

PERFECT TRIATHLON PRACTICE

for Elite

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
Mental				
Increase adaptability	Understanding what changes mean for you and implementing them.	Understand cause and effect when adopting different actions. Identify competences across areas that enhance outcomes even when one area gets impaired.	~ Track outcomes and/or rating identification to processes.	Analyze top traits of your competitors. Determine what you can do better. Then adopt them into your tool kit. Practice until you can out do them on their strengths.
Maximize your learning	Triing to learn on every one of your target items.	To earn achievement of objectives, goals, and your triathlon journeys.	~ # of successes ~ # of setbacks ~ # of milestones reached	Share understanding with others to affirm progress. Acknowledge how far you've gone and lessons learned to get there. Recognize the thrill of learning by discovery as you did as a kid.
Develop your mental capacity	Identifying what works and what doesn't.	Build a mental map of learning from easy stuff to difficult activities. Understand how to achieve successes or failures through risk aversion or risk taking.	~ # of lessons learned ~ Payoff/impairment results vs. risk level ~ # of errors repeated	Add skills that minimize risks with higher results of goals. Recognize actions that don't add value and stop doing them. Learn from errors and now not to repeat same actions for same unwanted results. Know to repeat what works!
Support Family -- includes your SIGO, family elders, kids, coach, employer, teammates, doctors, and training mates. Also RD's, competitors, volunteers, sponsors, and others.				
Enhance leadership	Seeking inclusion with others for critical decisions.	Identify what's critical from various viewpoints. To confirm best leaders don't decide for groups separate from them.	~ # of group decisions made. ~ # of decisions made independently.	Understanding power is a zero sum game while cooperation is not. 1+1 will be greater than two. Lead race/training implementations effectively based on your decisions with input and influence from others!
Be a role model	Leading by example.	Bring fulfillment to others seeking guidance.	~ Track outcomes and/or rating identification to processes.	View yourself as a leader triathlete. Empower yourself to achieve. It's OK. Influence better performance of all participants to raise the caliber of the sport.
Training				

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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.
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.
Time Mgt				
Avoid bike shedding	Addressing higher priority items over lower priority items regardless of ease of resolving them.	Natural tendency is to address what you know first, and spending a disproportionate amount of time needed compared to addressing more difficult but higher priority valued items.	~ Track outcomes and/or rating identification to processes.	Know how to assign values to tasks required for desired outcome. Focus time on high priority, high value tasks first. Defeat others who want your time commitment on low priority item earlier in the process.
Train While Traveling	Running requires minimal gear. Can be done almost anywhere. Using elastic bands for swim simulations.	Ensure workouts get completed while being flexible in how and where performed.	~ Track outcomes and/or rating identification to processes.	Identify hotels with pools or clubs that allow drop ins for Master workouts. Overload pre and post-travel workouts with bike or swim activities. Fit in workouts between day end activities and dinner with clients and peers. Leave before the last drink and wake up for a pre-breakfast workout.
Stop doing this.....	Learning to say "No" in a knowledgeable and professional manner.	Not enough time for everything. Stop wasting your own time on low value tasks.	~ # of items stopped ~ Accumulative time saved	Knowing when to say "no". Learning to politely say no to others when asked for time while being confident on your decision.
Optimize your time	Streamlining time sucking activities while focusing on big rock requirements.	Priority workouts start with scheduled times for key items to achieve. Stratify tasks of priority and time requirements to address importance or nice to have and to eliminate the not needed.	~ Track outcomes and/or rating identification to processes.	You decide what you want to achieve and you set priorities tasks needed to turn your goals into reality. Know how your time is utilized each day by tasks. Eliminate tasks not required. Minimize low essential time demands. Schedule specific times for specific tasks to reach specific targets.

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Adopt Travel Tips	Sleep, recover, and/or work while traveling.	Combining passive activities to minimize time demands.	~ Track outcomes and/or rating identification to processes.	Multi-tasking can be achieved under certain circumstances. Sleeping and flying is OK. Drinking and driving is not.
Physical				
Reach the cliff of max potential	Learn you limits without performing a fatal error.	Stay above the deep canyon where overstressed triathlons have been known to fall into the abyss.	~ Track bio feedback: heart rates, VO2, max wattage, strains vs tears/pulls, etc.	Lots of variables that change over time due to conditioning, age, outside the sport demand, nutrition, training cycle location, etc. Learn your personal boundaries. Push them. Mark 'em, don't exceed them.
Emotional				
Be committed	Sacrificing short-term payouts for long-term payouts on your top priority successes.	Align personal values to workout and race values knowing you will work harder for what you believe in.	~ Track outcomes and/or rating identification to processes.	Seek training decisions and race options that will provide you the opportunity to do something extraordinary. Thrive on differed satisfaction of high value achievements, instead of low value items with quick returns. Realize your value of self-actualization: being honest, controlling emotions, and serving others for good outcomes.
Transitions				
Place Shoes on Pedals	Mounting bike with shoes clipped in already.	Save time by putting shoes on feet while bike is moving instead of when standing in transition.	~ time delay in getting shoes on and off during races	Get comfortable pedaling with bare fit on top of bike shoes. Don't endanger yourself or others by putting feet in shoes when in traffic. Go without socks when it's more comfortable for you too.
Run and strip	Unzipping wetsuit once swim leg is completed while running to your bike.	Save race time by running towards bike instead of removing while standing and not moving towards the finish line.	~ # of times wetsuit fully removed at your bike.	Start separating Velcro once you stand up in the water. Unzip wetsuit and peel to waist. Utilize strippers. Remove swim cap and goggles. Carry in hand or stick in wetsuit. Don't drop for a penalty.

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Run no walking	Running from the water to the bike in transition. Running while pushing the bike through transition to and from the course.	Reduce time of transition by running instead of walking the bike or walking without a bike when exiting the water or headed to the run course.	~ # of times you walked in a transition during a race	Run instead of walking. You'll cover more distance quicker and reduce your overall race time. Races are decided by seconds more than you would expect.