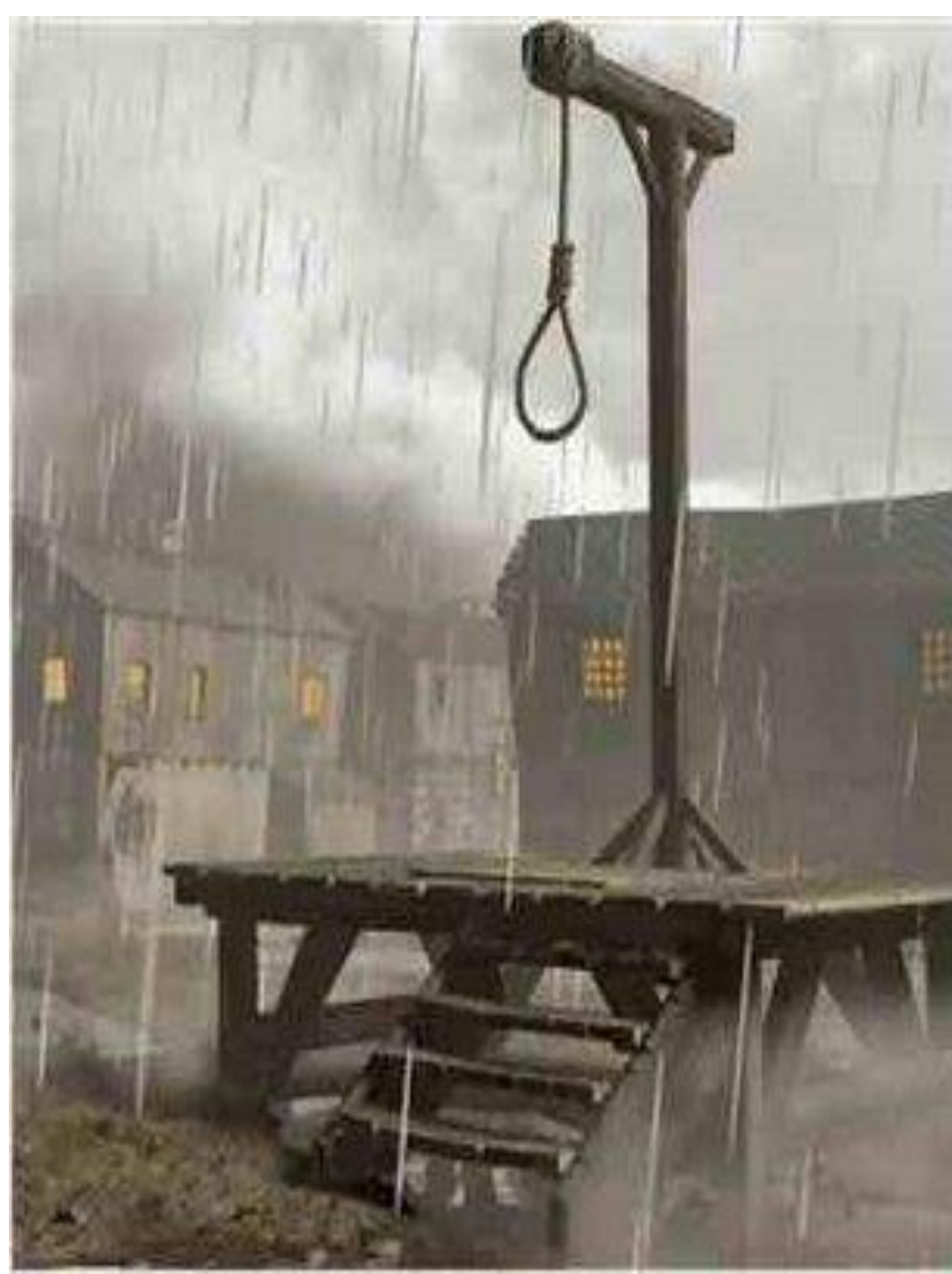


“Sometimes the next 30 seconds is the only thing in life that counts, getting over the next hill, cresting the next mountain, beating the cut, reeling back the break. You learn not to look too far ahead because that future you are worrying about might not even happen. Your next race, your next day, your next hour is the only thing that counts.” Bradley Wiggins 2008





“ . . . Physically I was feeling the strain. . . I knew I had one more big ride in me but did I have two? Privately, that was my worry, and inwardly I was more than a bit concerned about the Madison, but I was so engrossed by the Team Pursuit that I couldn't look beyond Monday night's final for the minute.” Bradley Wiggins 2008





