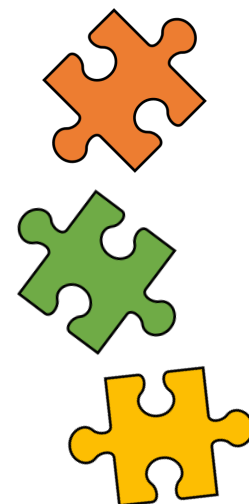




Draw a pictorial representation of the Marginal Gains theory:



Which three things could you change about your daily routine to gain back 10 mins every day?

1. _____
2. _____
3. _____



My Marginal Gains Plan	
My goal:	
Time:	Conditions:
People:	Emotions:
Equipment/resources:	Preparation:



Report back:

Reflect on the changes you have made from your Marginal Gains plan.
What impact have these had on your performance? What will you change next week?

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