

# PERFECT TRIATHLON PRACTICE for Beginners

**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>Bike</b>				
Select proper gears	Identifying different levels of resistance to propel a bike.	Establish optimal balance between your pedaling strength, fitness and gearing for best race outcomes.	~ # of breaths per minute ~ Pain rating	Developing feel for different gear settings and the correlation of oxygen and muscle power output and physical capabilities.
<b>Swim</b>				
Swim relaxed	Smooth strokes & breathing	To minimize muscle fatigue and prevent hyperventilation or panic attacks.	~ # of panic attacks about swimming	Breathing coordinated stroke & kick. Feels natural.
Swim in open water	Swimming in open water. Experimenting with different variations to stroke.	Learn differences of swimming in a lake, ocean, sea, or river. How to swim straight without a black line to follow on the bottom of a pool.	~ # of open water workouts # of panic attacks	How and when to modify stroke for water roughness, currents, sunlight direction, and other outside the pool variables. Know how to position your body to draft and where to be for the start.
Sighting	Lifting head out of water.	To see when to turn or know of other swimmers in front of back of you.	~ GPS path variations ~ Stroke counts to head lifts	Feel for swimming straighter. Build mental map of course. Know how to site to buoys, boats, volunteers, and landmarks at water level.
<b>Mental</b>				
Stay positive	Doing at least one thing everyday that moves you along your journey.	Increases odds that outcomes turn out well.	~ # of milestones reached ~ # of times when lost	Motivating others comes from a leaders' positive attitude. Resolve differences quickly with support family. Bounce back quickly from set-backs.
<b>Support Family -- includes your SIGO, family elders, kids, coach, employer, teammates, doctors, and training mates. Also RD's, competitors, volunteers, sponsors, and others.</b>				
Be coached	Working with a coach you trust, understand, and our progressing towards your goals.	Clarify roles and responsibilities for training and racing plans and goals.	~ Value of benefits vs. cost comparison.	Reach common understanding and agreement of race goals. Progress to achieving goals is on target. You respect your coach utmost and like them as a bonus.
<b>Racing</b>				
Know race rules	Reading rule book. Attending pre-race briefings.	Mitigate time penalties. Prevent DQ penalties.	~ # of races completed without penalties or DQ's.	Learn rules. Learn how to maximize speed and minimize energy output within boundaries of rules.

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Bring what you need	Deciding what's required, what's nice to have, what's not needed.	Minimize distractions of hauling excess equipment to a race.	~ # of items brought to race but not used	Check the weather ahead of race day. Take critical back-ups like spare tubes and goggles. Talk with others about what they take. Big races have Expos to buy most items if something fails on site.
Prevent fatal flaws	Identifying fatal flaws and preparing plans and actions to prevent.	Fatal flaws can turn a great race day into a nightmare.	~ # of near-miss fatal flaws ~ # of fatal flaws in race	Recognize the difference between fatal flaws, strengths, and weaknesses.
<b>Physical</b>				
Improve endurance	Increasing training distances.	Build strength, tolerance, and biological ability to convert body energy into physical movement capabilities perform over your training and race distance goals.	~ Track outcomes and/or rating identification to processes.	Know how much can be added weekly. Understand relationship of diet and rest to exercise demands.
<b>Health &amp; Safety</b>				
Sleep	Sleeping consistently every night for 7 to 9 hours.	Sleep cannot be banked or caught up on.	~ Never too little or too much	Napping helps but is not a replacement for sleep. Same with quiet time. Understand how your electronics effect your sleep and adjust usage to not impair sleep requirements.
Minimize skin cancer risks	Covering body with high PF clothing and sunblock when training and racing outside.	Prevent over exposure to UV rays that can cause skin damage including cancer and death.	~ No funky skin signs	Minimize sun exposure being doing workouts early or late in the day. Use shades to protect eyes. Hats and helmets to protect your scalp.
Wear reflective gear	Ensuring kits, jackets, shoes, and vests reflect light.	To increase probability of being seen by motorist, cyclists, and others on the road to minimize the occurrence of being hit.	~ # of near misses ~ # of hits	Use proper road safety procedures such as running on sidewalks, going in opposite direction of vehicles, and staying out of the road way. Choosing running paths over street or road options. Following the law when on the bike. All while wearing reflective gear.

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Prevent Injuries	Making sound decisions as to when, where, how, and what to do workout content.	Come home as safe as when you left in the morning. Protect your only body. It's not indestructible, replaceable or fully repairable.	~ # of injuries	Listen to your body. See your doctor earlier rather than later. Pain is a warning sign, not something to work through. Don't self medicate. No, the internet community cannot solve your issues effectively. Be cost effective, not cheap in handling your body.
Dress weather appropriate	Choosing clothing wisely for conditions of workouts.	Protect your only body. It's not indestructible, replaceable or fully repairable.	~ # of time too hot ~ # of time too cold ~ # of times to wet ~ of best choice of gear days	Wearing layers when cold. Adding or removing as conditions change. Wearing reflective gear or lights when dark. Wearing rain gear when wet. Wearing gloves. Adding additional gear to wardrobe as seasons progress.
<b>Nutrition</b>				
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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<b>Emotional</b>				
Laugh and smile appropriately	Accept that it's okay to be happy and have fun.	Being an adult is acting appropriately. Being happy as a grown-up is understanding life. It should be everyone's goal.	~ Track outcomes and/or rating identification to processes.	If you're happy at work, you'll never have to work a day in your life. It's a passion. Why should your sport of choice be different? Align your values with fun, laughs, and smiles of triathloning.
<b>Transitions</b>				
Know location	Memorizing where your transition spot is located.	So you don't lose time to competitors looking for the equipment you need on your next tri segment and where to keep what's no longer needed.	~ # of times not knowing your transition spot.	Look for a multiple of markers: permanent landmarks like trees, poles, signs, temporary items like balloons, aisle #'s, competitors' equipment and your own stuff. Learn to count rows and to look for signage of race numbers by aisle. Also arrows or temporary chalk markings on the pavement may be present.
Know egress/ingress spots	Memorizing where to enter and leave the transition for the bike and run legs.	So you don't lose time to competitors looking to exit transition for the bike and run legs.	~ Extra time spent not knowing where to exit the transition.	Understand that transitions look different in the dark before the race than once underway. Bike racks look different too without bikes as identifiers or when gear gets moved around during a race.
<b>Equipment</b>				
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.