



SPORT EXERCISE & PERFORMANCE  
PSYCHOLOGY

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## Pre-Performance Routine

### Step 1: Training

Question	Answer
Do I want to train or exercise the day before the race, and, if so, what shall I do?	

### Step 2: Kit and Equipment

Question	Answer
When will I pack my kit bag?	
Have I a list of everything I need?	
Have I recently used my kit to know it is not damaged?	
Will I be able to store it somewhere secure while I compete or do I need to make sure I don't take any valuables?	

### Step 3: Travel

Question	Answer
How will I get to my competition?	
Have I checked the route?	
Am I sure I know where the venue is?	
Are there road/train works?	
Is there parking?	
What will I need to pay for?	

### Step 4: Food

Question	Answer
What do I like to eat the night before a competition?	
What do I like for breakfast?	
Will I be able to get hold of it if staying away?	
What time should I eat breakfast?	
Will I take any nutrition before we start?	



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### Step 5: Warm Up

Question	Answer
Does my body like a warm-up?	
Will I avoid people or chat with others?	
Will I listen to music while I do it?	

### Step 6: Mental Skills

Question	Answer
Which mental skills will I use?	
Will I use my imagery to motivate myself?	
Will I repeat my mantra?	
Will I listen to my motivational music?	