

When the going gets tough

When you have a goal you are trying to reach there are always going to be difficult moments. Learn the techniques you can use when times get challenging.

Elite sport is entirely focused on human performance. Getting the most out of people is a tricky subject and it is as much an art as a science – we need the basics to be able to use our skills and our knowledge, but we also need to channel our emotions, nerves, and instincts.

1. Break down your goal into the controllables and the uncontrollables. What is within your power, and what isn't?
2. Analyse where you need to get to. What is your gold medal standard?
3. Analyse where you are now, and how you get to where you need to be.
4. Set small goals along the way – and always be ready to change them if circumstances dictates.
5. Never take a setback, or criticism, personally. Rowing badly doesn't make you a bad rower.

