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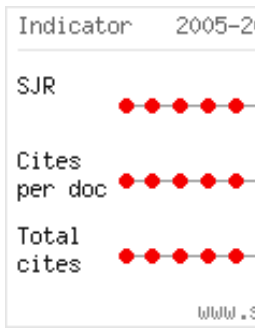
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Self-efficacy and its
relationship to
selected sport
psychological
constructs in the
prediction of
performance in
ironman triathlon

Ian Heazlewood, Stephen Burke

Abstract

The focus of this study was to apply this approach to an Ironman™ (3.8km swim, 180km cycle, and 42.2km run) triathlon event. The methodology utilized physiological measures (VO₂max, adiposity, height, weight), history of performance and sport psychological constructs (self-efficacy,