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The 24 Hour Athlete -

The Importance of a Balanced approach

Giles Warrington and Darren Sutherland

NCTC 9th Coaching Forum

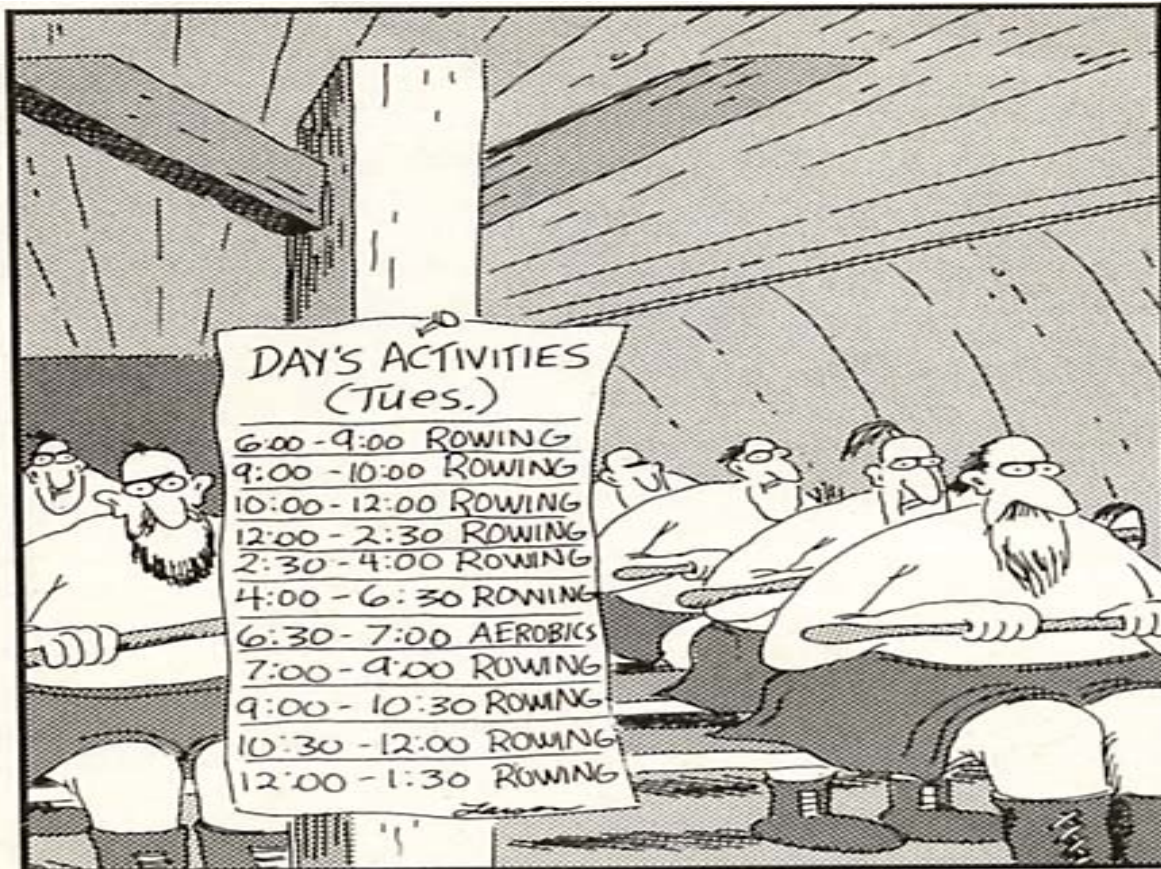
13th-14th September 2008

DCU



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Lifestyle - the "24 hour Athlete"



Slave-ship daily schedules



Objectives

- Identify the importance of a **balanced approach** to sporting success
- To gain a clear awareness of the importance of **good lifestyle practices** in enhancing long-term athletic development



Factors Affecting Performance:

