



Jack of All Sports. Master of None.

You live for the spark of the “new.” The new training plan. The new race calendar. The new carbon wheels. The new nutrition philosophy. The latest YouTube freestyle hack. You believe that this next thing is the “magic bullet” that will finally make you feel fast, fulfilled and happy. But the excitement always fades, doesn't it? So, you look for the next hit.

- You believe that happiness is waiting at the finish line of the next race. But the moment you finish, you manage to devalue that achievement and immediately redirect to a more “exciting” future challenge. You never allow yourself to sit in the glow of your current success. It's always in the future. “You'll be happy when ...”
- You are only “living life to the fullest” if your schedule is packed. If you have a recovery day or a quiet evening you feel “antsy”, anxious and unworthy - as if you are wasting your life.

In sport, adaptation takes time. It requires deep, often boring, consistency. Einstein called compound interest “the eighth wonder of the world”. Training is biological compounding. You stress a system (e.g. VO₂), let it recover, and stress it again *before* the adaptation fades. This stacks gains. A “Restless” athlete stresses VO₂ on Monday, but then gets distracted and does a long, slow distance block for two weeks, then switches to CrossFit. They are constantly starting over. Imagine being an orchestra musician & not settling on any instrument - every rehearsal you pick up a new one and try to play it. Would you ever master any of them?

Unmasking “The Restless”

You've downloaded this profile because you suspect your potential is being scattered to the wind by the Saboteur known as **The Restless**. This is the anxiety-based need for constant stimulation. It is the voice that says, “*This is boring. What else is there?*” It promises you a rich life, but it delivers a shallow, frantic one.

The Dopamine Treadmill

The Restless lies to you. It tells you that you are just “adventurous” or “dynamic.” But underneath the surface, the Restless is an escape artist. It uses busyness as a shield to keep you from feeling anxiety, boredom, or pain.

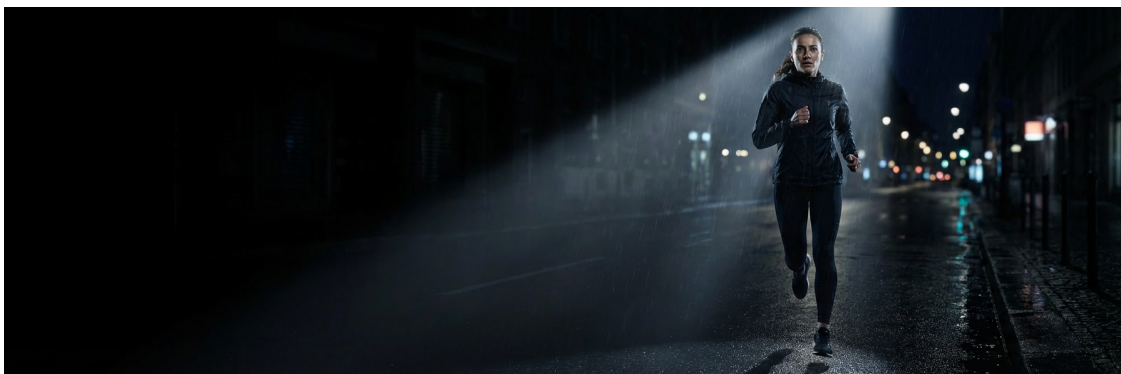
The impact of the Restless in endurance sport is profound because it directly conflicts with the foundational law of endurance physiology: Progressive Overload. We know that the body does not adapt to *excitement*; it adapts to *repetition*. The Restless interprets the monotony of effective training as stagnation. It creates a false sense of urgency to “do something else”, disrupting the cellular signalling required for real change.

The tragedy is how much of life you are missing. You are rarely actually present in the workout you are doing. While swimming, you are thinking about cycling. While cycling, you are thinking about the post-ride coffee. Because you are never *here*, you never experience the depth of the activity.

