

MANAGING ENERGY AND BUILDING RESILIENCE

A Livestream Event | Leadership Community



WHAT DEPLETES YOUR ENERGY?

WHAT FILLS YOUR ENERGY?





GRIT





MENTAL TOUGHNESS



Week 2: 18

M4
Week Starting Monday: 30/04/12

Lockwood, Chapman, Ginn, Dunkley-Smith,

Dat Day	*	TIME	TRAINING MODEL	SPECIFIC COMMENTS	KMS	MINS
	1	7:30 OTW	ROW - 24KM 4 X 8 M IN @ 20 SPM	DUR REGULAR B MINUTE PIECES BUT MUST ENSURE PIECES ARE DRIVEN. BREAKFAST TO FOLLOW. Crew meeting beaths gym to discuss past week and week alread.		
M 0 30 a	2	21:00 AM	GYM - 60 MIN	MARK TO CONDUCT. NOTE SESSION'S SERVA CONDUCTED FARLER IN THE DAY TO ENGURE FULL IMPACT OF THIS TRAINING. HO MISSES AND REFET TO THE HOUR. SESSION WILL SE SOLLOWED AY A STRUCTURED RECOVERY HYDRO SESSIONBRING YOUR TOCS.		
a y	3	3:30 OTW	ROW - 20KM SKILLS	NOTE TAME: WANT TO MAKE SURE WE COMPLETE ALL ROWS IN CAPUIGHT.		
	4	7:30 OTW	ROW - 20KM 3 X 8 MIN @ 24 SPM	PIECES TO BE BUILT OFF FRAMEWORK ESTABLISHED IN MONOAY SESSIONS. NOTE RATE.	_	\vdash
T u	1	11:00 OTB	RIDE - 120 MINS	BREAKTAST TO FOLLOW. Provible sension with Jeff - details TBC. PLEASE ENSURE WE LEAVE ON TIME SO AS TO ENSURE FULL RECOVERY TIME RETWEEN		ļ
01 s	2			SESSONS.		ļ
d a	3	3:30 OTW	ROW - 20 KM SKILLS			
У	4	7:30 OTW	ROW - 24KM 4 X 8 MIN @ 28 SPM	INC MUST CARENTHE DRIVE FROM MONDAY AND TUESDAY INTO THESE PIECES, BREAKFAST		
w	1	[· · ·		TO FOLICIAN. MARENTO CONDUCT. SESSION WILL BE FOLICIMED AN A STRUCTURED RECOVERY HYDRO		ļ
02 '	2	11:00 AM	GYM - 60 MIN	SESSION-BRING YOUR TOGS.	ļ	l
d	3	3:00 PM	WATTBIKE - 2 X 20 MIN	LACTATES WILL BE TAKEN. PLEASE ENSURE YOU HAVE BRE SET UP FOR RECORDING AND HEART RATE MONITOR, AT VIS		
a y	4	4:00 OTW	ROW - 12KM SKILLS	ENDRY SESSION BUT REPLETATION: - LOAD TRALER FOLLOWING SESSION FOR ARRUM TOMORROW MORNING.		
T	1	7:30 OTW CARRUM	ROW - 16KM PADDLING INCLUDING 2 X 500M	FIRST PIECE TO BE MAXIMUM SPEED - SECOND PIECE TO BE START AND DRIVE TO 34		
03 r	2	10:00 OTW	ROW - 16KM PADDLING INCLUDING 2 X 2KM @ 28 SPM	PIECES TO RUN OVER COURSE AND DOWN TO JETTY - START AND THEN DOWN TO 28 SPM. PRACTICE RACE CALLS.		
d a	3	3:00 OTB	RIDE - 120 MINS			
- 1	4		RIDE - BAY STREET RIDE	BREAKFAST TO FOLLOW -	H	\vdash
F	2	8:00 AM	RIDE - FURTHER 90 MINS ON BIKE FOLLOWING BREAKFAST	FOLLOWING BREAKFAST		
04 d		11:00 AM	GYM - 60 MINUTES	RECOVERY STRATEGIES TO FOLLOW.		
a y		3:30 PM	ROW - MODIFIED TANK EMPTIER - 20/22/24/26/30/34	Lags I Mark to Sankholag Stay I hanklaga to Ann dank tilago I Ann dankto jodg i Nam bay I Alago i Ann dank dago I Ann dankto 100 kant, Suy I 100 kant to buga kan		ļ
s	1	7:30 OTW	ROW - 20KM - SKILLS FOCUS	EREASTAST TO FOLLOW. Week review to take place over breakfast.	\vdash	\vdash
a t		11:00 OTE	ERGO - 4 X 7 MINUTES 4-6 mMol	SESSION TO BE COMPLETED AT THE VIS.		
05 u y	3	1:30 PM	RIDE			
d a	4					
s	1		OFF			
	2		OFF			
06 d	3		OFF			
У	4		OFF			
Comments					0.0	a.o
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RESILIENCE





BREAK OUT DISCUSSION

What will it take for you to be an elite leader?



DEBRIEF



WHAT DOES IT TAKE?

To be an elite leader

Clarity of Focus

Performance Lifestyle, discipline and intentional choices

⊘ GRIT

Tapping into passion and perseverance for long term goals in the face of choice points, don't back down

Resilience

Not a one-person job, lean on internal and external resources



The spectrum. The middle. The lift.

Clear expectations of what is required of your leaders whilst showing compassion

Shine a spotlight on your risers and call out those that hide



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Mental Toughness is having an excuse, but not using it.

James Chapman



THANK YOU