

# 5 ways to become a better athlete

**By Bradley Stulberg, Outside**

When it comes to performance enhancement in endurance sports, we've all but exhausted traditional methods of physical training. That's why an increasing number of experts believe that unlocking any remaining gains will come from innovation focused not on the body, but on the brain.

One of the foremost authorities in endurance sports, Matt Fitzgerald, doesn't disagree. His most recent book, "How Bad Do You Want It? Mastering the Psychology of Mind over Muscle", explores the emerging science on the psychological underpinnings of great performance.

We caught up with Fitzgerald to discuss his forthcoming book and how athletes can push their bodies further by mastering their minds.

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