

SIRIUS MUSINGS



Siri Lindley

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A world champion athlete herself and now one of the most revered triathlon coaches in the world, Siri enables athletes to become the champions and the people they were born to be. With an ability to see things in people they cannot see in themselves, Siri is driven by a unrivalled passion for triathlon and the people within.

<http://siri-lindley.com>

Honest work brings honest confidence

Confidence – such a powerful thing to have going into your racing season. We all race better with confidence. Less anxiety, less fear, no question marks.

What we all want when we line up to race is KNOWING that we did everything we needed to do to show up on that start line, one hundred percent ready.

As a coach, what this means to me, is leaving no stone unturned – laying out a plan that covers every facet relevant to preparing my athletes to race. Not just the physical work, but also the mental work, the technical work, and the tactical work. It means laying down a strong foundation, enabling athletes to manage the work that I give them with ease. It also means laying out goals each day, and successfully achieving them.

And by achieving those goals do I mean nailing them? Achieving personal best times or wattages? No, achievement is about successfully getting the work done. Putting in the effort necessary, doing it with great intent, and with a laser focus. If that results in personal bests and best ever training performances, great – but that's a bonus. Having just done your best, and executing the task properly brings you one step closer to any goal you have – that is success.

By getting the job done, day after day, you are not only making progress, but you are developing confidence. To me, confidence needs to be an honest confidence. One that comes from honest work and proof each day that you had a

goal, you worked hard, you gave it everything you had, and you accomplished it.

Undoubtedly, what comes of this is progress such as improved performances, going faster with less effort, pushing higher wattages, or riding or running a course quicker than you did a few weeks before. You're able to better handle your emotions and thought processes in a high-pressure training scenario, hang on that little bit longer in a hard session, or technically maneuver around a laid out course better than ever.

Hard work, and consistent dedication to executing your daily tasks brings a great sense of satisfaction. Knowing that you are moving forward, developing skills, and enhancing others help build the belief in yourself and in your ability to tackle the challenges of race day, head on, and with a confident spirit.

Confidence doesn't come from me telling my athletes "Hey, you are doing great, you are ready". It comes from the athlete proving that very fact to themselves. REAL confidence comes from within. Real confidence comes from real work.

The day before the race, I encourage all my athletes to go into their training logs and look at all the work they have done leading up this race. Look at the 'proof' – that they are ready for anything come race day. That they are fully prepared and that all they have to do now is execute. If they do that, success is inevitable.

As a coach, it amazes me how athletes can lose perspective on what a good effort is. A big

thing that I live by in my life, and in my career as a coach, is honesty. "Blowing wind up someone's a\$\$" as the Aussies say, does no good. In case you aren't familiar with the term, it means offering endless encouragement or praise NOT based on actual fact. I will never blow wind up my athletes' a\$\$es. It will do both them and myself no good.

Each day, athletes are met with a laid out challenge. This challenge is different for each individual and is presented to him or her by me. The challenge they then give themselves, is to go after that goal. The focus is on the purpose of the goal, getting something out of it, doing the best that they can, and enjoying it! If they do all these things, they can tick that box off as a successful session. If they performed well, great. If they had their best ever session, fantastic.

What I do find is that athletes often forget that every session doesn't have to be a personal best to be great one. If they struggled, but kept at it and never gave up, awesome. If they successfully completed a hard swim, giving their all every single length without hitting the times

they hit on their best days, is that failure? Absolutely not. Perhaps they are on day three of a heavy training block and are arriving at this session with a great amount of fatigue. Stepping up and having a crack at the session, but swimming a couple of seconds slower per hundred, well that is still success to me. They didn't give up, they didn't not try, and did the best that they could with what they had that day.

So when I say to an athlete, "great session", and they reply with, "that sucked I was two seconds slower per hundred on every interval", I have to set them straight and explain why it was in fact, a very good set. And if they do fall short of achieving the goal, we look into why. What held them back? What can we learn from the session that will make us better? If the effort wasn't there, or the attitude was bad, I will let them know.

Honesty involves letting people and athletes know when a job is done well. It is also letting them know when they have let themselves down. If I see an athlete give up or not try, I will call them out. I will ask them what they think this is going to accomplish. I ask them to reconnect to the

reason they are doing this, and what they are looking to achieve.

