

Self-Improvement Plan to Boost Tri Journey

Measured improvement objectives get analyzed by athlete and coach. Quick gains deliver improved performances in the short-term. Calculated gains deliver benefits across multiple skills along an extended timeline.



Are you looking at areas of self-improvement that produce the best results for your time investment?

Triathletes who myopically focus on their best metrics may be unaware of other attractive payback performance areas that boost their strengths and speed up their overall tri results. Let's look at self-improvement possibilities.

Choose to accept the responsibility in developing new speed and confidence. Create specific learning objectives to develop targeted skill improvements. Define milestones along your development journey to include metrics and document successes. Consider embracing the following items with a stepping mile-stone approach:

1. Prioritize Areas of Performance with efforts based on payback weight to benefit.
2. Choose narrow. Go deep. Racing, swim, bike, run, or mental focus.
3. Answer: What would you say at the end of your season in a 1-sentence success statement?
4. Develop a plan of action of specific skill learning objectives within your performance focus to achieve your season's success statement.
5. Frame up plan's parameters of what's in scope/what's out of scope: timeline, metrics, activities, and the "just say no's".
6. Measure ~ feedback ~ adjust ~ repeat.
7. If the needle moved to meet or exceed your objectives, then advance one step. Pass "Go!" If not, step back to #5.
8. "Go!" Move on to your Priority #2 Area of Performance. Drop down one level on your priority list every time you pass through "Go!"

Multiple sub-3 hour marathoner, Kirk Walztoni, who also doubles as a chemical engineer and executive, leads his team by defining clarity. He coaches his team to filter out easily measured but low priority processing indicators that others want to be monitored. "If you measure too many activities that don't matter, those that do matter

become part of a mass of metrics lost when focusing on staying healthy and getting faster to run another Boston Marathon. Same goes for work.”

Kirk thrives by guiding his team to continually learn at work while applying similar approaches to sport and life. Through his motivation the entire team gains confidence in their current skills to want to move on to new performance areas.

Define your significant areas of performance opportunities. Talk with your coach or someone here at Palm Trees Ahead can provide a proprietary analysis tailored specifically for you. Find the confidence to say “No more.” Cut off your time investment if your performance activity reached its point of diminishing returns even if your peers lag behind by hanging on to the status quo.