Endurance sports require “The Grind”—the repetitive, unglamorous work where the real gains happen. The Restless interprets this stillness as a threat. It screams “*Move! Change! Shift!*” robbing you of the consistency needed for mastery. You are lured by the “Bright Bauble.” A new race in an exotic location seems more appealing than fixing your pedal stroke at home. You confuse *novelty* with *progress*. You spend more time researching equipment than using it -and you especially love buying it. You struggle with low-intensity base training because it feels “too slow” or “boring.” You crave the high-intensity hit. You are a “Professional Beginner”: You’ve signed up for three Ironman races and two Ultras, but started none (or finished few). You love the start phase (high energy, high possibility) but you bail during the build phase (monotony). But that’s ok for the Restless as they immediately sign up for a *different* event (a gravel race, a duathlon, a half-marathon) to get that “Start Phase” feeling back.

The Lie: “Life is too short to be bored. I don’t want to miss out.”

The Truth: By jumping from thing to thing, you are missing out on the only thing that matters: The depth of the experience right now.



If some of this is “hitting home” take a breath. The overplayed strengths of the Restless are super-valuable. You have incredible energy and vitality. You are open, curious, and spontaneous. Your enthusiasm is contagious. And you have a deep appreciation of life. You are capable of high productivity and inspiring creativity. You are the one who gets the group excited to try a new route or sign up for a crazy adventure. You bring electricity to the team. The goal isn’t to dim your light; it’s to focus it into a laser rather than a disco ball.

Case Study: The Lure of the Epic

The Restless finds the idea of the Ultra or an Ironman irresistible. Only too often to be repelled by the reality of it. The sheer magnitude of the event is the drug. The Restless feeds on high-stimulation environments. It fears peace, quiet, and "ordinary." A local 10k is "boring." It doesn't provide a big enough dopamine hit to register on their radar. But an IRONMAN? A 100-Miler? In another country? That is massive. That is loud. That is "Epic."

The Restless athlete isn't actually drawn to the process of running 100 miles; they are drawn to the electricity of the commitment. The moment they click "Register," they get a massive chemical spike. They love the announcement on social media. They love buying the £6,000 bike.

How should we train for an Ironman or Ultra? The Restless will certainly be drawn to a 6 month "Zero to Hero" plan from a magazine or website. But actually many coaches would say that this kind of event ought to be respected by approaching it with a 3 year/1000 day horizon. The "Restless" finds the idea of a 1,000-day approach not just intolerable, but incomprehensible.

To the Restless mind, three years feels like a prison sentence; to the Sage (and the physiologist), three years is simply the necessary gestation period for a "durable" athlete. Deep aerobic adaptation—the kind that allows you to run a sub-3:30 marathon off the bike or finish a 100-miler strong—relies on structural changes: increased mitochondrial density, capillary bed expansion, and fat oxidation efficiency. These adaptations are slow. They are silent. You don't "feel" your capillaries growing on a Tuesday Zone 2 ride.

The Restless Saboteur runs on dopamine, which is triggered by novelty and intensity. A 3-year plan is "low dopamine." It requires trusting the process without constant feedback.

The Restless athlete often views the Ironman or Ultra as a "bucket list item" to be checked off, rather than a discipline to be mastered. They mistake fitness (engine size) for durability (chassis strength). They build a Ferrari engine (cardiovascular system adapts quickly, often in months) and drop it into a go-kart chassis (tendons and ligaments take years to strengthen). The engine tears the chassis apart. This is why the Restless athlete almost invariably develops plantar fasciitis, IT band syndrome, or stress fractures in month 4 of the crash course.

The "One and Done" phenomenon is the hallmark of the Restless. They burn every match they have to drag themselves across the finish line of their first Ironman. They finish broken, metabolically wrecked, and hating the sport. The athlete who takes 3 years arrives at the start line healthy. They don't just "survive" the day; they race it. They cross the finish line feeling empowered, not traumatized, and usually ask, "When can I do that again?"

The Sage Alternative: The Sage knows that a 3-year horizon flattens the curve. You don't need panic-inducing 15-hour weeks. You need consistent, high-quality work that allows the family to adjust and the habit to stick.

Impacts - see if any of these resonate.

(tick the box if it does)



1. Performance.

The "Training Plan Hopper"

"This 12-week base building plan is boring. I saw a new HIIT protocol on YouTube that looks way more exciting. I'll switch to that." Physiological adaptation takes 6-8 weeks of consistent, repetitive stress. The Restless athlete changes the stimulus before the body has time to adapt. You end up with a lot of "activity" but zero progressive overload. You stay plateaued forever.

