



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #469

Live Like a Pro: Structure Your Day Like an Elite Athlete

You have days when you crush your goals, close deals, and feel invincible. We're going to dissect what it takes to replicate those days consistently.

Drawing from the routines of world-class athletes, I'll show you how to build a high-performance plan tailored to your unique life in this episode of ["Success for the Athletic-Minded Man" podcast](#).

We'll cover everything from crafting an effective morning routine to blocking your day for maximum productivity. And if you're struggling with nutrition or need tips on recovery, I've got you covered there too.

Stick around until the end of the episode and I'll provide you with four sample high-performance days, plus a quick, actionable way to create your own personalized routine.

Whether you're a morning person, an entrepreneur, or an executive, there's a plan here for you, so tune in now and transform your potential into performance. Your high-performance life awaits!

Top Quotes From This Episode

"Your habits, your routine will dictate your performance."

"Do you want to perform like a world class athlete? Do you want to perform at your best? Whether it's in sports, in business, or any other area of your life, you have to have a specific plan lined up."

"If we want to be our best, we have to slow down, make sure we're getting enough sleep. Do your recovery mindfulness practices."

Show Notes

This episode touches on the following key topics and ideas:

Six Pillars of Peak Performance: Crafting Your Elite Routine

- 1. Vision and Goals (5:00):** Everything begins with a clear vision and specific goals for your life. Without a clear direction, even the best routines are aimless. Take time to define what success looks like for you— whether it's in your career, personal life, or health. This vision serves as the north star for all your actions and decisions.

Check out <https://jimharshawjr.com/ryp> to know more.

- 2. Morning Routine (7:02):** A structured morning routine sets the tone for the entire day. While not everyone is naturally a morning person, having a consistent start to the day is crucial.

Tailor your morning routines to your specific needs and goals. For elite athletes, they incorporate physical activity, hydration, and mental preparation into their mornings.

- 3. Training and Work Blocks (10:33):** Time-blocking is essential for maximizing productivity and maintaining focus. Athletes like Michael Phelps and LeBron James have strict training schedules, with clear blocks of time dedicated to specific activities. By structuring your day into focused work blocks, you can achieve similar levels of efficiency and effectiveness in your own life.

- 4. Nutrition and Hydration (12:34):** What you put into your body directly affects your performance. It's important to dialing in your nutrition and hydration to sustain energy levels throughout the day. Experiment with your meal plans to find what fuels you best.

- 5. Recovery and Rest (17:01):** Recovery is just as important as active work. Top athletes prioritize recovery through practices like sleep, stretching, and mindfulness.

Incorporate recovery strategies into your routines, such as taking naps, practicing meditation, or ensuring they get enough sleep each night. Proper recovery helps sustain long-term performance and prevents burnout.

- 6. Mindset and Motivation (21:22):** A strong mindset is the driving force behind consistent high performance. The mindset routines of various athletes include meditation, visualization, and working with mindset coaches. Daily mindset work is essential to stay motivated and focused, and to overcome challenges and setbacks.

Customizable High-Performance Plans (25:10): Here is an outline for a high-performance day divided into four different types of people: The Morning Person, The Not Morning Person, The Executive, and The Entrepreneur.

THE MORNING PERSON	
5:30 AM: Wake Up	<ul style="list-style-type: none"> → Hydrate immediately upon waking. → Brief stretching or yoga session to wake up the body. → Mental preparation: 10 minutes of visualization or meditation.
6:00 AM: Morning Workout	<ul style="list-style-type: none"> → High-intensity interval training (HIIT) or a run. → Focus on a balanced workout routine that includes cardio, strength training, and flexibility exercises.
7:00 AM: Breakfast	<ul style="list-style-type: none"> → Balanced meal with complex carbs, lean protein, and healthy fats. → Example: Oatmeal with berries and nuts, a protein shake.
8:00 AM: Work Block	<ul style="list-style-type: none"> → Start with the most critical tasks of the day. → Use time management techniques such as the Pomodoro Technique to maintain focus and productivity.
12:00 PM: Lunch	<ul style="list-style-type: none"> → Nutrient-dense meal with a focus on lean proteins and vegetables. → Example: Grilled chicken salad with mixed greens, quinoa.
1:00 PM: Light Activity	Short walk or light stretching to maintain energy levels.
1:30 PM: Work Block	Continue with important tasks, focusing on strategic thinking and problem-solving.
4:00 PM: Afternoon Workout or Active Recovery	Depending on energy levels, either a short workout or active recovery such as foam rolling or stretching.
5:00 PM: Family Time/Relaxation	Spend quality time with family or engage in a relaxing activity.
6:30 PM: Dinner	<ul style="list-style-type: none"> → Balanced meal with a focus on whole foods. → Example: Baked salmon, steamed

	vegetables, and brown rice.
8:00 PM: Evening Routine	<ul style="list-style-type: none"> → Light reading, meditation, or other relaxing activities to wind down. → Avoid screens an hour before bedtime.
9:30 PM: Bedtime	Ensure at least 7-8 hours of sleep for optimal recovery and performance.

