Steph: Hi, Katee and welcome back to the show.

Katee: Thank you, Steph. It's been a while, but I'm stoked to be back.

Steph: It has been a while. Tell us what you've been up to, mama bear.

Katee: Well, I cooked a human, and I brought a human into the world.

Steph: Oh my goodness, how exciting.

Katee: Little Bodhi is eight weeks old now. I'm on maternity leave, but with everything happening in the world at the moment, I just felt compelled to have a conversation because I feel like this could be really valuable for athletes out there.

Steph: I loved the idea and was so open to sneaking you in, in your mat leave. There's been a lot of changes.

Katee: Let's hope we can get my brain to work.

Steph: We forgive you if you forget the English language on occasion because that's been my reality for the last 12 months. I can totally relate.

Katee: I'm sure I will.

Steph: Tell us, if we could set the scene, your message to me was talking around, I guess how to shift our goals during this time, but I'll hand it over to you. Obviously with COVID-19, there's been lots of races cancelled and lots of athletes' worlds look really different.

Katee: I think before we get into that conversation, it's really important to pay respect to the fact that races being cancelled is such a small issue on the scale of things happening for people's worlds right now, between financial stressors, job losses, job changes, home changes, illness, so many things going on. That it can seem insensitive to worry about the fact that your race has been cancelled.
However, there's another side to it, in that I understand and respect and many people do the fact that a race and training is really important to mental health for so many people. As well as physical health, it's what keeps them going. Everyone's different, but a large portion of people are driven by the end result and the struggle with motivation when there isn't an event locked in, that's what drives them. Whereas other people just like training, and live and breathe training. Whether there's a race on the calendar or not, doesn't faze them.

I find people fall into either camp. This is really directed at those who feel quite lost without an event or a distinct goal to work towards in the immediate future. Knowing that, while there's a lot of things happening in people's worlds that are uncontrollable right now, that training aspect and goals is something within people's control, that I think will be really healthy for them to focus on, while there remains a lot of unknown in the world.

Steph: You're right. We speak to a lot of people, but both you and I would speak to a lot of athletes whose lives are lined up towards an event and the next event and the next event. Having their race cancelled, could have quite a huge impact, but as you say, it's out of your control. I think it's about reframing things and your language, but you'd certainly call that more of an outcome driven goal. Obviously, we don't know, you can't just pick a race in two weeks’ time, you might not even be able to pick a race in six months’ time, we don't know what's happening. It's a day by day progression at the moment. What can we do as an athlete whose race has been cancelled?

Katee: With races being that outcome driven goal, now is a really great opportunity to practice process orientated goals, which I'll define and go into a bit more. But, what I find is, when it comes to racing, as a collective, and I'm making assumptions and I'm making generalisations, but the typical A-type athlete is very focused on the end result. Whether that's their ranking in a race or the time, just the overall time. Their success or failure lives and breathes just on that time, or that placing and there's not much else that goes into it. Which holistically, before an athlete's longevity and mental health is not an effective strategy.

Irrespective of everything going on in the world, this is a really great skill to have ongoing and behind you. When you go into a race, the only goal isn't the time. For example, if we're looking at a race and process orientated goals might be for the swim, how, what percentage of time did you spend sitting on someone's feeds to efficiently draft through the race and conserve energy? Or how effectively did you cite and giving yourself a ranking out of 10, with your citing skills and frequency and did you stay on course and swim the right distance?

It might be how did your technique feel, and were you mindful? There's so many elements that you can focus on from a process point of view that I think athletes forget. Where the opportunity lies, let's say the outcome goal isn't exactly what you want, whether that was because of a flat tire, a penalty, dropping nutrition. So many things can go wrong on race day, that way your athletic worth doesn't tie into just that time, you can break it down and go, "Well, I also had these other goals outside of those things that went wrong, how many of those did I tick off?"
It can leave you with a much more positive experience from a race point of view. Now, I mentioned that even though we don’t have races right now on the calendar, but you can translate that into a training environment as well to have process goals rather than outcome based goals. That can be a really healthy way to keep focused and motivated at the moment, while also keeping perspective. See it as a way to mentally train and build habits towards process orientated goals, if you’re not already orientated that way.

Steph: I think that there’s no time like the present to practice that, because that skill will then help you when you do have the next race, like you say. Because on race day, many people will totally spiral into an absolute pit of just despair if their only goal was to do a four hour half or whatever it might be. We need to have more than that, because the race is just like the cherry on top. Really, the bulk of what we do is train and prepare.