The "Zone 2" Allergy

"Running slowly is dull. I need to feel the burn to know I'm alive! Let's sprint the hills!" Aerobic base building is monotonous. It requires patience and discipline to sit in the "Green Zone" of boredom. The Restless craves the dopamine hit of high intensity. You become "Anaerobically fit but Aerobically fragile." You possess a Ferrari engine with a thimble-sized gas tank. You blow up in endurance events because you skipped the boring miles.

The "Gear Dopamine" Trap

"If I buy those carbon-plated shoes/ceramic bearings/new wetsuit, I'll be faster. Researching this gear is a good use of training time." You confuse "Shopping" with "Training." You get a dopamine spike from the purchase (the shiny object), but once the newness wears off, you lose interest in using it. So you end up with the most expensive garage in the tri-club, but you get dropped by the guy on the 10-year-old steel bike who actually rides it.

The "FOMO" Calendar

"There's a marathon in April, a gravel race in May, and an Xterra 70.3 in June. I don't want to miss out, so I'll do them all!" Athletic performance requires Periodization (Peak -> Taper -> Recover). You cannot peak for everything. You live in a state of "Chronic Mediocrity." You show up to every start line tired and under-prepared. You are a "Jack of all trades, Master of none."

The MultiTasker

"I can't just ride the turbo trainer; I need to watch Netflix, answer emails, and listen to a podcast simultaneously." You are physically present but neurologically absent. High performance requires Interoception. If you are numbing yourself with distractions, you can't feel your form breaking down. So you reinforce bad movement patterns because your brain is busy processing a crime documentary instead of your pedal stroke.

Race Day "Rabbit Chasing"

"My plan is to hold 235 watts. But oh! That guy just passed me! That looks like a fun battle! I'll chase him!" You abandon the strategic plan the moment a "shiny object" (another competitor) appears. You race on impulse rather than discipline. You burn your matches in the first hour chasing rabbits, and you walk the final 10km.

"Kinetic vs. Static" Anxiety

The Restless athlete measures value through Distance Covered and Scenery Changed. With Running & Cycling you are moving through space. The visual input is changing. The GPS numbers are ticking up. This feeds the Restless need for "New." But with Mobility or S&C work you are staying in one spot. You are often counting seconds (planks, stretches) rather than miles. To the Restless mind, spending 45 minutes in a gym to "go nowhere" feels like a waste of life. It triggers a "Low Stimulation Panic."

The “Taper Tantrum”

“I have nothing to do today. No training? I'm bored. I feel antsy. I'll just go for a 'little' hike, redecorate the hall or reorganize the attic.” The Restless cannot sit with stillness. Recovery is stillness. You fill the “white space” of recovery with low-value activity (nervous energy). You arrive at race day mentally exhausted.



The “Greener Grass” Comparison

“Look at that athlete on Instagram. They are doing 'Norwegian Double Threshold' training. My coach has me doing Tempo. I'm clearly doing the wrong thing.” Constant second-guessing. You don't trust the process you are in because you are obsessed with the process you aren't in. You fire coaches constantly. You never stay with one philosophy long enough to see if it works.



The “Skill Skipper”

“Swimming drills are so slow and boring. I just want to swim fast. I'll skip the technique work.” Mastery is born in the repetition of the mundane. Your technique hits a glass ceiling. You work harder and harder (busyness) to overcome drag that could be fixed with those boring, slow drills.



2. Wellbeing

The “Over-Caffeinated” Schedule

“I have a 15-minute gap between work and training. I can fit in a phone call and a quick errand.” You eliminate “White Space” (unstructured time). White Space is where the nervous system decompresses. You live in an endless state of Time Scarcity. This creates chronic low-grade anxiety. You are always rushing, always late, and always apologizing. Your cortisol baseline never drops.



The “Dopamine” Junkie

“I feel flat. I need a coffee, a snack, a new playlist, or a scroll through Instagram to get my energy up.” You are addicted to cheap dopamine. You rely on external spikes to feel “alive.” You lose the ability to find joy in simple things (a sunrise, a quiet cup of tea) because your brain demands high-voltage stimulation.



