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| Thought Exercise | I want you to think about some questions that I think about so you can get inside my head. I want you to understand why I think about things the way I do. Feel free to do research and to be creative in your responses. I’m not looking for correct responses, I’m looking for thoughtful ones. |

What would you consider the three most important qualities for athleticism?

*What three qualities would you use to describe someone who is “athletic”? I’m not looking necessarily for specific physiological terms like “power” or “quickness” or “agility”. Be creative in how you answer this question.*

What is the most important physiological value for endurance performance?

*For this question, I am looking for a specific physiological value. What factor will make the biggest difference in endurance performance?*

Do you need aerobic capacity for sprinting?

*Yes or no? Why?*

What is “sport specific training”?

*What do you think it is? Why is it successful? Why might it not be successful?*

How would you incorporate “sport specific training” into your own training?

*Do you think you can improve your sport performance with “sport specific training”? How?*

What is necessary for optimal performance in your sport?

*What skills (physical, mental, life planning, etc.) do you need to perform optimally?*

What is fatigue?

*What do you think fatigue is? Are there different types? Does fatigue matter? Is it important to experience fatigue?*

Do you need to warm-up? Why?

*Think about personal experiences, research, what coaches have told you. What do you think?*

What would you like to learn more about?

*What information about training, athleticism, sports are you interested in? What info do you think would be useful to you?*