



The Mental Battle: Triathlon

By Mark Kleanthous

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, The Mental Battle: Triathlon, Mark Kleanthous, This book explains how to mentally prepare for triathlon and ultra-distance endurance events in order to avoid a mental meltdown. Learn how to train the mind and deal with stressors, pressure and challenge. This book clearly explains how to mentally prepare for triathlon, Ironman(R) and ultra-distance endurance events. Once you consider taking part in training and competing, you increase the risk of a mental melt down. Including coping strategies to overcome doubts and fears that are likely to occur during training and racing, this book will help you develop an automatic response mechanism to deal with them when they happen. This book is not about mental toughness but learning how to train the mind. Most of the research about overcoming adversity has been investigated and is discussed in this book. Examples of mental imagery and thought processes will help you for the rest of your life.



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