

## ENDURANCE TRAINING QUOTES

*"Crossing the line has the power to change your life" Unknown*

*"If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken him completely by surprise" P.Z. Pearce*

*"You have to forget your last marathon before you try another. Your mind can't know what's coming." Frank Shorter*

*"Winners make goals, losers make excuses"- Unknown*

*"The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back." - Franklin Jones*

*"A trophy carries dust. Memories last forever". - Mary Lou Retton*

*"People do not lack strength; they lack will" - Victor Hugo*

*"The only one who can tell you 'you can't' is you. And you don't have to listen" - Nike*

*"The greatest test of courage on the earth is to bear defeat without losing heart" - Ingersoll*

*"If you can't win, make the fellow ahead of you break the record" - Unknown*

*"A winner is a loser who was willing to fail and get up, fail and get up, fail and get up, fail and get up and win" - Peter Zafra*

*"What we have is based upon moment-to-moment choices of what we do. In each of those moments, we choose. We either take a risk and move toward what we want, or we play it safe and choose comfort. Most of the people, most of the time, choose comfort. In the end, people either have excuses or experiences; reasons or results; butts or brilliance. They either have what they wanted or they have a detailed list of all the rational reasons why not."~ Anonymous*

*"A man is not old until regrets take the place of his dreams" John Barrymore "I am not only still dreaming, I am living my dreams." -Emilio De Soto II*

*"Fear is probably the thing that limits performance more than anything - the fear of not doing well, of what people will say. You've got to acknowledge those fears, then release them." --Mark Allen*

*"There is advantage in the wisdom won from pain" -- Aeschylus "*

*"In my failures, I saw the darkest part of myself, where I was weak, where expectations did not meet reality. Until you face your fears, you don't move to the other side, where you find the power." -- Mark Allen*

*"Life, to me, is a series of false limits and my challenge as an athlete is to explore those limits."—Lance Armstrong*

*I was told once that the best people to judge a persons status is yourself. You are your own barometer and any defined limits are nothing more than a form of someone elses nostalgia." Unknown*

*"The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark." - Barbara Hall*

*"All men dream, but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act out their dream with open eyes, to make it possible." -T.S. Eliot*

*"Better to aspire to Greatness and fail, than to not challenge one's self at all, and succeed". - Unknown*

*"The arrow that hits the bulls-eye is the result of the one hundred previous misses." Unknown*

*"A person fails to reach their potential when they fail to pay the price". - Unknown*

*"Do not dedicate your life to your sport, but rather, dedicate your sport to your life". Dan Millman*

*"When a man says 'I cannot', he has made a suggestion to himself. He has weakened his power of accomplishing that which otherwise would have been accomplished." ~ Muhammad Ali*

*"Our truest life is when we are in dreams awake" -H.D.Thoreau*

*"Concentrate on the process and the outcome will look after itself." Unknown*

*"If you think you can, or you think you cant - Your right". Unknown*

*"Wasting that opportunity because 'it doesn't matter' makes me wonder if when you're old and tired and winding down will you wonder what if? What if I had let it matter? What was I afraid of? Was I afraid that if I let it matter I'd risk failing?" – Q*

*"Apply the potential to believe to believe in your potential" – SC*

*"All the miles of a hard road are worth a moment of true happiness" - Arnold Lobel*

*"Truth is narrowed down and made a plaything for those who are weak, for those who are only momentarily disenchanted. Truth cannot be brought down. Rather, the individual must make the effort to ascend it. " -Krishnamurti*

*"Most people would rather be right, than effective. We should think about that as we surf the internet searching for threads to reconfirm our biases." Unknown*

*"I'm pretty shocked, but at the same time, I trained so hard," she said. "Some days the training was harder than the race was today." Desiree Ficker after her 2nd place at Kona 2006*

*"If you can't back-it-up daily then you are going too hard". - Gordo*

*"Technique sets the upper limit to where your fitness will take you." – Unknown*

*"A life spent defensively, worried, is to me a life wasted...life, to me, is a series of false limits and my challenge as an athlete is to explore those limits." ---Lance*

*"Obsessive is just a word the lazy use to describe the dedicated." ---Unknown*

*"Never follow the program of a champion because you never know if they are a champion because or in spite of their training program". Unknown*

*"In order to get things you never had, you must do things you never did". Unknown*

*"If you are good, be better. If you are better, be the best. If you are the best, find something else to be good at". Unknown*

