

Focus



Focus & Breathing

ABC Slide Show

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ABC Focus & Breathing Slide Show.

Most of these pictures show associated focus.

Focusing on the wheel in front of you is an example of narrow external focus.

Focusing on the traffic lights at the intersection, or at the next intersection are examples of wide external focus. Shifting external focus to the billboard showing an athlete doing a sit-up is dissociating from the task at hand.

Focusing on your muscle when strength training with ILTs is an example of narrow internal focus.

Focusing on a successful race outcome, and how you will feel, is an example of wide internal focus.

A road racer or mountain biker must associate his or her focus, shifting focus externally and internally, narrow and wide.

Such a racer must see the big picture, be aware of what other riders are doing, when a hill or descent is coming up, whether a spectator or vehicle is on the course.

Racers must also be in touch with how they are doing internally, how they are feeling both in general and about their effort level.