“Monkey Mind” Insomnia

“I’m tired, but I just had a great idea for a new race season! And I need to research bike specs! I’ll just look at my phone for 5 minutes…” Your brain refuses to enter “Power Down” mode. Sleep requires a transition to boredom/calm. The Restless hates the transition. You suffer from “Sleep Latency” (taking hours to fall asleep). You wake up exhausted because your brain was running simulations all night. You are physiologically asleep, but neurologically buzzing.

The “Rehab” Skipper

“My PT gave me these slow, boring eccentric heel drops for my Achilles. Ugh. I’ll do them fast, or I’ll just skip them and go for a ‘test run’ instead.” Healing is slow. The Restless is fast. These two are enemies. You turn a 3-week injury into a chronic 3-year issue. You cannot tolerate the “boredom” of healing, so you constantly re-injure yourself by testing the limb too soon.

The “Numbing” Effect (Escaping Emotions)

“I feel anxious/sad about work. I can’t sit with this feeling. I’ll go run 10 miles immediately to ‘clear my head!’” You use sport as an anesthetic, not a tool for health. You are running away from your feelings, not towards fitness. The anxiety doesn’t vanish; it just gets stored in the body (often as muscle tension). You eventually burnout because you are processing zero emotional data—you’re just outrunning it.

Breathlessness (The Hyperventilation Loop)

“I need to talk fast, move fast, think fast.” Observe a Restless person; they often hold their breath or breathe rapidly into the upper chest. This shallow breathing creates a physiological feedback loop of anxiety. You are literally suffocating yourself with excitement. You deny your cells the deep oxygen exchange of slow, diaphragmatic breathing.

The “Happiness” Horizon

“I’ll be healthy and calm once I finish this project / get through this season / move to that new house.” You postpone your wellbeing to a future that never arrives. You are never “Well” now. You are always going to be Well. You spend your whole life preparing to live, but never actually arriving.



3. Relationships

The Magic Bullet Chaser

“My current coach is ok, but this new coach on Instagram gets his athletes to do ‘heat training’ in saunas. That sounds way cooler. I’ll switch.” You build zero depth. A deep coach-athlete relationship takes years to mature. It requires going through the boring winters together. By constantly switching coaches or squads seeking the “new spark,” you remain a stranger to everyone. You treat coaches like service providers rather than mentors and co-partners.

The “Chaos Agent”

“Let’s change the plan! Let’s drive 4 hours to this other trail instead! Spontaneity is the spice of life!” You exhaust the people around you. While you get a dopamine hit from the change, your family/training partners get Decision Fatigue. They crave stability and rhythm. Eventually, they stop inviting you because “it’s just too much drama” to coordinate with you. You become the hurricane, and they are tired of boarding up the windows.



The “Look Over The Shoulder” Listener

“I can listen to your story about your day while I also check the weather for my ride and mentally plan my dinner. I’m a multi-tasking genius.” You offer Continuous Partial Attention. You know that feeling at a party when the person you are talking to is scanning the room for someone more interesting? That is the Restless baseline. Your partner or teammate feels “unseen.” They sense that they are just a placeholder until something better comes along. It kills intimacy because intimacy requires the stillness of being fully present.



The “Conflict” Escape Artist

“This argument is heavy and unpleasant. I don’t want to deal with these negative vibes. I’m going for a run.” Unresolved conflict rots the foundation. The Restless hates “negative” emotions. When a relationship hits a rough patch (which is inevitable), you bolt. You use sport as the escape hatch. You leave the room physically or emotionally, leaving your partner alone to deal with the mess. You prove that you are only there for the “good times.”



The “Fair Weather” Training Partner

“This long ride is getting boring. The conversation has dried up. I’m going to put my headphones in or surge off the front.” You abandon the “we” for the “me.” Bonding happens in the “slog”—the boring, hard, quiet miles. By escaping the boredom (checking out mentally or physically), you miss the bonding. You are fun for the first hour, but absent for the fourth. Teammates learn they can’t rely on you to help carry the load when the excitement fades.



Looking back: how many boxes did you tick?

Constraints create freedom. Depth creates mastery.

