



The Stuff Every Athlete  
**Must Know**  
**To Grow, in 2024.**

**WEEK 1/10**

# #1 **KNOWLEDGE**

Your brain is mostly predictive, **not reactive**.  
This means that it's constantly looking for patterns.

**How does your brain make predictions?**

*It uses the past.*

Your brain makes predictions based on what you did yesterday, the week before and the months before that.

**This isn't my opinion, it's simply how your brain works.**

**Reference:** Leggio et al, 2005  
Kaller et al, 2007. Current opinions in neurobiology

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lettres are jmubeld.**

This phenomenon is linked to the way your brain predicts and processes familiar patterns.

Even with the letters scrambled, your brain can still read and understand the sentence because it recognizes the patterns and context.

#2

**MINDSET**

“When you take chances with your training, **you take chances with your performance.**”

Click [here](#) to watch this video:

Official Jonny Wilkinson  
- Training for 80



## Key Takeaways

You don't “bring out a performance”, you perform as you are as a person.

**90% is training, 10% is playing the game.**

And the 90% should all be geared towards the 10%.

“***Every second*** is geared towards a nutshell version of the player I want to be.” Jonny Wilkinson

You can't turn up to training and be off with your skills and say "it's okay because it's a Monday". **Because now that opportunity to improve is gone and wasted.**

The idea is not to sit in the changeroom and say, "I'm going to be great today, I'm going to be great today".

Your brain is mostly predictive. **So you can't sit and convince yourself of something that's not necessarily true.**

On the other hand, if you've given it your all during the week, you can say to yourself:

**"I've been great Monday, I've been great Tuesday, great Wednesday, great Thursday, great Friday... so the chances are, I'm going to be pretty good today."**

“ You can’t afford to just pull a performance out of the bag, because if you do, sometimes the performance you pull out isn’t going to be great. And that’s where you get this up and down effect.

**Jonny Wilkinson**

- If you take chances with your training, you take chances with your competition.
- **If you mess around in your training, it’s more likely you’ll mess up when you compete.**

*“When you’re not sure in your head, there’s no worse place to be... than to be out there in front of thousands and you’re not actually that sure about what you’re doing.”*

“ So every bit of training is important and that’s why it looks intense and that’s why there’s precision in it.

The goal is to live your performance so it becomes part of who you are, not what you manage to pull out of the bag on a Saturday.

### How do you do this?

- Everything you do in training should be geared to help you get better.
- You should be switched on and focussed every second in training.
- You should always look for areas to improve.

When you get the nerves, the anxiety... you can say, well hold on... every week this is me, every week it’s been me... **so the chances are in my favour.** They have to be.

# Who is **Jonny Wilkinson**.

**Jonny Wilkinson is a legendary former English rugby player, widely regarded as one of the greatest fly-halves in the history of the sport.**

He is best known for his incredible kicking ability, tactical acumen, and mental toughness.

Jonny Wilkinson's career is marked by his relentless dedication, precision under pressure, and ability to deliver when it mattered most. His legacy continues to inspire athletes across all sports.

## **Key Achievements:**

### **1. 2003 Rugby World Cup Hero:**

- Wilkinson is most famous for his drop goal in the final minute of extra time during the 2003 Rugby World Cup final against Australia, which secured England's first-ever World Cup victory. This moment cemented his status as a rugby legend.

### **2. Consistent International Performer:**

- He earned 91 caps for England between 1998 and 2011, scoring 1,179 points, making him the second-highest point scorer in international rugby union history at the time of his retirement.

### **3. British & Irish Lions:**

- Wilkinson was selected for the British & Irish Lions on two tours (2001 and 2005), representing the combined team of players from England, Scotland, Wales, and Ireland.

### **4. Club Success:**

- He had a successful club career with Newcastle Falcons in England and later with Toulon in France. With Toulon, he won the Heineken Cup twice (2013, 2014) and the French Top 14 title in 2014.

### **5. Individual Honors:**

- He was named World Rugby Player of the Year in 2003.
- Wilkinson was awarded the MBE (Member of the Order of the British Empire) in 2003 and later the CBE (Commander of the Order of the British Empire) in 2004 for his services to rugby.



**#3**

**ACTION**

**The goal is to train with more precision, intensity and focus.**

Reflection reinforces focus and helps you plan more effective, intense training sessions in the future.

**Complete Task 1 – once off.**

**Complete Task 2 – for 7 days (1 week).**

**Usain Bolt:**

I love a challenge and live for the big stage of an Olympic Games or World Championships. Some people get nervous for the big events but I look forward to them.

**I actually find the training much more mentally challenging than the competitions.**

## TASK 1: Start, Stop, Continue

Take a few minutes to answer these questions. **[Write your answers down!]**

During my training sessions:

1. Which things must I **start** doing?

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2. Which things must I **stop** doing?

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3. Which things must I **continue** to do?

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## **TASK 2: Well, Better, How**

After each training or practice session this week, take a few minutes to answer these questions. **[Write your answers down!]**

During today's training:

**1. What did I do well?**

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**2. What can I do better tomorrow?**

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**3. How I am going to do it better?**

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