*"Excellence is trying more than others think is smart, risking more than others think is safe, dreaming more than others think is practical, and expecting more than what others think is possible". Unknown*

*"Be your own hero". Unknown*

*"Some of the greatest feats were accomplished by people not smart enough to know they were impossible. –Doug Larsen*

*"Above all, train hard, eat right, and avoid television and people with bad attitudes". –Scott Tinley*

*"The definition of insanity is doing the same thing over and over again and expecting different results." Einstein*

*"Endurance training is exactly like turning a Styrofoam cup inside out. So long as you take it slowly you'll be able to do it. Try to rush things and - rip - you'll tear the cup. You are the cup". -Gordo*

*"We are what we repeatedly do. Excellence, then, is not an act but a habit" Aristotle*

*"It's simple, but it isn't easy". Unknown*

*"Anything worth doing is worth doing to excess and worth doing well". Unknown*

*"Success is maintaining your enthusiasm between failures." -Winston Churchill*

*"They told me it was impossible, I told them it was inevitable" Unknown*

*"Obstacles are those frightful things you see when you take your eyes off the goal." Unknown*

*"Fortitudine Vincimus (By Endurance We Conquer)" -- Ernest Shackleton*

*"Cycling is a blue-collar sport. You gotta do the miles". ~Jonas Twenty miles of hope and six miles of reality. ~Cam Brown*

*"There is no failure, only feedback." - Mark Allen*

*"I once mentioned to my wife that I wish I could play the saxophone as she does. She turned to me laughing and said, "apparently not bad enough to learn how." She was absolutely correct. ~Kevin Purcell aka CoachKP.com*

*"Triathlon, from the outside looking in you can't understand it, and from the inside looking out you can't explain it." Unknown*

*"If you don't have time to do it right, when will you have time to do it over?" "If the best time to have done something was yesterday, the next best time is right now!" Unknown*

*"Going numb is Ironman foreplay" Unknown*

*"You have to wonder at times what you're doing out there.....but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine.*

*"Some dream of great accomplishments, others stay awake and do them." Unknown*

*"Failure will never overtake me if my determination to succeed is strong enough.-Og Mandino*

*"How many people in the world, know what it's like to truly achieve their potential in anything? How many people in the world have even tried? Truly dedicated themselves to it -- shed all distractions, moved into a plastic bubble, spent all day thinking about it, answering questions on it, trying to learn about it, baring their whole lives to the world so that there is no question/no doubt about what it takes. We can debate about the GI of wheat germ, on drafting, on whether 85kb of code is showing off, on whether to use 10K or 5K race pace for intervals -- or we can buckle down and train all day, every day.*

*So, our "potential" is a moving target. What I do is try to train myself (and my crew) to the best of our ability. Then we work on mental skills and race execution so that we are able to race to the maximum potential of our fitness. True*

satisfaction comes from working towards a goal and then performing to our potential given the circumstances. In training, build race mojo. Don't spend it." ----Gordo

"Nothing in life ever just happens. Calculated progression insures your strength." Unknown

"If you are always allowed to stop training whenever you feel discomfort, you will find it too easy to give yourself permission to quit." - Attributed to Jet Li

"Dignity is when your mind doesn't allow your body to be as soft as it would like to be." Unknown

"If it's hurting me , it's killing them" Unknown

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment". --Marcus Aurelius

"Don't argue with a fool. The spectators can't tell the difference." - Charles Nalin

"To push the limits, and then some more...crash or crash through. One of my greatest fears is not meeting my own expectations. It's a high risk approach but as the Dalai Lama says, "Take into account that great love and great achievements involve great risk..."

"But the intrigue and appeal of IM is that it's so hard to get right...to have a perfect race. Or to even have 90% of a 90% perfect race. There's just so many potential uncontrollables. However, it's been the quest to conquer and control these so called uncontrollables that has inspired me to do my utmost best to prepare for what race day might serve up. In doing so, it's exposed some of my soul and tested just how strong my inner will and desire actually is. IM race day does the same, except on that day it's multiplied and magnified many times for everyone to see. Anyway, I was in Port Macquarie with some self expectations...which in itself should have been a warning sign. For me I find that expectations come when I take my eye off the ball and lose focus of what I'm actually doing. And in an IM particularly that spells danger, and I should have known it. But ignorance is bliss. My very learned swim coach always says "Concentrate on the process and the outcome will look after itself." I should have tattooed this to the inside of my eyelids.