I think, certainly from a rewarding, almost like happiness element, I think it’s so important that we’ve got some other goals, like you said, that we can tick off and acknowledge that we did achieve that or that we can improve that in training.

Katee: Yep, 100% with you. I learnt these all the hard way, that’s for sure. That’s why I’m preaching it. I lived it, breathed it, did it the wrong way for a long time and put undue pressure on myself and didn’t give myself enough credit for the successes along the way. I think that’s an opportunity missed that I think people can gain back.

In terms of first steps from here, I feel like athletes need to choose an alternate outcome goal, and then to focus on their process goals. Without a race or an event and all that uncertainty, what we can do is select an outcome based goal that might be in say 12 weeks, because we should have some clarity by then. As I should, because who knows?

Steph: Yes.

Katee: Maybe make it six months, whatever is going to work for you, or you could set both. That outcome goal could be something like becoming fat adapted. It might be hormone balance. If you’re a female athlete and you’ve been struggling with symptoms of hormone imbalance or regular cycles, loss of cycle, and it’s been something that you’ve shelved, This could be the perfect... Not, this could be, it is the perfect time to address those imbalances.

Guys, you’re not immune to hormone imbalance issues either. If there’s been a loss in libido or reduced libido, struggling to gain muscle mass, fatigue, gut issues, all those sorts of things now is the prime opportunity to address all of that while still training, with modifications. Fat adaptation might be a great outcome goal and that can be measured in a bunch of different ways.

Another outcome goal might be setting a certain time trial pace or power output with a threshold test. It’s in training metrics, or many clubs and coaches are running virtual events. You could set one up yourself, a race simulation that you’re going to set yourself to do in 12 weeks. Again, you can practice process orientated goals with that.
An outcome goal might be strength training related. If you've already strength trained, it could be that you want to be able to lift a certain weight in 12 weeks, or that you have consistently started strength training, and the outcome goal is you’re feeling robust, for example. They’re just ideas to get people thinking, but I feel like strength mobility and fat adaptation and nutrition and probably the key ones, in terms of outcomes that we can focus on at the moment.

Another one would probably be mindset. Often people use a lack of time or brain space as a reason to not address key issues, or not try meditation, or not start some sport psychology techniques. Right now is the prime opportunity for that. We have a lot more time, most of us are working from home, so travel time's taken out, there’s your opportunity to start a meditation or mindfulness practice or journaling. The floor is yours in terms of what you choose as an outcome.

From there, we can work out what your process orientated goals look like. What you want to do is choose process orientated goals each week, but also for each session. That will depend on your purpose. Let’s say I've got an aerobic run that I’m going to do, keeping more than two meters away from everyone on the running track. Your process goals might be focused on belly breathing. Am I able to inhale through my nose and exhale through my mouth and expand my diaphragm and my belly? That's the focus of the day.

How long throughout that say, 30 minute aerobic run, are you able to maintain that focus and belly breath? That's a process goal. It might be technique related, the way your arms swing, the way your foot strikes. Again, belly breathing is a part of the technique. It could be mindset, were you able to stay mindful and in the present moment as a process goal throughout that session?

You could focus on a process goal of hydration or fuelling, because that doesn't necessarily come naturally to everyone either. It might sound "simple", but that is a process goal, did you stick to the plan? Did you have a plan to start with? Find your purpose, and then set your process goals and really be intentional with them.

Write them down or put them in training peaks, and report back on how you went with that. If you self-coach, that’s going to take a bit more discipline, but if you’ve got a coach, have this conversation with them. If you want guidance, that’s what they’re there for, speak to a coach about how to define your process orientated goals, working back from some outcome based goals.

Steph: I love that. We do all have a lot more time, for whatever reason, depending on everyone's circumstances, but like triathletes in particular are notorious for being a little more time poor, because they're trying to achieve those two disciplines. Most people aren't going to be swimming at the moment. I've seen that swim squads are off, and so on and so forth. Freeing that time is more time that you can start to write that list. You've just given us a dozen ideas, if not more around what you could choose as one goal for your session of the day. It'll obviously depend on what you're doing, but there's so many ideas there, because as you were saying, around strength training as an example, I was guilty of it, I found it really hard to fit strength training in as well as a swim, bike, run back when I was racing.
I know I'm not alone there, I speak to so many athletes that acknowledge the benefits, but just haven’t been able to find the space. You're obviously not going to be training for a race right now, unless you've picked a virtual race, so that changes your whole periodisation and so you're going to have time to be introducing something new, which you wouldn't be doing if you're about to race like those that schedule cancelled.

