

## Psychological Intervention on Pacing Strategy

Athletes always make full use of pacing strategy to improve their performance, especially in the high intensity of trainings and competitions. Firstly we attested the CNS control mechanism of fatigue and pacing strategy in Rowing. Based on the central theory of fatigue and pacing strategy, the purpose of this investigation was to explore the effectiveness of psychological intervention which consisted of the fatigue belief intervention and mental skill training, on pacing strategy, performance, and RPE of male national-level rowers. The experiment was to set up an experimental (  $n = 9$  ) and a control (  $n = 5$  ) group, to have the pre-post test. That was an un-equivalent quasi-experimental design. The participants were 14 national-level rowers, who were requested to do their best to conduct a 6 minutes test twice in both pretest and posttest. Prior to the pretest and posttest

(after the intervention), all the participants completed the Mental Skill Questionnaire, Self-talk Inventory, Fatigue Overcome Questionnaire.

Results showed that the scores of Imagery, Mental Preparation, Focus and Self-talk of the participants in experimental group had a significant change after psychological intervention. Data analysis demonstrated a significant change in the performance of the second test between pretest and posttest (  $p < 0.05$  ). The most evident change of the pacing was that experiment group's time-point of final dash had been moved earlier in the exercise bout. These findings supported the hypotheses that psychological intervention could change the pacing strategy and improve the performance through the changed fatigue belief and usage of mental skills.