These expectations were born out of a combination of exhaustive preparation; experience from 4 previous IM's; and a bit of a purple patch in terms of recent race results. So despite some earlier running injury problems, I was there to race...and therein lies the key to my epiphany; treating an IM as a race is the biggest mistake of the day. And I hate not racing. For me, a race is where you can eyeball your competitors during a race and then bust your ass trying to drop them before the finish line. It's the adrenalin, power, competitiveness, testosterone and so much more that makes lactic acid like an addictive drug. I thrive on the feeling of battling on the edge of control...holding on by a thin thread. It's a sign of a successful race...to just maintain a grip on reality. But IM doesn't let you do that. It requires you to let go, with a leap of faith, and hope the cards fall the right way...or else your day will end up as a grovel." Campbell Maffett 9:38 IM Aus 2007

"It does not matter how many times you get knocked down, but how many times you get up" - Vince Lombardi

"Perseverance is the hard work you do after you get tired of doing the hard work you already did"- Newt Gingrich

"Some people dream of success while others wake up and achieve it"- Unknown

"Winning isn't everything. Wanting to is" - Unknown

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it". - Michael Jordan

"The Creator has not given you a longing to do that which you have no ability to do." Orison Swett Marden

*"Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds". Orison Swett Marden*

*"Resolve that whatever you do, you will bring the whole man to it; that you will fling the whole weight of your being into it". - Orison Swett Marden*

*"We fail to see that we can control our own destiny; make ourselves do whatever is possible; make ourselves become whatever we long to be". - Orison Swett Marden*

*"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle – victorious". - - Vince Lombardi*

*"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand". - Vince Lombardi*

*"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done". - Vince Lombardi*

*"The harder you work, the harder it is to surrender". - Vince Lombardi*

*"If what you did yesterday still looks big to you today, then you must not have done anything today." ---Unknown*

*"The race isn't over until you cross the finish line. You'll be surprised at how much can change in the last twenty strides." ---Jackie Dugall*

*"Training is what you are doing while your opponent is sleeping in." ---Brian Owen*

*"Never underestimate the heart of a champion." ---Rudy Tomjanovich*

*"What I've learned in my years as a competitive wheelchair athlete is this--what separates a winner from the rest of the pack is not raw talent or physical ability; instead, it is the drive and dedication to work hard every single day, and the heart to go after your dream, no matter how unattainable others think it is." ---Linda Mastandrea*

*"The glory of sport comes from dedication, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done to reach your ultimate goal." ---Jackie Joyner-Kersey*

*"Win or lose you will never regret working hard, making sacrifices, being disciplined or focusing too much. Success is measured by what we have done to prepare for competition." ---John Smith*

*"Every time you compete, try harder to improve on your last performance. Give nothing short of your very best effort." - --Elgin Baylor*

*"Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the keys to my destiny." ---Elain Maxwell*

*"When anyone tells me I can't do anything...I'm just not listening anymore." ---Florence Griffith-Joyner*

*"All of us get knocked down, but it's resiliency that really matters. All of us do well when things are going well, but the thing that distinguishes athletes is the ability to do well in times of great stress, urgency and pressure." ---Roger Staubach*

*"I was told over and over again that I would never be successful, that I was not going to be competitive and the technique was simply not going to work. All I could do was shrug and say 'We'll just have to see'. --Dick Fosbury (won an Olympic gold medal at the 1968 Mexico City Games after he invented a revolutionary high-jump technique.)*

*"Do not let what you cannot do interfere with what you can do". -John Wooden*

*"The will to win is important, but the will to prepare is vital". -Joe Paterno*

*"The difference between the impossible and the possible lies in a mans determination"-Tommy Lasorda*

*"A ship in the harbor is safe. But that's not what ships are built for". -Anonymous*

*"The best inspiration is not to outdo others, but to outdo ourselves". -Anonymous*

*"Think big, believe big, act big, and the results will be big". -Anonymous*

*"If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race its up to you." -Dave Scott, Triathlete*

*"Great works are performed not by strength but by perseverance". -Samuel Johnson*

*"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before". -Steve Young*

*"But the fact is that I wouldn't have won even a single Tour de France without the lesson of illness. What it teaches is this: pain is temporary. Quitting lasts forever". Lance Armstrong - "Every Second Counts"*

*"It's not where you start, but where you finish." April Heinrichs - Coach of the U.S. women's national soccer team*

