



PROGRAMME 1: INTRODUCTORY PROGRAMME

WE RECOMMEND YOU BEGIN WITH THIS PROGRAMME BEFORE
PROGRESSING THROUGH FURTHER PROGRAMMES IN SEQUENCE

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	VISUALISATION	EFFECTIVE VISUALISATION	STAGE 1: BASIC STRUCTURE	STAGE 2: FOUNDATION IMAGERY	STAGE 3: SUCCESS RECALL IMAGERY	STAGE 4: TECHNICAL IMAGERY	STAGE 5: SITUATIONAL IMAGERY	STAGE 6: STRATEGIC IMAGERY	REST
2	RELAXATION	A.R.R	TECHNIQUE	BELIEF	ENERGY	SPEED	STRENGTH	REST	REST
3	MOTIVATION	CATALYST EXPLORATION	SUCCESS	ACCOLADES	MONEY	COOPERATION	SELF CONTROL	RECOGNITION	AGGRESSION
4	MOTIVATION	CATALYST EXPLORATION	ALTRUISM	CHALLENGE	CUT THROAT	COMPETITIVE	ENJOYMENT	PARTICIPATION	PRIZE AND PRAISE
5	CONFIDENCE	CHAMPION MINDSET	INTRODUCTION	STAGE 1: HAVE A VISION	STAGE 2: PASSION AND CONFIDENCE	STAGE 3: PHYSICAL STRENGTH, SPEED AND MENTAL STRENGTH	STAGE 4: TECHNICAL BRILLIANCE	STAGE 5: TAKE RESPONSIBILITY AND DELIVER	STAGE 6: FULL PROCESS
6	GOAL SETTING	DETERMINATION PROGRAMME	STAGE 1: VISUALISE YOUR PREPARATION	STAGE 2: ABILITY VS DIFFICULTY	STAGE 3: MAPPING	STAGE 4: TECHNIQUE	STAGE 5: SPEED	STAGE 6: PRECISION	STAGE 7: DECISIVENESS AND FULL PROCESS
7	ANXIETY	ANXIETY CONTROL	INTRODUCTION	STAGE 1: RECOGNITION	STAGE 2: PHYSICAL CUES	STAGE 3: SEE SAW – BALANCE – GROUNDING	STAGE 4: RATIONALISE	STAGE 5: RESET	STAGE 6: FULL PROCESS
8	PRESSURE	PRESSURE PROGRAMME	INTRODUCTION	STAGE 1: RECOGNITION	STAGE 2: RATIONALISATION	STAGE 3: REMOVAL	STAGE 4: REASSURE	STAGE 5: REINFORCE	STAGE 6: FULL PROCESS
9	FEAR	SPARTAN FEAR PROGRAMME	INTRODUCTION	STAGE 1: THALAMUS	STAGE 2: SENSORY CORTEX	STAGE 3: HIPPOCAMPUS	STAGE 4: AMYGDALA	STAGE 5: HYPOTHALAMUS	REST
10	PRESSURE	PPA PRESSURE	INTRODUCTION	STAGE 1: ACCEPTANCE AND GROUNDING	STAGE 2: ENERGY	STAGE 3: SPEED	STAGE 4: STRENGTH	STAGE 5: TECHNIQUE	STAGE 6: FINAL EXERCISE