Katee: Before people naturally would come up with barriers to change. When people think about strength training, obviously they think about a gym. Right now, all the gyms are closed and I'm really feeling for all my friends in that industry.

Steph: Me too.

Katee: It's just gut wrenching, but there is so much you can do with just a strength band, one really strong band, you can do a whole workout, let alone having another type of band. There is simplicity where you can get results, or you can jump on Marketplace or order online some gym equipment. Strength For Endurance have a kit you can buy, Rebel sport have swim bands and TRX style things that you can get mounted at home. There are so many options. All those personal trainers and gym facilitators that are struggling at the moment, most of them are launching into online sessions.

It's not a barrier, you can still engage with them and utilise them from home and virtually, and there's a lot you can set up and order equipment from home. It's definitely not out of the question, and it is the number one thing that I feel builds a robust athlete and prevents injury. How much would it suck if you've waited this time in isolation through this pandemic and you've, twiddled your fingers, stayed fit and healthy waiting for an event.

We get released, you into that event, you jump into training, full throttle and you get injured, and then, there you are waiting again. Now, is the perfect opportunity to set yourself up for the best season ever. To build a strong immunity, build a strong aerobic base, develop mobility, maintain mobility, build strength and power.

Steph: If I can... Go on.

Katee: Sorry, the last one was modifying and enhancing technique.

Steph: I love it. It's giving us space. I know that some people are struggling and I'm suffering from a constant mild anxiety just thinking of everyone that is suffering so much, but I don't know about you, but I've been craving space and I know a lot of people will eventually be able to see that if they can't right now. I apologise if you feel like punching me in the face right now because the situation is quite dire, but the space is there for you to use.

The hormonal balancing one is so important that you mentioned earlier and it's got me thinking a lot about MAF. How many people try to do MAF, end up adding number of beats per minute or completely giving up because they're having to walk backwards and get really frustrated, especially in the first eight weeks of completely revolutionising how you normally train and how you progress. Because if you've been totally outcome focused, and so many people want to tell you how fast they
are, how many minute K’s they run. I’m like, “No, no, I don’t mind about that. What’s your heart rate? What’s your heart rate? They can’t understand that concept.

Learning that, using this space to really understand what you’re trying to do to redefine that as a process goal, I love that idea, because then you won’t be attached to how slow or how fast you’re going, but you’ve got time to commit to understanding what MAF is and how that’s going to benefit you over the medium to long term.

Katee: Absolutely. With that extra time that we speak of and that space, you can go back and listen to podcasts that you and I have recorded. Podcasts you’ve recorded with Phil Maffetone to learn and explore about these foundations, if you’re unfamiliar with them. If you are familiar and just need a kick up the butt, well, here it is, off you go. The MAF training it’s a perfect opportunity or aerobic base, now’s a prime opportunity. Not only for the next season, but it’s really what everyone should be doing at a time where we’re all vulnerable to immunity disruptors.

The zone 2 training or MAF training is crucial for managing your immunity. I would be recommending that anyway, regardless of whether someone has a strong MAF or a "weak MAF." Now is the time to be focusing on that regardless.

Steph: What a great process focus goal. Obviously there’s the huge element that’s going to finally teach you that you don’t need to do high intensity training in excess. Of course, the flow on effect is stopping the immune suppression or the constant injuries or the hormonal imbalances, amenorrhea, gut issues, whatever it might be, that you probably haven’t yet seen, is being perpetuated by the style of training that you’re still trying to commit to and just acknowledging that, that’s not how you’re going to achieve goals and it’s unfortunately going to nearly always destroy your health in some way, shape, or form.

Let’s not learn the hard way, let’s acknowledge how to train smarter, not harder, like one of the best. I like the technique goals, I think they’re all incredible. But as a foundation for a lot of athletes, hopefully this does create the space for them to almost just assess what they’ve been doing and have the time to look at what isn’t serving them anymore.

Katee: Absolutely. I really hope that’s one of the positive outcomes of this time. On that track, an outcome based goal can be someone’s MAF pace in 12 weeks. Let’s say you jump outside today, go do a MAF test. If you’re not familiar, a quick Google will answer what that is, or jump onto a previous podcast episode for a full explanation.

