

The Cycling MiND

Get Equipped to Perform

Create

Prepare the foundations to perform

Train

Start on your route to success

Control

Develop an elite mindset

Believe

Build belief in your ability

Compete

Attain peak performance

Recover

Sustain your psychological state

Thrive

Keep your mind fit

Excel

Empower the champion within

The program includes 8 sessions with a sport psychologist,
a copy of The Cycling MiND,
tools & tactics for peak performance on the bike and in life.

Register your interest at hello@mindhq.com.au

