

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
Nutrition				
Hydrate to training needs	Drinking for calories, electrolytes, and re-loading body fluids.	Keep yourself functioning to the levels required to meet your triathloning goals without sickness, bonking, or injuries.	~ # of bonks ~ # of upset stomach due to too much fluids ~ # of thirst events not quenched	Learn how your unique body's requirements differ based on weather, climate, conditioning, activities, clothing, distances, durations, time of day, and even the products being consumed.
Hydrate to racing needs	Drinking for calories, electrolytes, and re-loading body fluids.	Keep yourself functioning to the levels required to meet your triathloning goals without sickness, bonking, or injuries.	~ # of bonks ~ # of upset stomach due to too much fluids ~ # of thirst events not quenched	Learn how your unique body's requirements differ based on weather, climate, conditioning, activities, clothing, distances, durations, time of day, and even the products being consumed.
Eat to training needs	Eating for calories, vitamins, and minerals with protein, fat, and carbohydrates.	Keep yourself functioning to the levels required to meet your triathloning goals without sickness, bonking, or injuries.	~ # of bonks, upset stomach due to too much or wrong foods, or not enough food to cause hunger.	Learn how your unique body's requirements differ based on weather, climate, conditioning, activities, clothing, distances, durations, time of day, and even the products being consumed.
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