

Strategize and practice

Spend some time thinking about these strategies before your next workout. What power words would energize you and what imagery would they trigger? In what way can you configure the energy around you to pierce the wind and let you slip through?

Practice focusing on your breathing when the pace gets difficult and work on staying relaxed yet strong. Experiment with these three strategies as you begin to struggle with longer intervals of tempo or other types of efforts.

Like anything else, these take some practice and polishing to use effectively. The more you implement them, the quicker you'll know how to trigger them and benefit from them when you need help the most. If you want to do well in races or in life, you have to build mental toughness. You have to learn to overcome the suffering that both cycling and life will dish out.