Let’s say you jump out, and that’s at six minutes 30 per kilometre as it stands. The goal in 12 weeks might be that at five minutes, 30 per kilometre. What that translates to, in a race, say another 12 weeks later, is if it’s an Iron Man, your race pace is going to be sitting around... If it doesn’t progress, which it will, 5, 30 per kilometre or 5, 15, or lower.

When you start a build with that base, one, you have flexibility for disruption. Life getting in the way, getting sick, getting injured, there’s space for things to go wrong in a build when you’ve got an excellent base. Definitely cannot stress that enough.
On the word stress, it makes me think of another thing is stress management is often put to the bottom of the list in terms of priorities and finally dealing with issues, because we're "too busy." Now can be the time to go inward and sort through those concerns. Whether they're day to day concerns that challenge your training, or they're race day concerns where you might get in your own way from a mindset point of view.

That stress management is what psychology technique stuff is. It's not a quick fix, it takes work, and you need space for that. What do we have right now? We have space.

Steph: I know, and I think almost everyone's guilty, look, I've said this before, but the amount of literature and randomised controlled trials and incredible science that we've got around the benefits of meditation and mindfulness for immunity, general health, elite performance, longevity, whatever it is, yet, so many of us are resistant to finding space for that ritual.

I think if you've got any goal right now, that's a big one to put up in the top three because all of us are going to have some sort of stress if we haven't already, from this pandemic, even if it is just being empaths for others. Having a way to manage that is critical because we can't change a lot of what's happening, but we can control our internal environment. Then there's skills that will help you on race day.

Katee, you and I both learned the hard way. I often think about... God, it'll test my memory to remember what race it was. I think it was Sunshine Coast. It would have been like five or six years ago, and I was having a bit of a shitty time, but on the day, I was really thanking everyone and thanking the volunteers and just enjoying that whole experience.

Katee: Process.

Steph: Yeah, the process. It was so different for me when I finished, whereas I've had races where I was in such a funk all day, and the shit has moved, then I finish the race and I was really annoyed at myself that I let that spiral. It changes the whole experience. It turns something that we're doing for fun, to something really negative for six hours or whatever.

It's these skills that we can learn now, is going to be so transformational when it comes to the shit that can happen on race day and the challenges that we're often faced with.

Katee: It's important to recognise that that mood that you speak of, your race result and time is irrelevant. It's your attitude throughout the race that's relevant, and whether you show up with gratitude, and you're mindful and present, and can give yourself credit for those process goals that you did tick off, even if the outcome didn't land in your favour.

Steph: I know. I cannot remember anything about that race. I could not tell you my time. I could not tell you... The memories are so vague now, but I remember having a bloody good time. That's my memory from that event. I think that's pretty cool, rather than it being that I did whatever. Whatever time, it becomes irrelevant.
Katee: That's really cool. On the flip side, I remember one of my say Shepparton Half Iron Mans was after a period of rebalancing from hormone imbalance and adrenal dysfunction. I was so focused on beating my previous time, I don't remember any of the race, other than the fact that I crossed the line eight minutes slower than my prior time. That’s quite sad, really, because what that doesn’t pay respect to is the immense progress that I did make throughout that year, but it also doesn’t give credit to the weather on the day and all those other factors.

Steph: So many variables, exactly.

Katee: Should be focused on anyway, we shouldn’t compare year to year on the same course.

Steph: Like people do.

Katee: Just a reminder, we shouldn’t be doing that. We need to focus on right here right now and a result is relevant to your recent training build. Did you show up on the day and express your athletic potential based on the training that you committed to in that recent build? While it’s difficult at the moment, you can utilise mindfulness mindset techniques to visualise that race, that first race that does come about in the next season, whenever that may be, when they start confirming dates.

Steph: I love the idea of a virtual race.

Katee: There’s a few of those happening, which is pretty cool. I usually ‘poo poo’ Strava, because of-

Steph: The ego.

Katee: The ego and the competitive nature and it's not mindful, and it's not present. But it is providing a fantastic platform for virtual racing.

Steph: One thing that comes to mind is those that have obviously periodised their training quite strategically to peak now, or to peak in four weeks’ time. You can’t just pick that up and move it to a month because the whole background, the whole training program is created that peak at the right time. Have you any advice around how we would navigate that?

Katee: That’s a really good point. There lies a small danger, I guess, in the fear of letting go of that peak.

Steph: The peak.

Katee: Some things you could do because there aren’t races, it’s completely out of your control. One, set up a virtual race with mates around the world. Obviously, the terrain might be different and whatnot, but you can still stay inward in terms of your own results, and not compare to each other, but just have that accountability with each other as opposed to a competition with each other.