When you commit to depth (deliberate practice) you unlock a state of being that the novice simply cannot access: unconscious competence. The Restless athlete is trapped in the noisy, exhausting phase of "cognitive friction," where every movement requires conscious thought and energy (conscious competence). Mastery removes that friction. The dividend is **Flow**.

Flow is the moment when the bike disappears, the water disappears, and there is no separation between your intention and the action. You miss out on the exquisite subtlety of your craft; where a novice sees just "a hill," a master reads the gradient, the wind, and their own glycogen levels in a split-second, intuitive synthesis. You miss the "Texture" of the sport.

A Restless life is experienced in standard definition—lots of colors, fast movement, but blurry edges. Mastery is experiencing your sport in 8K resolution, where you feel the infinite micro-nuances of a perfect pedal stroke or the catch of the water. This depth offers a profound, stable peace that the "next shiny object" can never provide. It is the deep, quiet satisfaction of knowing you don't need *more* things to be happy; you just need to be *more present* with the thing you have.



The Restless cannot bear the "Agony of the Alternative." To the Restless mind, a *decision* feels like a death. When you say "Yes" to the Ironman, you are effectively killing the version of yourself that becomes a skier or a water polo player, and this grief for the unlived life makes the world feel small and constricted. But this is the ultimate optical illusion.

Think of yourself standing in a long hallway with a hundred open doors. As long as you stay in the hallway, you feel expansive because *everything* is possible, but the brutal truth is that you experience nothing—you are simply a tourist of your own potential. Making a decision requires you to leave the hallway and shut the door behind you. While it feels like a loss of options, you quickly discover that the "Ironman Room" is not a closet, but a Cathedral.

This is the shift from horizontal to vertical expansion. The Restless seeks a "Big World" through width—more activities, more places, more starts—but the Master finds a "Big World" through depth. By "making your world smaller" through constraint, you act like a telescope: you narrow your field of view from 180 degrees to a single pin-prick, but that is the only way to see the rings of Saturn.

Constraint is not a cage; it is a lens. It trades the blurry, low-resolution panic of "everything" for the high-definition majesty of "something." The Latin root of *decide* is *decidere*, meaning "to cut off." The Restless is terrified of the knife, but the wise gardener knows that you must prune the wild branches not to harm the tree, but to channel all energy into the fruit that matters. Fear of decision is just the fear of being fully alive, because you can only truly inhabit the life you choose, not the thousands you merely imagine.



The Restless Trap (And The Way Out)



In sport the Restless athlete is often the most talented person in the room who never podiums. They have high energy, great gear, and infinite enthusiasm, but they have the attention span of a goldfish. The Restless athlete is addicted to Novelty, but high performance is built on Consistency. If you can't find flow in a 2-hour Zone 2 ride, you won't find it in a gravel race or a marathon. The boredom isn't in the activity; the boredom is in you. The Restless screams: **"More! Different! Faster!"** Your Sage whispers: **"Here. Now. Enough."**

Relationships are where the Restless Saboteur does the most invisible damage. The Restless athlete thinks they are "fun," "spontaneous," and "dynamic." But to their partners, coaches, and teammates, they often feel exhausting, unreliable, and superficial. In relationships, "Love" is often spelled "T-I-M-E." But not just clock time—Focused Attention. When you apply Self-Command (the ability to stay put), your energy doesn't dissipate; it intensifies. You become capable of **Flow**—where you are so deeply engrossed in the single activity that time disappears. That is the ultimate high you have been chasing.

Your **3-Step Method** for Making a New Choice

This isn't just theory; this is a practical, repeatable skill. This is how you interrupt the default program and deliberately choose a more powerful, positive response.

1. CATCH THE SABOTEUR (Awareness)

The second you feel emotions like impatience, boredom, restlessness, discontent, or you notice the Judge of Circumstance saying "This isn't good enough." Recognise the emotions for what they are: the default program running. Mentally label it: **"Restless thinking."** This is the critical first step of noticing that a choice is even available.

