






The Sportmi Method™ Training Plan 1

PLAN 1 - LIGHT PLAN (1.5 HOURS PER WEEK)				SESSION 1	SESSION 2	SESSION 3
Focus one week on each of the 7 modules. Complete 3 x 30min sessions per week. Ensure one rest week and feel free to adjust if you have a game or big event coming up.						
WEEK 1		GOAL-SETTING	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 2		IMAGERY	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 3		SELF-TALK/SELF-EFFICACY	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 4		THE ZONE	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 5		FEARLESSNESS	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 6		SUCCESS	3 X 30MIN SESSIONS	THEORY	EXERCISE	EXERCISE
WEEK 7		REST/PRACTICE COMPASSION	0 SESSIONS	REST	REST	REST

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The Sportmi Method™ Training Plan 2

PLAN 2 - DAILY PLAN (3 - 6 HOURS PER WEEK)				SESSION 1	SESSION 2
Spend 30min - 60min every day on your mental training, rotating the 6 modules. Ensure one rest day and feel free to adjust if you have a game or big event coming up. Continue this week after week.					
DAY 1		GOAL-SETTING	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 2		IMAGERY	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 3		SELF-TALK/SELF-EFFICACY	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 4		THE ZONE	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 5		FEARLESSNESS	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 6		SUCCESS	30MIN - 60MIN	15/30MIN - THEORY	15/30MIN - EXERCISE
DAY 7		REST/PRACTICE COMPASSION	0 MINUTES	REST	REST

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