You could set up a race simulation day, if you can’t find a virtual race that suits you, or find a virtual race to utilise that fitness for. Alternatively, if that doesn’t work for
you, and you're head's just not in it, what I would do or recommend is some time trials. Do a functional threshold test on the bike, whether you've got power or heart rate, and do a time trial running, choose a distance that's relevant to the races that you are aiming for in the coming season, or the race you were about to do.

Swimming wise, this probably will only apply to say Queensland as they can get in the ocean, where it’s warm enough, and if safe to do so, I think everyone's on the fence about that. You could do a swim time trial if applicable. Otherwise, just omit that. Give yourself some numbers to reflect your training and peak performance, so you're not just letting all that hard work go and it gives you a benchmark for what to work towards. Because what the danger would be trying to hang on to that and extending your season, it will end in hormonal disruption, fatigue, burnout, injury and more problems down the track.

Try and find an opportunity to utilise that peak performance and then rest and recover much like you would after a significant race and go back to focusing on the basics.

Steph: I agree, I think base training would have to then restart. Is that right?

Katee: Yes, 100%. It looks like most are scheduling to October.

Steph: That's a long time. There's no way you could be peaking from March till October. Please don't try. You have to use common sense to acknowledge that you got to this peak from the 12, 16, 20 weeks, God knows how long you've been training for, but being smart about it and changing what your focus is. I love the idea of time trials and things like that, because you've still got some numbers, if that really motivates you, like we know it does a lot of athletes.

Katee: The other thing I would do is pay respect and take some time to reflect on your successes throughout this build. It doesn't feel like you... I know athletes will be thinking like this. They'll be going, "What a waste of my time. What a waste all that training was." It doesn't have to be, reflect on the lessons from that training build. What did you learn and what do you want to carry on to the next build and what did you feel didn't serve you that you should let go of, in your next build?

Don't let this time be wasted. Take the positives from it and let the lessons be lessons, rather than just getting in a funk of ‘I wasted all that time training for nothing’.

Steph: I can imagine that would be running through a lot of people's minds. That would be really challenging, but again, control the controllables.

Katee: On that, I know we're focusing a lot on shifting mindset and being positive and getting people out of a funk. I want to say that it's okay to have time to wallow as well. If you feel shit, own it, that's fine. Really, try not to disregard your emotions. You're allowed to feel disappointed; you're allowed to feel frustrated; your emotions are valid completely. It's just that we don't want that to become a negative experience where it impacts your mood and emotions and life. Have your moments, refocus, regroup, move on, but you don't have to completely disregard those emotions. You're allowed to feel whatever you're feeling.
Steph: Really good point. But also, like we said at the start, just having some perspective. It's just a race, there'll be another one. Hopefully October is where things are at, just taking it day by day. I think it's going to start with a list of those process oriented goals. Such a great project for you to think about what you want to achieve in your training sessions to come.

Katee: Yeah, and I'd love to hear what people come up with. If you want that accountability, reach out to either of us or both of us on social media, I'd love to hear what you come up with.

Steph: So cool. Let's create a little bit of a global list.

Katee: Yes, I know mine, I'm coming back from postpartum training. I've been so excited to start swimming again.

Steph: I can only imagine.

Katee: Even though all through pregnancy, it still feels like a long time since I've been allowed to swim, and then the week I was allowed to swim, pools closed, and that sucks. I get it, but I am focusing on what I can do. As some examples, I am doing a home program in the gym that is strength based for swimming. Don't neglect the swimming, there is a lot you can do in the gym.

Then I'm focusing on strength and stability on the bike as a foundational layer. My outcome goal will be a power output in 12 weeks' time based on trying to gain from where I am now. I'll do a base time trial and compare to, I retest that every four weeks to keep me on track, and then in another four to six weeks, I'll start running and my outcome goal will be based around MAF. I'll start with a MAF test and then retest that every four weeks as well as I say on track, is the process I'm taking.

Steph: I love that. If you're comfortable, it'd be really interesting to share a little bit of that, because I think a lot you're so great with goals. I think consistent... You do the test, whereas I think a lot of athletes, they almost probably don't do that often enough to have different parameters of tracking their performance because we're so used to using a race as success.

Building that in, hopefully their coaches are doing that for them, but certainly self-coached athletes, yes, structure things like that like Katee has just shared because then, especially while it is till October, you've got that motivation every four weeks. I love that as feeding compliance to the work and to the foundations that you're setting.