PARK

**ANYWHERE
BUT
HERE!**

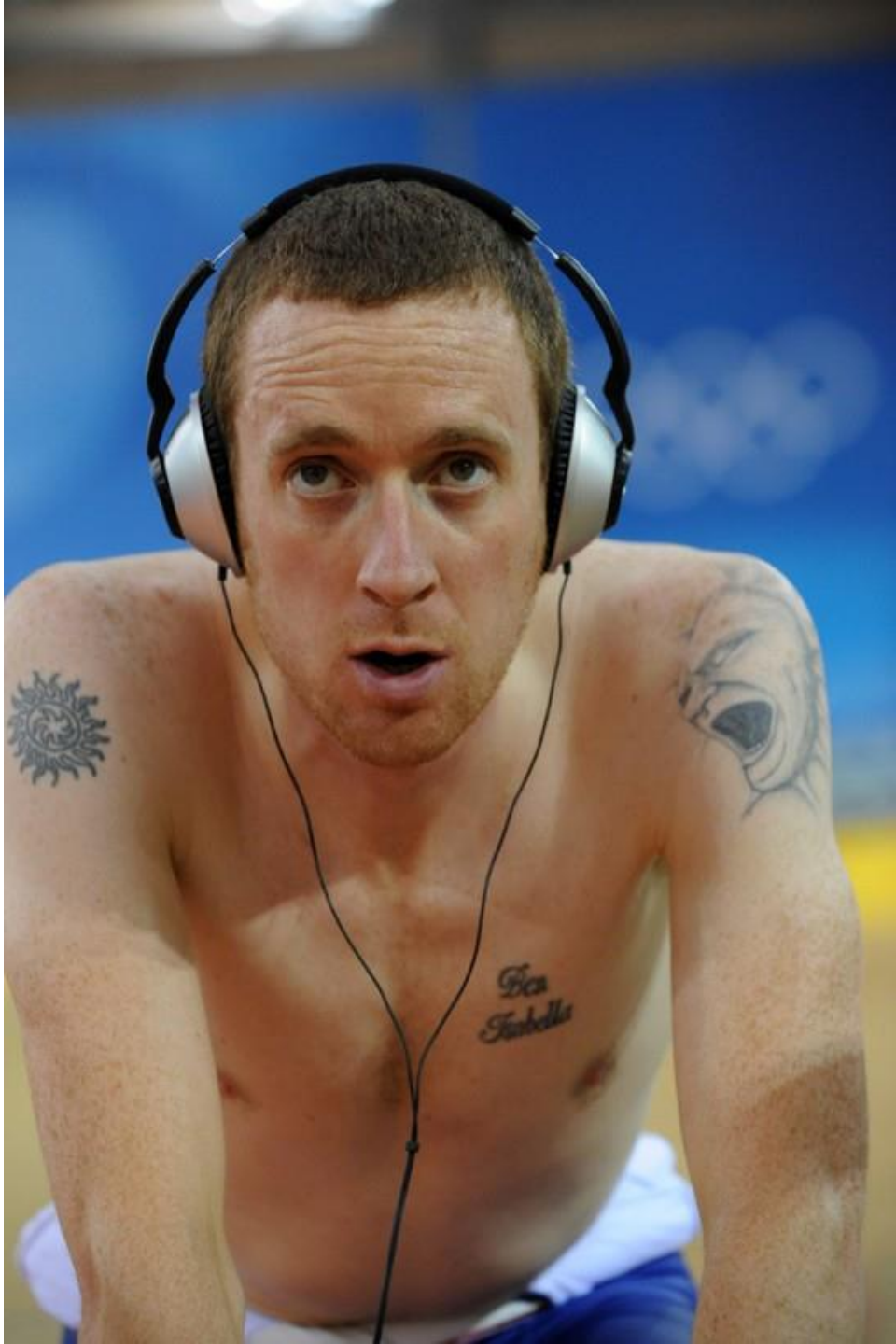












A close-up photograph of a shovel with a wooden handle and a metal blade, partially buried in dark, rich brown soil. The shovel is angled upwards from the bottom left towards the top right. The soil is crumbly and textured. Overlaid on the image is the text "DIG DEEPER" in a large, white, serif font. The word "DIG" is positioned above "DEEPER", and the letters are spread across the width of the image, with some letters overlapping the shovel and the soil.