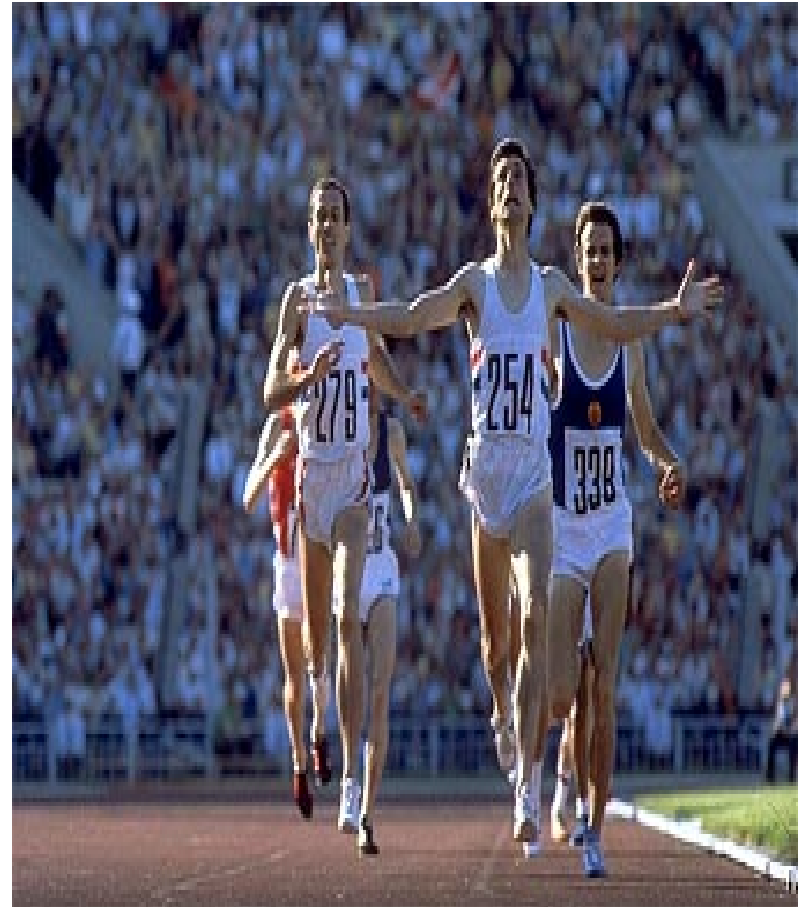
1. Genetics

2. Environment

- Training: Technical/Tactical/Physical/Mental
- Lifestyle
 - Recovery/rest/sleep
 - Nutrition
 - Health
 - Recreation



"In Sport the athlete is always left with the same options. Great athletes are not simply born great. No one is born a great anything...Great athletes are not born, they are made. They are a complex mix of genetics, environment, an indomitable will to win, often a sacrificial lifestyle, an excellent coach and if they are to be long - lasting, an obsession with consistency"



