

# Insights into preparation and performance from elite and ultra-endurance sports

## Conditioning for performance



Insights from  
today

- About us
- Sport and policing
- Planning
- Conditioning
- Preparing to perform
- Coping strategies

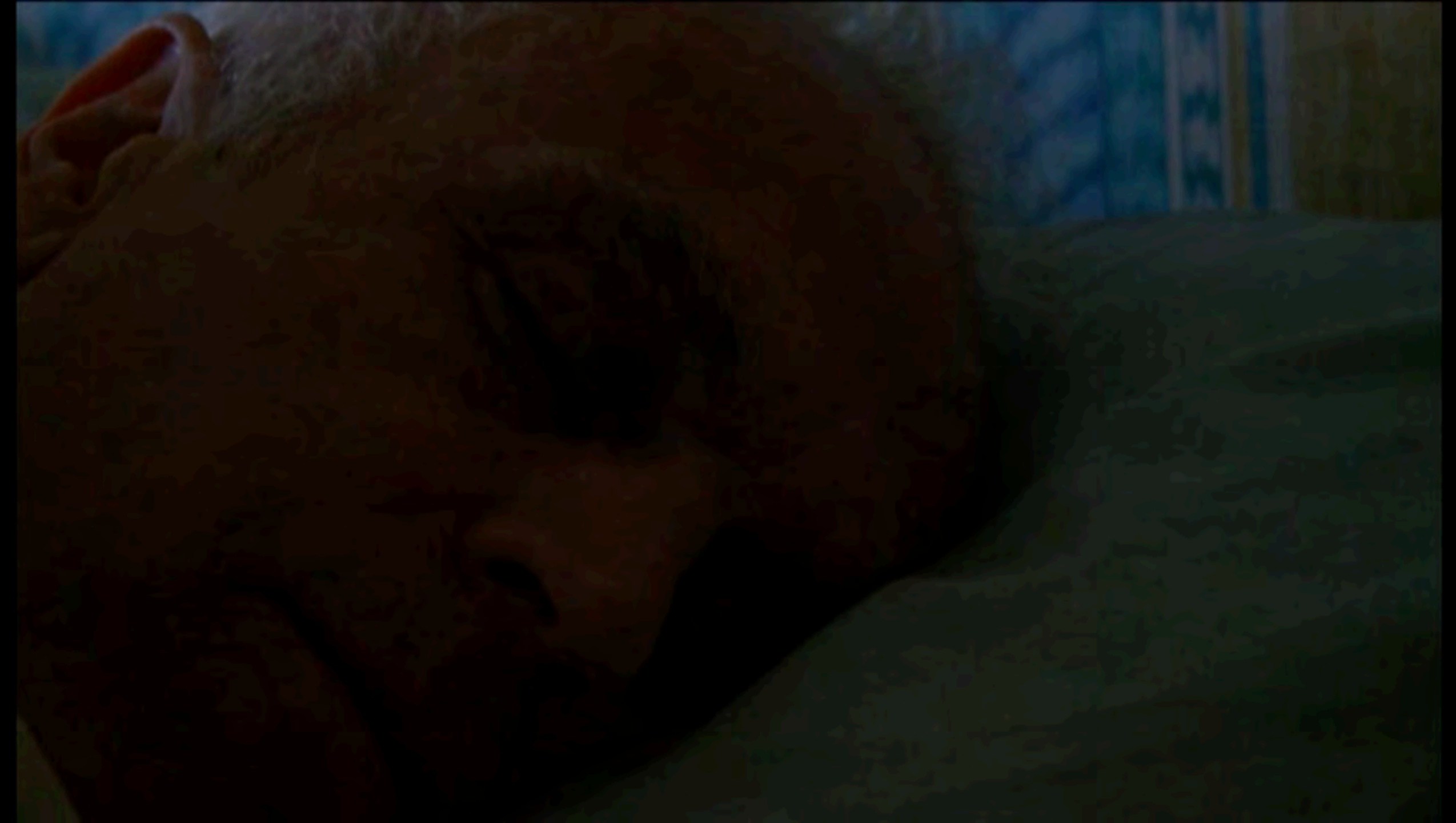
# About us

## **Ian Mayhew**

- MPS officer with 26 years' service
- Involved in endurance sport for over 30 years as a participant, coach and race organiser
- Sporting highlights qualifying for and racing in Ultraman World Championships in Hawaii 2005

## **Paul Lander**

- Police cadet 1980, PC 1981-87 WYMP
- Successful publishing career, launched Police Professional in 2004
- Sporting highlights competing over 400m at Division 1 National league
- World Championship triathlon final 2014, Edmonton, Canada
- Tri100



Sport and  
policing –  
where  
performance  
counts



# Planning for performance

- Initial assessment
- One off v multi-day event
- Support
- Training
- Equipment,
- What is within and without of control
- Unknowns
- Logistics

# Other commitments



# Conditioning

- Prepare - knowledge
- Prepare - capability
- Prepare – for little things
- But adapt when they are going wrong



# Performance



# Coping strategies

- Mental state
- Build resilience
- Build in recovery
- Recognise complexity
- Recognise commitment and sacrifice
- Take care of the little things and empower
- Value experience

Value  
experience –  
squad balance



Coping  
strategies -  
Pride

Most influential factor in  
public sector motivation

Be proud and commit to it!

**Tri100.uk**

[justgiving.com/Paul-Lander3](https://justgiving.com/Paul-Lander3)

Paul Lander

[paul@policeprofessional.com](mailto:paul@policeprofessional.com)

Ian Mayhew

[ian.mayhew@college.pnn.police.uk](mailto:ian.mayhew@college.pnn.police.uk)

