

PERFECT TRIATHLON PRACTICE

GOAL: Get MUCH Better!

PRACTICE FREQUENCY: Perform tasks with Repetitive Regularity!

Task	How Are You Making the Task Happen?	Why Are You Doing Actions This Way?	Feedback Metrics:	Progression of Mental Model Improvements
Training				
Train to pace	Learning how to stay within your abilities throughout workouts.	Learn the feel of pacing, the key to finding the sweet spot of training .	~ Actual to target splits Speed/Test Sets	Be able to be consistent in meeting progressive targets in a race. Learn to feel differences in pace settings of time, effort, and power over distance.
Align workouts to achieve targets	Doing the right things the right ways.	Minimize workouts and their time commitments that are not helping you meet your goals.	~ # of non-connections of content to goals	Ensure you understand your workouts' content and the relationship to workout and race goals.
Train alone	Doing workouts solo.	Flexibility of going where you want, when you want, and to think out issues on you own.	~ Track outcomes and/or rating identification to processes.	Swimming alone is never encouraged. If biking or running alone creates fear, then don't do it.
Train with others	Creating relationships. Building trust with training mates. Creating opportunities to learn.	Creating environment of trust with others to help you go faster and train safer. Ask training partners what you can learn differently from them to be a better triathlete. Be pushed by inclusiveness and engagement in boosting speed, endurance, confidence, and power.	~ # of new training and race tactics learned. ~ Ask for feedback of individual skills and team relationships.	Gain knowledge of more options thru others. Load your mental black bag of tactical race options shared with you by others. Over time, lead by example by performance activities and sharing info with other member. Learn requirements/desires of others.
Show commitment	Taking the initiative to perform tasks beyond what is expected.	Extraordinary outcomes occur when put in a situation to achieve them after training for the opportunity.	~ Results above personal standards ~ # of opportunities for big successes	Commitments are aligned with personal values. Step-up personal challenges by competing in a variety of races: size, difficulty, caliber of participants, and prestige. Re-inforce commitments based on your satisfaction. Be in-sync with your coach.