

# FATAL FLAWS in NOT REACHING TRI GOALS

<u>Lack of's:</u>	<u>Inabilities to:</u>	<u>Strengths Become Flaws</u>
Support structure	Escape time poverty	Obsessing on wrong Metrics
Race equipment at race start	Manage time	Biking too strong
Swim confidence	Commit	Holding back for stellar run
Optimal race day nutrition	Leverage across life's silos	Over-trained
Contingency plans*		Arrogance
Endurance		
Journey plan		

\* Flat tire, not knowing rules, not properly dressed for weather race conditions, not ready for tired legs, not ready for upset stomach