

A New Approach to Elite Sports Training

Engaging in this approach means you will become an athlete who embraces a new concept of performance that doesn't just focus on the technical, tactical, physiological and psychological aspects of training and performance, but also, includes into it the necessary inner (or interior) growth that will boost your performance.

You will manifest as the best athlete in you, but also as the best version of you being a human. Main outcome? Your performance will always benefit from it.

Society and elite training have caused enough damage to athletes. Everyone knows how elite training is "unhealthy" because it leaves both physical and psychological injuries that endure for life in many thousands of athletes, if not millions – my career as an elite swimmer also shows me that every day. You as an athlete suffer constant and continuous pressures. We all know that.

The problem is that in all those years of endless dedication, strong pressure, disappointments, achievements, suffering, ups and downs, etc., your body and psyche kept taking it all in.

I find a big partiality in society these days, and in elite training. Sports coaches, athletes, sports parents, doctors, etc., all have one main focus and philosophy: improve the athletes' performance. And how do we measure performance? Simple answer. With numbers. We can use a time clock, scores and rankings. That is what determines who comes first. And there is nothing wrong with this. In fact, I am very certain that this method is a very fair one to distinguish between performances.

However, this approach comes with a problem and that is where the partiality lies, i.e., it pays attention to the things we can see, test, evaluate and measure. It doesn't pay attention to what we cannot see, taste, point to, touch, or smell. Since we cannot see this realm – it is subjective – we neglect it. And if you think interiors "are not so important" or "don't exist", you are directly neglecting your development and potential as an athlete.



What about a new way of training where you still continue engaged in your sport but you integrate the interior aspects of the self (your ego) into your training and competition and, as a result, you maximize your performance?

Food for thought! 😊

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