DIG
DEEPER

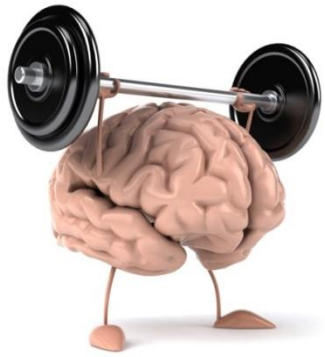


**KEEP
CALM
AND
DIG
DEEPER**



It's an Olympic record. I am the Olympic champion. By 0.185 seconds. Sir Chris Hoy









Values - Directions





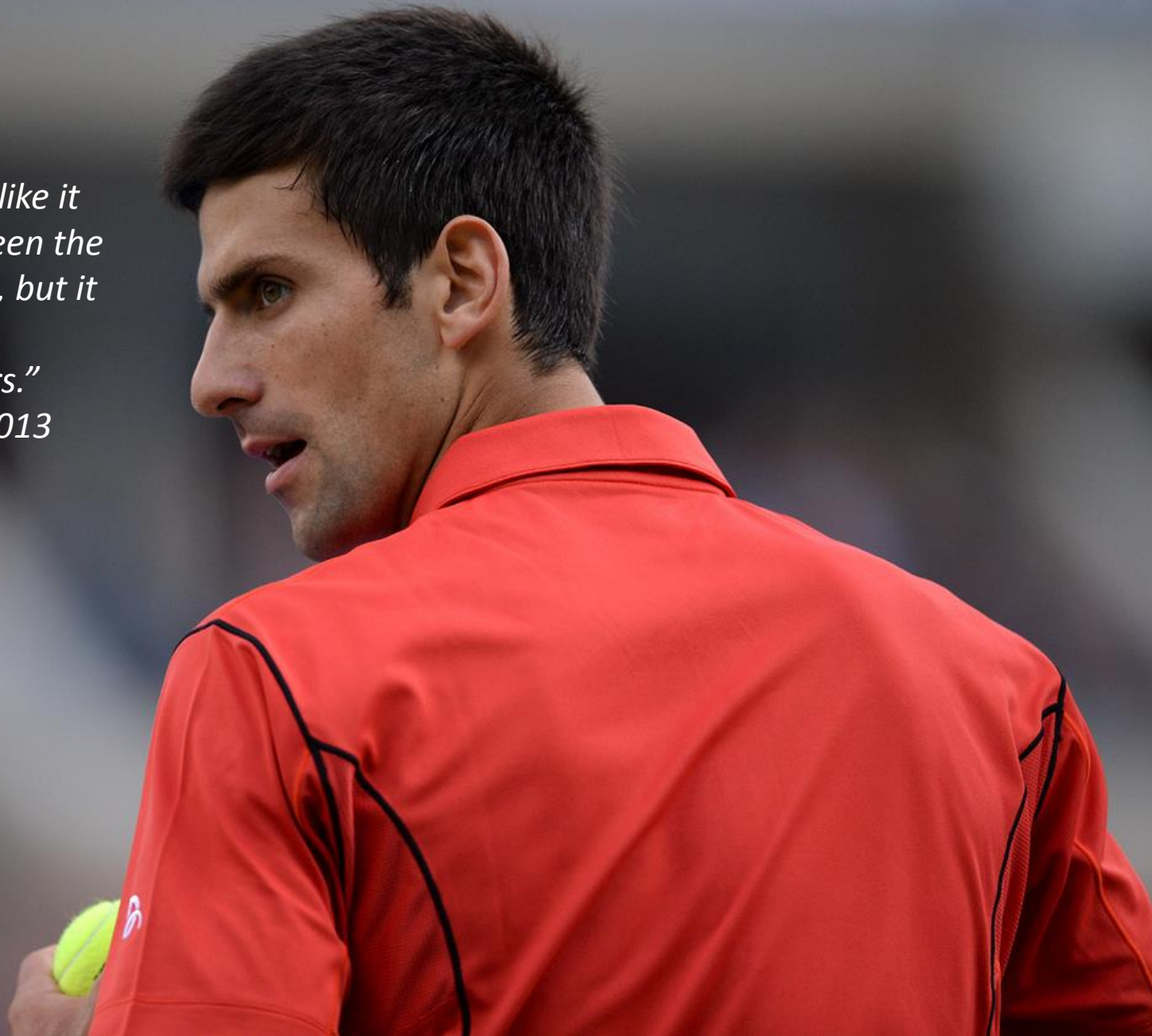


I know that to make the team for London I'll have to be not just as good as, but better than I am now. That, of course, is the challenge that any athlete relishes. More than that, that is the challenge that any athlete needs. Constant improvement is what you strive for; . . . (Sir Chris Hoy p. 283-284)





*"The game looks like it
takes place between the
lines on the court, but it
really takes place
between your ears."
Novak Djokovic 2013*



"It's a form of meditation where, instead of trying to silence your mind or find "inner peace," you allow and accept your thoughts as they come, objectively, without judging them, while being mindful of the moment in real time." Novak Djokovic 2013