Sebastian Coe

PERFORMANCE

LIFESTYLE

PHYSICAL

MENTAL

TACTICAL

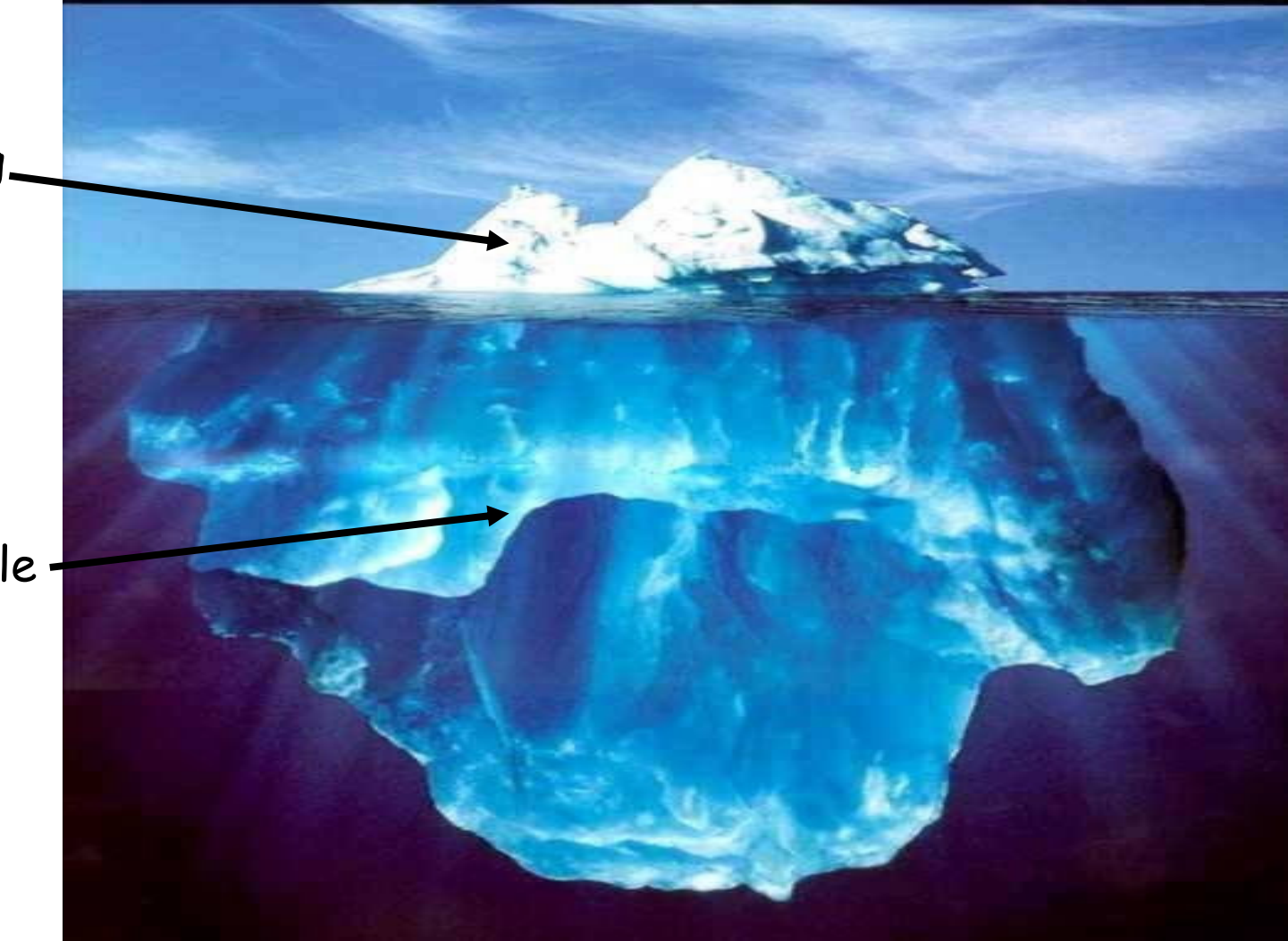
TECHNICAL





An elite athlete trains for ~4 hours per day its what they do in the remaining 20 hours which ultimately may impact on their performance !

Training



Lifestyle

Getting a Balance

- Life is full of STRESS
- Appropriate stress (eustress) may be beneficial
- Training is not the only stress
- Too much stress is bad and needs to be managed
- A balanced and managed lifestyle helps an athlete achieve their full potential.



Getting a balance.....

What are the key factors/stressors that
may

Impact on an athletes performance ?



