

Case 2:

23-year-old marathon runner is aiming for his 1st full marathon, which is in 4 months time. His trainer has given him some deadlines in terms of timings. Since the last two weeks (since his training plan started), he has been feeling very low on energy. He is strict about his diet and the nutritionist has given a green signal to his intake, in line with his training schedule. But he does not get up on time which messes up his schedule. Instead of dedicating 2 hours of morning practice, he ends up doing only one hour. After visiting a sport psychologist, he became aware that he was being a little complacent with his goals.

What can a sport psychologist do? After this session of understanding the problem statement, here is a planned approach for a sport psychologist. I usually use CBT/REBT based techniques. Here I target two areas to start off the sessions with:

1st Area: **Lack of Motivation.**

E.g.: “ I think what schedule I am currently following is pretty good to run a marathon. I really don't know why I need to change my schedule.”

Psychologist Analysis: There is lack of motivation because of two probable reasons- *over confidence* and *complacency*. There is a bit of confidence gone to the other side since he is in turn challenging his trainer. Also, the runner is very satisfied with the current performance and may not see a point of changing his routine because he is also getting good results for his 21k until now. But, he needs to realize the change is because of the change in the goal- 42K. This is reflecting on his lack of motivation to train for 2 hours in the morning.

Session goals: Help him set smaller goals- from 1 hour training to 1 hour 15 min or goals that focus on the process and not the outcome- i.e 42K run.

Performance Psychology
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