

Mohammed Ali once said "Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision."

It is also important to realise that whether you achieve your goals or not, is in the action and options you take, not simply in the genetic "equipment" you have.

William Wilkerson explained that one gets 4 different types of bones:

The Wish-bones are those who like to sit back, wishing others would do the work

Jaw-bones are people from whom you would expect a lot of talking but not much else

Knuckle-bones are those who knock down what everyone else is doing

The Back-bones are people who roll up their sleeves and actually get the work done.

A realistic formula for success would be: (Talent x Opportunity x Effort) + Learning. One must have the courage to commit oneself to the journey and use whatever talents one has to the best of ones ability. Consider your options wisely and well, using and creating opportunities. Be smart about putting in the effort required. Therefore, be a "Back-bone"!

Jacques van Schalkwyk wrote a book on the eight ways of awesome athletes and business leaders.

These eight ways are as follows:

1 Begin with passion

One cannot breed "heart" i.e. the will to win or succeed. Sir Edmund Hillary said: "Nobody does it (climb mountains) for scientific reasons. Science is used to raise money for the expeditions, but you really climb for the hell of it".

2 Believe you can

...but accept full responsibility for the results you achieve without blaming unforeseen circumstances or finding excuses.

3 Focus your action

Take one step at a time, i.e. shut out all distractions and concentrate on the job, not the difficulties or opposition.

4 Do it as one

Broaden success by networking – actively seek support from people who can help to achieve the goal e.g. coach, doctor, sport psychologist, family and friends.

5 Fuel your energy

You can do this through optimal nutrition and hydration, but also recognition and incentives when you achieve your goals on the road to the major event.

6 Bite the bullet

Michael Jordan said: "If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it".

7 Break the barrier

Whenever a specific strategy or approach does not work, acknowledge it, get rid of it and find a better way.

8 Act with character

Winning at all cost breaks a fundamental law of life: TRUST. Without trust there can be no respect, and without respect there can be no credibility.

In conclusion: preparing for a big event includes preparation of the mind (as described by Jacques van Schalkwyk's 8 Ways) and the body (doing the hard yards by training, eating healthy, preventing and treating injuries, getting enough sleep, etc).

Make sure every single second of preparation counts.



ways

to train towards a major event

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