

# 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
<b>Equipment</b>				
Change a flat tire	Replacing intertubes in practice situations.	Know how to remove wheels and tires to replace and re-fill tubes with air and then replace in forks to ride.	~ # of times you flatted but could not repair.	Learn the basics of fixing flats. Practice to increase speed. Know how to use pumps and CO2 cartridges with adapters. Explore tubeless alternatives and sew-up tires.
Get a Bike Fitting	Visiting a certified bike fitter for every bike used for training and racing.	Proper bike frame fits maximize speed opportunities and minimize potential injuries due to poor fitting frames.	~ # of injuries from ill-fitting bike	Learn your comfort zones, speed settings, and personal preferences. Understand that different bikes have different designs which will require different fittings. Changing equipment on the bike may effect setting preferences.
Wear Proper Fitting Wetsuit	Learning what a proper fit feels like when dry and when wet.	Like clothes, sizing differs from make and model. Wetsuits have different properties when wet compared to when dry.	~ # of leaky wears ~ # of ripped zippers ~ # of torn seams ~ # of rubbed raw skin patches	Know to inspect all equipment prior to race for reliability of use.
Know what's needed	Utilizing self-awareness of identifying what's required, what's nice to have, and what is not needed.	Implies commitment to understanding the what, whys, and how of equipment usage. Reduces opportunity to over buy and not use, or at least under utilize equipment properly.	~ # of times you didn't know how to use equipment	Know how to use all equipment to achieve your goals.
Know how to use what you got	Learning how to use equipment prior to training and racing.	To ensure no race day surprises of not knowing how to use all of your eqp.	~ # of equipment items you have but don't know how to use. S/B = 0	Train and race only on equipment you know how to operate correctly.