Katee: I think that's a really good point. Maybe one of your metrics is to put it into your calendar every four weeks to remind you to retest and re-measure if that's not something that comes naturally to you, or goal setting isn't natural for you. I thought of something else while you were talking that people could do and lost it. It must have gone into.

Steph: The MAF test? You've done so well. You've done so well.

Katee: MAF test and MAF learning. I lost it.
Steph: Sharing your journey online.

Katee: Yes, I will do that. Oh my gosh, it's gone.

Steph: It's okay. If you think of it, you can let me know. But, I'll pop some of the resources that we've spoken about in the show notes because I'm sure there's a few things that our athletes want to start with, even if it is, I think you mentioned, it was strength for endurance for the kit that you can do with strength training, and training at home, I love that idea. Because strength training has to happen, guys.

Katee: It does for sure.

Steph: Awesome.

Katee: Really big fan. Then obviously reach out to Steph and the crew for fat adaptation, resources or to boost immunity and get on track. I think there can be some amazing positives that come out this time, I think people will have a greater appreciation for real food and cooking. I think it will heighten awareness around gut health and appreciation for that.

The key is that we don't let go of all these lessons and these learnings or slowing down and creating space. If we can carry on all the positives that come from this time and integrate them into our world when we're allowed to go back into the world, rather than just forgetting them, I think that's the key.

Steph: I agree. Using the space wisely, but really cementing the routines and rituals, so they stay with you forever. I love that.

Katee: I can't believe we didn't mention this. We have to finish on this note. Yoga. A lot of athletes struggle to fit yoga into their training environment. Now's a great time, all the studios are streaming yoga online. You can just do it at home, doesn't require anything other than carpet or a mat. An amazing way to tick the box of mindfulness, mindset, and mobility and flexibility into your training.

Steph: Absolutely. It's like I almost forget because it's such a part of my life DNA now. I need to remind other people to do yoga, when I can't live without it. I can hand of heart say almost every day. That's how I start my day. I just love it as a ritual. I think rituals are so important, especially for those that are working from home or have had their whole lives turned upside down. You need your anchors in the day. I think certainly book-ending your day, starting the day with something, finishing the day with something like your gratitude journal is part of this whole process, part of the rituals that are going to help you for your performance goals, when you do start to race again.

Katee: Yes, and I remembered what I was going to say. I would have been shattered if we didn't talk about this. Set up an environment that you're excited to go into, in your house, in the garage, backyard. That might be... It could look so many different ways for many people.

For some, they need it really clean and neat, others it doesn't matter, it could be messy. Do what works for you, but it needs to be a space that you're really inclined
to go into, because we don't know how long this period's going to last for, just to facilitate that motivation and eagerness. Like you mentioned, anchors. Having a good playlist or podcast to get you through and push through those sessions solo, if you're someone that has really relied on group camaraderie in sessions, this can be a massive challenge.

You might want to say, hang up your race medals in that training environment, all your race bibs as memories of achievement. That should anchor you and trigger that visualisation of the race moving forward. You could print off a vision board and have that in your training environment, or create a vision board, an actual one, not a digital one, is the word I'm looking for. Hello, English language.

Steph: No, I love it.
Katee: Something I do as a data nerd is I'll do a best bike split prediction based on my functional threshold power. I'll plug that into training events. I print off the image of that goal. It's really a simulation of what I think I can achieve. I hone in on that and I just focus on those numbers because I'm a numbers person, that's what works for me. Other people, it might be imagery.

Let's say you know you want to race a certain course, look up some images and print off pictures of that course that you want to see in however many months' time.

Steph: I love it.
Katee: You're setting up that training environment and those anchors to keep you going.

Steph: So much great advice. So good to have you back on the show. Hopefully, we can have a few more regular eps with you coming up, because I'm sure you've got so much more to share. We look forward to following your journey. I know you're doing some posting over on Instagram, and I'm sure we'll hear about when you're back from that leave.

Katee: Yes, indeed, not too much longer now. You'll hear more from me soon.

Steph: Awesome. Well, enjoy the time that you do have. Such a beautiful time in our lives, and we look forward to having you back on the show very soon.

Katee: Thank you. Really enjoyed the conversation, even if it was a little bit all over the joint based on how my brain is. So, thanks for bearing with me.

Steph: Our listeners obviously have time. They've got 270 odd episodes to listen to and I'm sure they can take the time to make a list of what they've learned today and start to work their way through that. Thanks again.

Katee: Awesome. Thank you.