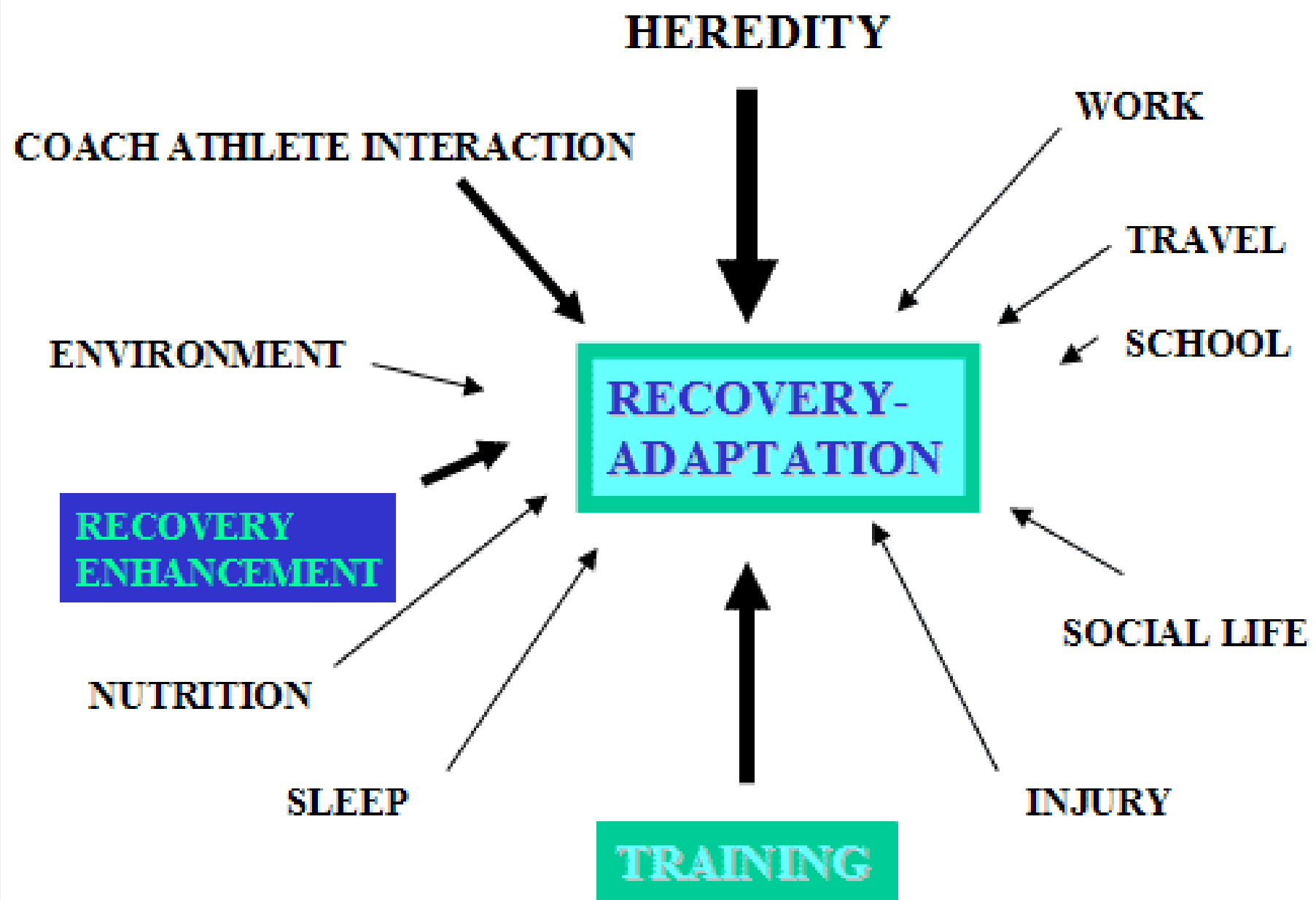


Figure 2: FACTORS (STRESSORS) EFFECTING SPORT PERFORMANCE (Source: Stone and Stone 2005)

5 Steps to Change:

To seek continuous improvement you need to change current behaviour:-

- **Step 1:** Needs analysis - what needs to change leave no stone unturned
- **Step 2:** "Buy in" to the change process - this needs to be agreed
- **Step 3:** Change behaviour - this takes time
- **Step 4:** Maintain changes and constantly review progress and refine accordingly
- **Step 5:** Believe in the process



A balanced approach to lifestyle is the key to consistent sporting success

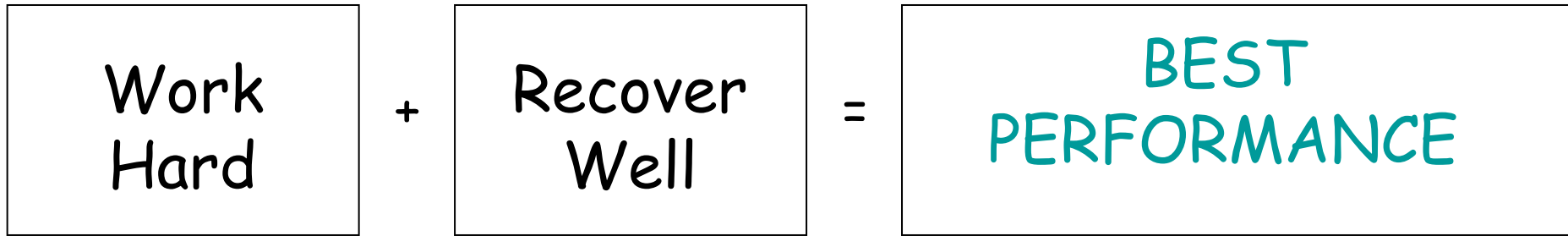
This requires dedication, commitment and planning with the athlete taking responsibility for the process with the support of the coach

No Excuses, No Regrets

"I am proud of what I have done to date, I couldn't fault my preparations coming into this competition right down to the very minute details. I dotted every I and crossed every T so whatever happened tonight all I could have done was my best and at the end of the day I would have been happy with that."



And Finally.....



- Work alone is not enough to produce optimal performance
- A good lifestyle is a key part of the training process
- Effective planning is the key
- Self monitoring is essential



'Confidence is in My Preparation'



Thank You for Listening