

DEVELOPING CONSISTENCY IN ROUTINE



Optimal performance is all about consistency, it's not secret that repetition builds strength - that's why we train. A consistent routine will allow an athlete to go through a series of steps to ensure their mind and body is ready to perform optimally.

3 ways creating a routine can help performance:

1. **Controllability** - Implementing a routine can intentionally direct attention to what an athlete can control. This allows the athlete to reduce their stress on uncontrollable such as: competitors, location or officials
2. **Comfort** - There is an element of comfort to routine if it's done consistently it can become second nature and can ease the stress on pressurised situations allowing an athlete to remain calm and reach their full potential due to the trust they have in their routine.
3. **Confidence** - If an athlete feels in control and comfortable, they are often more confident in their ability. As expected, research shows that athletes that are more confident in their routine perform better.

How to maintain a consistent routine

- Have a realistic training schedule that aligns with your comprehensive list of goals (short, medium and long term goals) and try to stick close to the timings over the holidays so it doesn't require you to readjust.
- Creating pre - performance routine, this shouldn't just be reserved for competition. Be consistent with your routine before any performance.
- Write down what you have to do and arrange times you plan to complete them. This allows you to be prepared but also track your progress

