

# Creating Self-Confidence

There is no doubt that self-confidence is the cornerstone of all great sporting performances. Triathletes who perform to their full potential on race day are not only well prepared physically, technically and strategically, but they approach the race start with self-confidence – a self-confidence that comes from knowing that every aspect and every detail of their preparation has been the best it could be. In other words, your self-confidence is largely within your own control.

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## Self-confidence equals self-belief times evidence



## What is self-confidence?

The critical confidence equation is: self-confidence equals self-belief multiplied by evidence.

The equation states that the level of self-confidence a triathlete will possess is equal to their core self-belief multiplied by the evidence they have accumulated from their preparation and past performances.

In other words, self-confidence equals who I am multiplied by what I do.



## Self-belief

Your self-belief, that is your core personal values, character, who you are as a human being and how you feel about yourself etc. is largely in place by the time you reach 10 years of age. There's not a lot you can do to change these core beliefs. However, triathletes with a strong sense of self-belief don't need a lot of evidence to convince them they can and will race well. They have the personal presence to face any challenge and the mindset that they can overcome any obstacle – self-confidence comes to them easily and naturally.

Triathletes with a lower sense of self-belief typically require a lot of evidence to help them build their self-confidence. They often need a lot of convincing that they can finish and race well – and convincing means producing evidence which demonstrates to them that they have developed the skills, abilities and techniques required to race.

## Evidence

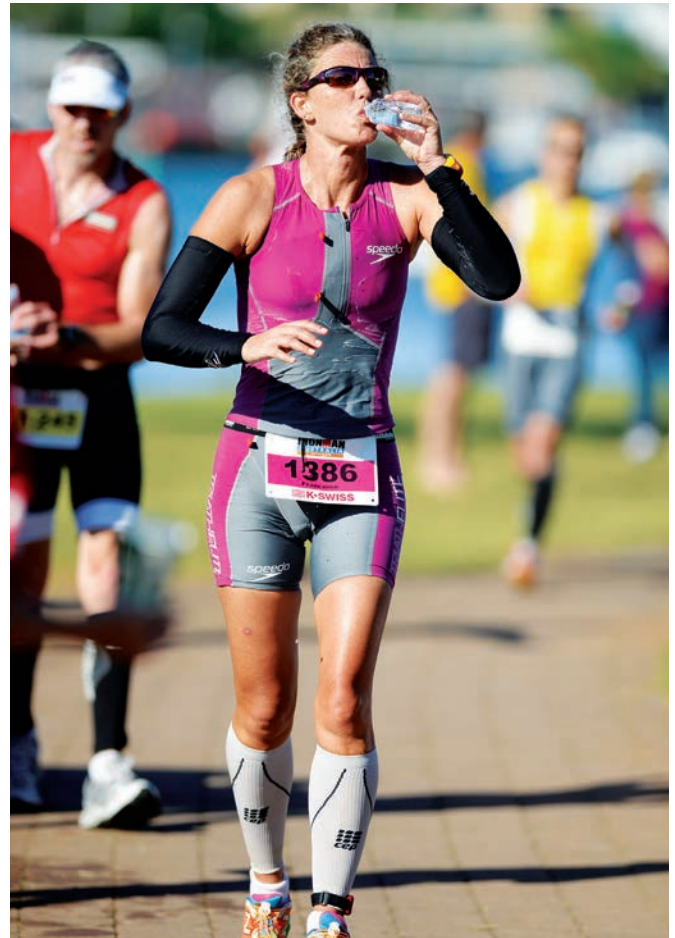
Evidence is all the things you do at training and in racing and more importantly, it's how you do them.

Evidence is all the hard training sessions, the pool sessions, the long rides, the sprint workouts, the hard hill sessions, the gym training, the recovery sessions, the brick-work...all the things you do day after day that not only prepare you physically for racing, but give you the knowledge that you have prepared to perform well at your next race.

Evidence is shaped by every race you do. The cycling crits, the open water races, the road time trials, the duathlons, the club races and all the triathlons you have completed, which give you the knowledge that you can race well when it really matters in your goal event.

## Self-confidence is 'knowing'

Real self-confidence comes from knowing that you give everything you have to



everything you do.

If you know that every swim session you have completed in training looks like this:

- I completed every lap without stopping or starting short;
- I focused on my swimming technique, breathing and swimming skills every lap;
- I worked on my rhythm, speed-management and pacing every lap.

If you know that every cycling session you have completed in training looks like this:

- I completed all my rides with great skills and excellent technique;
- I focused on my pacing, my body position and using my bike efficiently and effectively every time I rode;
- I concentrated on my spinning, my relaxation and my racing skills at every opportunity.

If you know that every run session you have completed in training looks like this:

- I focused on my running technique every time I ran;
- I thought about my body position, my relaxation and my breathing every time I ran;
- I concentrated on my pacing and my speed, and worked hard on maintaining good form, posture and technique when I got fatigued.

If you know that you gave your best to every training session you did, self-confidence is inevitable. It is a natural consequence of your attitude and application to every aspect of your preparation.

## Doubt destroys self-confidence – the '99 per cent rule'

Doubt is the enemy of self-confidence. And 99 per cent of all doubt comes from not doing something the right way when you know you should have done it.

So if you get to the race day knowing that you missed a

## COACHES CORNER

### COACHING CONFIDENCE: FIVE WAYS TO CREATE CONFIDENCE THROUGH QUALITY COACHING

**1** Preparation is everything. Nothing gives triathletes confidence like knowing every aspect of their preparation has been the best it could be.

**2** Create challenges in training for triathletes to learn from and overcome. Nothing teaches like problem solving and from learning comes the confidence to know that the triathlete can overcome any challenge, difficulty or obstacle the race throws at them.

**3** Ensure training is more challenging and more demanding than the race they are preparing for. The job of the triathlon coach is to prepare

their triathletes to meet any physical, mental, technical or strategic challenge the race may provide. Make training tougher than the race could ever be and the triathletes can face any race challenge with complete confidence.

**4** Teach triathletes to out-prepare their opposition in every detail. Don't coach them just to train harder, but teach them how to sleep better, eat better, rest more effectively, manage their injuries more professionally, manage their time more efficiently, use their equipment (e.g. bike) more effectively, develop a higher level of skill and a

greater degree of technical proficiency in swim, bike, run and transition.

**5** Manage your own coaching intelligently. Do all your coaching well before race day. On the day of the big race, triathletes want to see you calm, cool, relaxed and composed. They want to see you, above all looking, talking and feeling confident. Avoid the 'last-minute coaching-trap' of giving too much information and 'over-coaching'. This creates panic and doubt in your triathletes and can seriously erode their own confidence. The closer to the actual race start, the less coaching you need to do.

lot of sessions, had too many late nights partying, didn't eat well most of the time, forgot to hydrate before/during/after training sessions, that you were casual about your skills and technique development and when you did train you didn't give it your best, then chances are you will be standing in the water before the race, stressed out, nervous and lacking any sense of self-confidence. In other words, if you know your preparation has been less than you had hoped – and less than it could have been – it's going to be a long day ahead, isn't it?

### Summary

Self-confidence is like money. Everyone wishes they had it, but practically no one really understands how to get it... until now.

Self-confidence comes when you know, with absolute certainty, that every detail of your preparation has been the best it could be.

The good news is that your self-confidence, one of the greatest assets you can possess as a triathlete on race day, is largely within your control.

You can, by consistently preparing to your full potential, by giving all you've got to everything you do, build a bullet-proof, resilient and robust sense of self-confidence – one which can carry to success in any triathlon you race. [f](#)



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