THE NOT MORNING PERSON

7:00 AM: Wake Up	<ul style="list-style-type: none"> → Hydrate immediately upon waking. → Light stretching or a short yoga session to wake up the body.
7:30 AM: Breakfast	<ul style="list-style-type: none"> → Balanced meal with complex carbs, lean protein, and healthy fats. → Example: Greek yogurt with granola and fruit, a green smoothie.
8:00 AM: Morning Preparation	Mental preparation: 10 minutes of visualization or meditation.
9:00 AM: Work Block	<ul style="list-style-type: none"> → Start with the most critical tasks of the day. → Use time management techniques to maintain focus and productivity.
12:00 PM: Light Activity	Short walk or light stretching to maintain energy levels.
12:30 PM: Lunch	<ul style="list-style-type: none"> → Nutrient-dense meal with a focus on lean proteins and vegetables. → Example: Turkey and avocado wrap with a side of mixed greens.
1:00 PM: Work Block	Continue with important tasks, focusing on strategic thinking and problem-solving.
4:00 PM: Afternoon Workout	<ul style="list-style-type: none"> → High-intensity interval training (HIIT) or a run. → Focus on a balanced workout routine that includes cardio, strength training, and flexibility exercises.
5:00 PM: Family Time/Relaxation	Spend quality time with family or engage in a relaxing activity.

6:30 PM: Dinner	<ul style="list-style-type: none"> → Balanced meal with a focus on whole foods. → Example: Stir-fried vegetables with tofu and brown rice.
8:00 PM: Evening Routine	<ul style="list-style-type: none"> → Light reading, meditation, or other relaxing activities to wind down. → Avoid screens an hour before bedtime.
10:00 PM: Bedtime	Ensure at least 7-8 hours of sleep for optimal recovery and performance.

THE EXECUTIVE

6:00 AM: Wake Up	<ul style="list-style-type: none"> → Hydrate immediately upon waking. → Brief stretching or yoga session to wake up the body.
6:30 AM: Morning Workout	<ul style="list-style-type: none"> → Quick and effective workout focusing on cardio and strength training. → Example: 30 minutes of HIIT.
7:00 AM: Breakfast	<ul style="list-style-type: none"> → Balanced meal with complex carbs, lean protein, and healthy fats. → Example: Whole grain toast with avocado and eggs.
8:00 AM: Work Block	<ul style="list-style-type: none"> → Start with the most critical tasks of the day. → Use time management techniques such as the Eisenhower Matrix to prioritize tasks.
12:00 PM: Lunch	<ul style="list-style-type: none"> → Nutrient-dense meal with a focus on lean proteins and vegetables. → Example: Grilled chicken Caesar salad.
1:00 PM: Work Block	Continue with important tasks, focusing on strategic thinking and problem-solving.
3:00 PM: Light Activity	Short walk or light stretching to maintain energy levels.
3:30 PM: Work Block	Meetings, calls, and collaborative work.
5:00 PM: Family Time/Relaxation	Spend quality time with family or engage in a relaxing activity.

6:30 PM: Dinner	<ul style="list-style-type: none"> → Balanced meal with a focus on whole foods. → Example: Grilled steak, roasted sweet potatoes, and steamed broccoli.
8:00 PM: Evening Routine	<ul style="list-style-type: none"> → Light reading, meditation, or other relaxing activities to wind down. → Avoid screens an hour before bedtime.
9:30 PM: Bedtime	Ensure at least 7-8 hours of sleep for optimal recovery and performance.

THE ENTREPRENEUR

7:00 AM: Wake Up	<ul style="list-style-type: none"> → Hydrate immediately upon waking. → Light stretching or a short yoga session to wake up the body.
7:30 AM: Morning Preparation	<ul style="list-style-type: none"> → Mental preparation: 10 minutes of visualization or meditation. → Review daily goals and prioritize tasks.
8:00 AM: Breakfast	<ul style="list-style-type: none"> → Balanced meal with complex carbs, lean protein, and healthy fats. → Example: Smoothie with spinach, banana, protein powder, and almond milk.
9:00 AM: Work Block	<ul style="list-style-type: none"> → Start with the most critical tasks of the day. → Use techniques like time blocking to manage various responsibilities.
12:00 PM: Lunch	<ul style="list-style-type: none"> → Nutrient-dense meal with a focus on lean proteins and vegetables. → Example: Quinoa bowl with mixed veggies and grilled chicken.
1:00 PM: Light Activity	Short walk or light stretching to maintain energy levels.
1:30 PM: Work Block	Creative and strategic work, focusing on growth and innovation.
4:00 PM: Afternoon Workout	<ul style="list-style-type: none"> → High-intensity interval training (HIIT) or a run. → Focus on a balanced workout routine that includes cardio, strength training,

	and flexibility exercises.
5:00 PM: Family Time/Relaxation	Spend quality time with family or engage in a relaxing activity.
6:30 PM: Dinner	<ul style="list-style-type: none"> → Balanced meal with a focus on whole foods. → Example: Baked fish, quinoa, and a side of steamed vegetables.
8:00 PM: Evening Routine	<ul style="list-style-type: none"> → Light reading, meditation, or other relaxing activities to wind down. → Avoid screens an hour before bedtime.
10:00 PM: Bedtime	Ensure at least 7-8 hours of sleep for optimal recovery and performance.

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Other Episodes Referenced

[Reveal Your Path Series](#)

[#450 High-Performance Secrets with Dr. Anthony Balduzzi: Sleep Better, Eat Right, Work Out Smarter](#)