GAINSLINGER HUMAN PERFORMANCE

Skill Acquisition Practice Template

Prepare The Mind:

- Get a grip and find center with a 5-10 minute mindfulness practice
    - To learn more about how, watch this video
- Set your **single** most important intention of the session before gearing up
- Revisit that intention mentally every time the goggles come on or off

Prepare The Body:

- Be Hydrated (128 Oz. Minimum on practice days) *Include electrolyte solution
- Be Fueled (30-90grams of carbs per hour of riding above what you normally eat)
- Warm up 5-15 min (You should break a sweat before putting on your helmet)
- Engage your Active Mobility Routine *Focus on your personal deficits
    - Here is an example of helpful movements for motocross racers.

The Practice Template:

1. First session 3-4 Laps or 10 minutes at 50-60% Effort. Focus on:
    a. Foot Position
    b. Head Position
    c. Knee Placement
    d. Elbows and hands
    e. Evaluate Bike Setting & Position of Controls
    f. Your Singular Intention for the Day
2. First Break: Assess and Adjust
    a. Hydrate
    b. Adjust settings if necessary
    c. Make mental note of track conditions and plan to adjust
    d. Make mental note of your physical condition and make adjustments
3. Second session: 15-20 Minutes at beginning at 70% effort, increasing to 90% effort.
    a. Focus on singular intention (ie; Knees back, Head forward, pigeon toes, etc)
    b. Adjust as you go
    c. Make mental notes where it is easy to apply your intention
    d. Make mental notes where it is challenging to apply your intention
    e. Final lap should be a “hot lap” with a little held back in reserve
4. Second Break: Evaluate
    a. Hydrate
    b. Determine why your intended skill or practice is hard in some places and more challenging in others.

5. Third Session: Practice
    a. Select 1 section where you are “Best” and apply 5 practice reps with that intended skill *Ride only that section
    b. Select 2 sections where you struggle and practice that section utilizing your intended skill for 5 Reps Each *Ride only that section
    c. Complete 3-5 full laps at 70-80% effort utilizing cues that have improved your intended skill
6. Third Break: Document
    a. Hydrate
    b. Write down what worked well that led to improvement, even if only slight
    c. Document lingering struggles *If any

Decision point:

A. If struggles are apparent, repeat session three up to 3 more times and then finish the session with a 10-20 min “Free Practice”(just ride and enjoy).
B. If a satisfactory breakthrough occurs, move to a normal practice format of either Sprint Laps or short Motos 15 min Maximum for 2-3 total sessions. **Do not ride “tired” with poor form and re-establish old habits.**

Get the session complete:

1. Document what you did well and what your learned
2. Do NOT ruminate over what “felt wrong”. write it down & fix it in your next session

POWER MOVE!: Visualize your new skill using the techniques in this Video