Effort and attitude is crucial to a positive and powerful training environment. If the effort isn't there, or the attitude is negative and, in turn, draining the positivity of others, I make a point to get the message across that this is not winning behavior. I remind them that this is not going to help them be the best that they can be. What it will do is hinder performance, and if continued, can kill their dreams.

It is so important that behaviour like this is addressed. Athletes need to understand how a bad attitude, or not attending a session is going to lead to a decline in performance, and a decrease in their enjoyment of the sport.

Fortunately, I don't see much of this in my squad, but if I do, I will immediately call the person out on it. I treasure the positive and inspiring environment I have created with my squad, and I will never let that be compromised.

If you consider your own mind as your 'environment', try to make it as fun, motivating and inspiring as possible. You have to train there

everyday. If you want to be the best that you can be, and love the everyday challenge of this sport, take care of this environment. Nurture it and feed it with positivity and good intent.

Not every day has to be brilliant – that would be impossible. But even on days when we suffer the most and struggle to get through, great things can be accomplished. When we fall short of what we hoped for on a given day, but come back the next day more fired up than ever to work hard and try again, that is success. That is confidence building that nourishes our core mission to never, ever give up!

Come race day, should things go wrong and you have a tough start to the day, you will not give up. You will make the most of what you have. You will use the problem solving abilities that you tapped into in training, and find a way to finish that race the very best that you can.

You can falter, and rise again, in any one race. The key is to believe that you can, and to never, ever give up.

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IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL
IT'S DONE.

NELSON MANDELA



FOCUS: Be fearless, work hard and strive for the impossible all Team Sirius mottos.

“By getting the job done, day after day, you are not only making progress, but you are developing confidence.” — Siri Lindley

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MISTAKES HAPPEN. PERFECT DOESN'T EXIST.

Stay in the moment, do the best that you can in each moment, and execute the best that you can the rest of the way. You will be surprised at what can be accomplished when you hang in there – stay strong, stay present and never give up!

The confidence that we build day after day in training, is what gives you the inner strength, and the knowing inside that no matter what, you will be okay. No matter what, you can cross the line victorious.

CONFIDENCE.

It comes from hard work but it also comes from being fully present in your life, and in all that you do every single day.

The challenge is to constantly push yourself day after day to be the best that you can be. That is confidence building – it is also very satisfying!

What I want to discuss now, is the satisfaction gained from building confidence through honest work.

HARD WORK CAN BE FUN!

Yes, it really can. What I have found out is that the more fun you have with it, the longer you can sustain it, and the more powerful the results are.

If day after day you drag your butt to the pool, and grudgingly go through your given set, counting down the laps until breakfast, you most likely will not achieve the results you are looking for.

Arrive at each session with the full intent to do your very best in every moment. Embrace the challenges, and get everything you can out of the work. If you do this, training becomes extremely fulfilling, motivating and a constant source of growing confidence.

I am all about working hard, and hard would be an understatement. But, I also encourage

athletes to truly enjoy the work. Embrace the challenges and love the feeling of pushing yourself to the limit, and the feeling of satisfaction gained after a job well done.

My squad is known to work incredibly hard, but you will also hear laughs and good cheer from the training grounds. This is key to keeping it fresh, inspiring and fulfilling!

Is there a way to make a 'Pain Cave' torture session fun? Yes, there is – be creative and find ways to increase the JOY FACTOR. By doing this, you inevitably arrive and perform better during the session, and are more equipped to tap into your full powers. Take it all in – all the inspiration of your fellow training partners, your coach, or create challenges within yourself.

Make it an all-round creative experience and most importantly, make it fun. Be creative in

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TEAMWORK: Lindley has created a positive squad environment where hard work is all part of the fun!

your thought processes, your execution of the task, or in your management of pain. Make it a game and play hard!

Satisfaction comes from knowing you did a job well, that you gave your all, did your best and that you gained something from having done so. Satisfaction also comes from taking away more from sessions than just the numbers, or the outcomes. Satisfaction comes from embracing the whole process, devoting yourself entirely to the present moment, and walking away with an added confidence from having done the REAL WORK with all your heart.

Confidence doesn't just come from personal bests and daily victories in training. It comes from successfully completing your daily training tasks, wholeheartedly and with purpose. Enjoy it, and get the most out of yourself. It's all the same confidence, and will serve you well on race day! Confidence is added fuel to your proverbial fire. Build it up honestly and it will give you what you need in those clutch moments in a race, and in life.

Step up to the plate, and swing hard. It will pay off in more ways than you can imagine. **AT**

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