*"To be successful in anything , a person must always want to be better, not only than your opponent, but better than your last performance. Done correctly, being competitive is a wonderful way to always try to be a better person by learning from your mistakes and capitalizing on you successes." Hale Irwin*

*"My mom would never let us quit. She always taught us the importance of sticking with it, even when times are tough. We didn't just hear her, we watched her. I know what to do because she led the way. She showed us that if you put your mind to it, you can accomplish the world. No matter where you're from and what you 're up against." Theo Ratliff - All-star center for the NBA Atlanta Hawks*

*"Twenty seconds before a race, there's absolute focus. The key thing is to achieve relaxation, but at the same to have absolute total control. You've got to find the balance between being totally ready to go and being really at peace with yourself as well". Cathy Freeman - Australian gold medalist in 400-meters in 2000 Olympics*

*"A true champion knows how to overcome doubts and manage those doubts and turn them into motivation". Misty Hyman - Olympic gold medalist in 200-meter butterfly at 2000 Sydney Games*

*"You've got to believe you can win. But I believe respect for the fact that you can lose is what you always have to keep in your mind so that nothing surprises you". Andre Agassi - Winner of all four tennis Grand Slams*

*"When others think you can't ---- You Believe!*

*When you get down----- You Believe!*

*When you are taking on water trying to conquer the swim -----You Believe!*

*When you are trying to make that first milestone jogging and your lungs are about to explode ---- You Believe!*

*When your legs are burning and you just don't want to pedal your bike any more --- You Believe!*

*When you don't want to get out of bed on a cold rain drenched morning --- You Believe!*

*When you feel like you are making no progress --- You Believe!  
Bottom line --- You Believe!" Michael Pate- Author and Clydesdale Triathlete*

*"I never wanted to be one of those people who looks back and says, "I wonder if . . ." If I have a goal, I'll go out and set forth to achieve it. When something is your passion, it becomes everything. You put everything into it without hesitation. No questions. No doubts. Nothing to stop you". Kim Fitchen - Cross-country runner and member of three U.S. World relay teams who never seriously ran or competed until she was twenty-five years old*

*"The rewards for those who persevere far exceed the pain that precedes the victory". Karen Bliss Livingston – Elite road racer, captain of the Saturn cycling team*

*"The key is that I control my life: my life doesn't control me". Gabrielle Reece - Pro beach volley ball player*

*"My mind is my biggest asset. I expect to win every tournament I play". Tiger Woods*

*"I am a winner. I just didn't win today." Greg Norman - Two-time British Open Champion*

*"I'd rather have more heart than talent any day." Allen Iverson 2001 NBA MVP of the Philadelphia 76ers*

*"A winner will find a way to win. Winners take bad breaks and use them to drive themselves to be that much better. Quitters take bad breaks and use them as a reason to give up. It's all a matter of pride". Nancy Lopez LPGA Hall of Fame member*

*"I believe I'm one of the best pitchers in the world - I know I am as far as results go. But you can't live on your legacy. Every time I step on the mound I have to prove it". Michele Smith - U.S. Olympic softball team pitcher in 96 and 2000*

*"If my dreams can happen to me, your dreams can happen to you. Champions are not made on the track or field; champions are made by the things you accomplish and the way you use your abilities in everyday life situations". Bob Beamon Former world-record long jumper and track coach at Florida Atlantic University*

*"It's important to know that at the end of the day it's not the medals you remember. What you remember is the process-- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion". Silken Laumann - Canadian Olympian who overcame injury to win a bronze and a silver medal in single sculls rowing in 1992 and 1996 respectively.*

*"I don't think you can ever will yourself to win. I think you prepare yourself the best you can, get yourself in the best mindset you can get in, and go after it!" Jack Nicklaus - Six-time winner of the Masters*

*"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have." Norman Vincent Peale*

*"It is not the critic who counts, nor the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows great enthusiasms, great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat." - Theodore Roosevelt*

*"Some men see things the way they are and ask, "Why?" I dream things that never were, and ask "Why not?" - George Bernard Shaw*

*"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born". - Dr. Dale Turner*

*"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine*

*"There are only two options regarding commitment, You're either in or your out. There's no such thing as life in between." Anonymous*

*"Only the weak attempts to accomplish what he knows he can already achieve." - Stella Juarez, Author*

*"Suffer the pain of discipline or suffer the pain of regret!"- Unknown*

*"Success must be felt within before it can be seen on the outside." - Unknown*

*"Failure will not overcome me so long as my will to succeed is stronger"- Micheal S. Kirby*

