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HAVING A GOAL WHILE RACING OR TRAINING

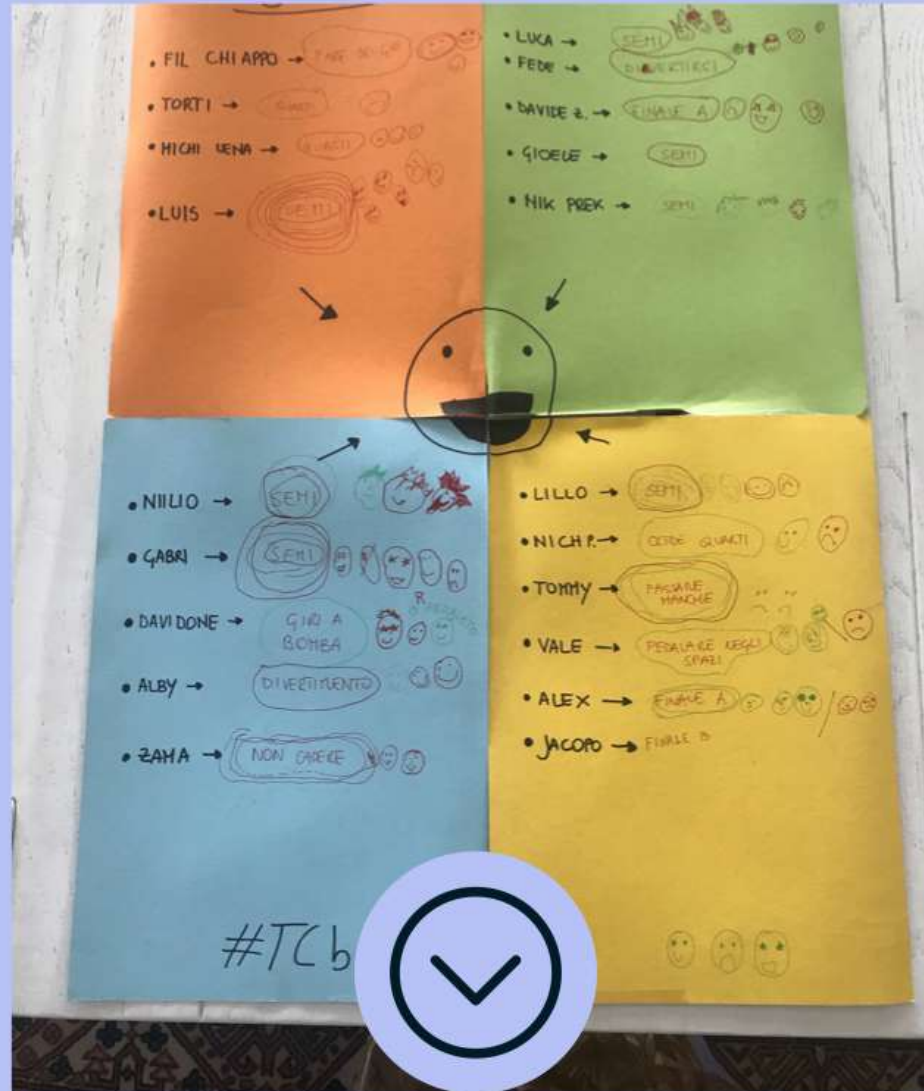
**IN A PLAYFUL KEY, HELPING YOU
KEEPING AN HIGH FOCUS DURING
ALL THE EVENT**



SCROLL DOWN



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SCROLL DOWN



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PRE RACE:

- TAKE A SHEET

**- STICK IT IN A VISIBLE SPOT (EX. TEAM TEND) SO WILL BE EASIER
TO KEEP YOUR FOCUS ON**

- WRITE YOUR GOAL

- DRAW A BIG SMILE IN THE MIDDLE OF THE SHEET

**- REMEMBER THAT HAVE FUN IS MANDATORY TO REACH YOUR
GOAL**



SCROLL DOWN



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DURING THE RACE

– BEFORE EVERY MOTO OR LAP CIRCLE YOUR GOAL

– DO IT DURING ALL THE RACE TIME

– CIRCLE IT WILL HELP YOU TO REFOCUS TO YOUR GOAL BEFORE EACH LAP

AND LET YOU KNOW WHY YOU ARE THERE DOING WHAT YOU LOVE

– AFTER EACH LAP DURING YOUR RECOVERY TIME PUT A SMILE CLOSED TO

YOUR GOAL [😁, 😊, 😞, 😡]. HAVE FEEDBACKS IS GREAT



SCROLL DOWN



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AT THE END:

- IF YOU'LL ABLE TO KEEP RUNING THIS RITUAL FOR ALL THE TIME OF THE EVENT, WILL BE EASIER TO REACH YOUR GOAL OR IMPROVE IT
- THIS IS AN EASY ACTIVITY TO START INTRODUCING FOCUS IN YOUNG AGE WITHOUT ANY PRESSURE. COULD BE USE ALSO WITH EXPERT ATHLETES.
- YOU CAN USE THIS RITUAL ALSO DURING YOUR TRAINING SESSION



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