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Using Mental Toughness Training for Triathlons: Visualization Techniques to Make Your Goals Reality

Joseph Correa

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Using Mental Toughness Training for Triathlons will significantly change how hard you can push yourself mentally and emotionally through visualization techniques taught in this book.

Want to be the best? To be the best you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified which makes it harder to see if you are improving or making a difference, but in reality visualizing will increase your chances of success much more than any other activity.

You will learn three visualization techniques that are proven to improve your performance under any situation. These are:

1. Motivational visualization techniques.
2. Problem solving visualization techniques
3. Goal oriented visualization techniques.

These triathlon visualization techniques will help you:

- Win more often.
- Become mentally tougher.
- Outlast the competition.
- Get to the next level.
- Recover faster and train longer.

Why aren't more people using visualizations to enhance their performance in triathlons? There are a number of reasons but the truth is most people have never tried it before and are afraid to try something new. Others don't think that improving their mental capacity will make a difference but they are wrong.

Visualizing is hard work and requires constant practice which is why only the best do it and take all the glory. Be the best you can be by pushing yourself to your mental limit using visualizations.

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Jack Evans:

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