*"It's never too late to become what you might have been". -George Elliot*

*"Be patient and tough; some day this pain will be useful to you" Ovid*

*"I hated every minute of training, but I said, don't quit. Suffer now and live the rest of your life a champion." Muhammad Ali, Boxer*

*"Obsessed is just a word the lazy use to describe the dedicated." -Anonymous*

*"Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it." William Durant*

*"Nothing in life just happens. You have to have the stamina to meet the obstacles and overcome them." Golda Meir, Israeli Political Leader*

*"We are judged by what we finish, not by what we start" - Anonymous*

*"There is nothing we cannot live down, rise above, and overcome." - Ella Wheeler Wilcox*

*"Better to do something imperfectly than to do nothing flawlessly". Robert Schuller*

*"We must train from the inside out. Using our strengths to attack and nullify any weaknesses. It's not about denying a weakness may exist but about denying its right to persist." Vince McConnell*

*"Keep these concepts in mind: You've failed many times, although you don't remember. You fell down the first time you tried to walk. You almost drowned the first time you tried to swim. .... Don't worry about failure. My suggestion to each of you: Worry about the chances you miss when you don't even try." - Sherman Finesilver, Chief Judge, US District Court*

*"Success must be felt within before it can be seen on the outside."- Unknown*

*"You win some, you lose some, and some get rained out, but you gotta suit up for them all." - J. Askenberg*

*"Belief triggers the power to do" -David Schwartz*

*"It's not what God gives you, that counts,...It's how you take care of it,..that does!" Donna Avvento*

*"To tri is to risk failure, not to tri is to guarantee it!" Adapted from unknown author*

*"I like thinking big. If you're going to be thinking anything, you might as well think big." - Donald Trump, Entrepreneur*

*"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." Martin Luther King, Jr.*



*"Talent is God-given, be humble! Fame is man-given, be thankful! Conceit is self-given, be careful..." Unknown*

*"This is about doing something difficult and not stopping when it becomes not just difficult, but cold and difficult... or cold and wet and difficult... or cold and wet and dark and difficult." -Suzy Hamilton*

*"The vision of a champion is a guy who is bent over, gasping for breath, dripping in sweat, when no one is watching".  
Unknown*

*"There are only two options regarding commitment, You're either in or your out. There's no such thing as life in between." - Anonymous*

*"If the mind can believe it, the body can achieve it". Unknown*

*"Only those who risk going too far, can possibly find out how far they can go". T. S. Elliot*

*"Great spirits have always encountered violent opposition from mediocre minds." Albert Einstein*

*"Life isn't about finding yourself. Life is about creating yourself!" George Bernard Shaw*

*"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." - Mark Twain*

*"There's no thrill in easy sailing ... but there IS satisfaction that's mighty sweet to take, when you reach a destination that you thought you'd never make." — Spirella*

*"Man cannot discover new oceans unless he has the courage to lose sight of the shore." - Andre Gide*

*"Success is never final and failure never fatal. It's courage that counts." - George F. Tilton*

*"Just remember this: No one ever won the olive wreath with an impressive training diary." - Marty Liquori*

*"Restlessness is discontent-and discontent is the first necessity of progress. Show me a thoroughly satisfied man-and I will show you a failure." - Thomas Alva Edison*

*"The only easy day was yesterday!" USN SEAL HQ motto*

*"There are 86,400 seconds in a day. It's up to you to decide what to do with them." -- Jim Valvano*

*"Courage and initiative come when you understand your purpose in life." John C. Maxwell*

*"The first and best victory is to conquer self." Plato*

*"The difference between ordinary and extraordinary is that little extra." John C. Maxwell*

*"Courage means being afraid to do something, but still doing it." Knute Rockne*

*"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine*

*"Courage means being afraid to do something, but still doing it." -- Knute Rockne*

*"Everybody is looking for instant success, but it doesn't work that way. You build a successful life one day at a time."  
Lou Holtz*

*"Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great." Mark Twain*

*"People who feel good about themselves produce great results." Spence Johnson*

*"If you can dream it, you can do it." Walt Disney*

*"Opportunity is missed by most people because it is dressed in overalls and looks like work." Thomas Edison*

*"The starting point of all achievement is desire." Napoleon Hill*

*"Don't go to the grave with life unused." Bobby Bowden*

*"Life is never perfect. Life is filled with obstacles to make you wiser and grow to who you are today. So love yourself first and you will love life even more." - Unknown*