

11 Reasons for a Tri Coach This Season

Let's exam your training regimen for alignment in how you learn, apply, and achieve results in triathlon and life.

Coaches are the set-up people of sports: Kerr, Belichick, Torre, Jackson, Madden, Knight, Lasorda, Brooks, Wooden, and so many others.

All led different personnel to multiple championships. Think of all your possible accomplishments with the right coach.

Since you're already over 18 years old you matured enough to realize you don't know it all. Coaches and mentors teach, push, pull, and deliver people to the starting point of their greatest opportunities in life. Let's explore how you know if you're ready to capitalize on those unique opportunities for the best accomplishments of your life in sports.

1. You give a damn about delivering on your maximum potential race performance.
2. You understand the value of personalized feedback.
3. More information opens up awareness to greater experiences.
4. A coach can provide guidance in how to best utilize the pressures and stresses you feel as an athlete.
5. An accepting attitude is always an energizer in every endeavor you participate in your life.
6. Fast and ignorant is not the best long-term race strategy.
7. Your race performance improves as does your preparation activities.
8. Every day is an opportunity to learn, with race days being a daily double.
9. Allow time in your schedule to learn as no one is ever too busy or too much of a know it all to miss an opportunity for race improvements.
10. Ignoring coaching is usually harder than learning from it.
11. Learning from others develops your skills to learn from yourself.

Superior coaching is more than a workout. Ted Haydon coached the US Olympic Track team twice.



Coach Haydon always kept the athletes' best interest as his best interest over those of the governing bodies who seemed more to impede performances than boost those of the athletes. When Olympian athletes were amateurs in the true sense of not earning money for their sport's performances, they paid for meals unless a formal team meeting preceded the meal. Ted liked to hold team meetings. The US athletes arrived on time, five minutes before meal time. Coach called his single agenda item meeting to order. He asked if anyone had questions or comments. No one ever did. He quickly adjourned the meeting with a full meal served immediately afterwards. Coach wanted his athletes well fed, with money remaining in their pockets, and in top condition to bring home the gold for the USA. Jim Ryun, a former world record holder in the Mile Run and 880 Yard Run, and who served on the USAT Board of Directors, confirmed Coach Haydon did this frequently. He was endeared by athletes for his superior coaching abilities, and how to chair athletes' meetings.

A coach or mentor is not a requirement, luxury, entitlement, or even a chance relationship. Compare your current situation to what you want to accomplish. If you can close the gap on your timeline by yourself, then no action required.

If you want to maximize your potential or faster timeline, then choose the best coach you can find to achieve your goals.

How did coaches or mentors help you reach your goals? What were the best actions coaches did for you along your journey?