2. CREATE A PAUSE (Self-Command)

You cannot make a new choice while the old program is screaming at you. You must create a moment of quiet. For just 10 seconds bring yourself into the present moment by focusing 100% on a physical sensation (like rubbing your fingertips together or connecting with your breath). This quiets the Saboteur noise and **creates the space for a new choice.**

3. CHOOSE A POSITIVE RESPONSE (The "Sage" Choice)

In the quiet space you've created, you now have the power to choose a response that serves you instead of sabotaging you. This is where your Sage—the wisest part of you—takes over. The foundational Sage response is to know that **any circumstance can be turned into a gift or opportunity.** But this is just the beginning. The Sage has a whole toolkit of proven mental skills to handle any situation—skills to Empathize, Explore, Innovate, Navigate, and Activate.

This 3-step choice can become your new superpower. It can be automatic. It can simply be the way you live your life. **For that to happen ... you need to train.**



Become a MindFit Athlete.

Learn to thrive in sport and life.



Being here proves you're ready for change. You've seen how the Restless Saboteur hijacks your mind, and you've discovered the toolkit to fight back. As an athlete, you know that building physical fitness takes commitment and a proven training plan. So what if you had a system **for your mind**? A proven system that takes less than 15 minutes a day and comes with the coach support to make it stick?

This is your formal invitation to install that system.

The MindFit Foundation Programme

This is our year-long mental fitness programme where we take these concepts and apply them until they become your new default. This isn't about simply gaining knowledge; it's an experiential, app-based course combined with ongoing coaching designed to transform how you think by building new neural pathways. We focus on three core principles:



1. Saboteur Interception

You'll gain the power to intercept and discredit the Saboteurs that generate stress, self-doubt, and discontent. You'll become aware of negative thoughts and feelings as they happen.



2. Self-Command

You'll learn to quiet the Saboteurs and activate the Sage part of your brain in seconds. This allows you to handle challenges with a clear, calm mind instead of stressing over what you can't control



3. Apply the "Sage" Skillset

Your Sage is how you handle challenges with positive emotions. You will learn to boost all 5 of its primary powers: Empathize, Explore, Innovate, Navigate, and Activate, and know exactly which skill to apply to any problem.

Now is your moment to choose. Go back to the "same old same old"? Or start your MindFit journey by taking our free 4 video introductory course series where you'll discover the mental edge that unlocks success in endurance sport and richness in life.



I WANT TO LEARN MORE. SHOW
ME THE FREE COURSE!

ABOUT THE AUTHOR & IMPORTANT CONTEXT



— Bridging the Gap Between Physical & Mental Performance

ABOUT THE COACH

This profile was created by **John Rea**.

I am a **Certified British Triathlon Personal Coach**, a **Certified Positive Intelligence (PQ) Coach** and a **Member of the International Coaching Federation**.

In the world of endurance sport, we spend hours training the body—measuring watts, pace, and heart rate—yet we often neglect the operating system that drives it all: the mind. My work exists at the intersection of these two disciplines. By combining the physiological discipline of British Triathlon coaching with the neurological framework of Positive Intelligence, I help athletes build the “Mental Fitness” required to not just endure their sport, but to thrive in it.

A NOTE ON MENTAL HEALTH & TRAUMA

While the Positive Intelligence® framework is a powerful tool for explaining performance anxiety and mental blocks in sport, it is vital to distinguish between habituated mindset patterns and clinical mental illness or trauma.

Words used in these profiles—such as “Victim,” “Hyper-Vigilant,” “Avoider,” or “Pleaser”—are used strictly in a coaching context to describe universal, everyday cognitive habits that limit athletic potential. They do not refer to, nor do they diminish, the real experience of being a survivor of abuse, trauma, or systemic injustice.

Important Disclaimer: This content is offered strictly for educational and athletic coaching purposes. It is **not** a substitute for medical or psychological diagnosis, counselling, or treatment. If you are navigating past trauma, clinical depression, severe anxiety, suicidal ideation, or any other physical, emotional, or mental health challenges, **this coaching material is not the appropriate intervention**. I strongly advise you to seek the immediate or timely support of a qualified physician (GP), psychologist, or psychotherapist.

I am a certified performance coach, not a licensed medical or mental health professional. I do not diagnose, prescribe, or treat medical or psychological conditions. My focus is exclusively on helping healthy athletes optimize their mental fitness for peak performance.

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