

# 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>Run</b>				
Run off the bike	Generating quicker leg turnover and longer strides right after dismounting the bike.	Quicker leg speed and longer strides map your mind to find your natural pace quicker and feel more comfortable on the run.	~ Time to reach normal run stride from bike dismount. ~ Perceived pain level of 1st run stride to normal stride.	Knowing how to get comfortable, relaxed, and running quickly off the bike is critical to speedy run splits. Running naturally puts your mind at ease instead of pounding you with discomfort.
Run up & down hills	Modifying run form and adding strength for the incremental demand on quads, calves, arches, knees, and lungs.	Create optimal running form needed for topography of course. And to build strength for muscles and connecting soft tissues.	~ Timed targets for test sets ~ # of hill repeats (up & down)	Up hill benefits from arm pumping action combined with higher knees and forefoot push off. Downhill style more suited for longer strides, pointed out elbows for stabilizing, and a floating feel on landings and push-offs. Squats, lunges, and bench press improve strength for these modified styles.
Stride out on the run	Understanding optimal strides at various speeds, topographies, and running surfaces.	Different speeds, shoes, running surfaces, and course profiles require different strides. Understand what's needed for your targeted outcomes.	~ Stride length	Ability to understand outcomes based on changes you make to your stride. Trade-offs of efficiencies and speeds, climbs and descents, sprints and pacing, and more.
Swing arms effectively	Legs sync up in speed to movement of opposite arms.	Faster arm speed will drive faster leg speed. Faster legs cover more distance quicker than slower moving legs.	~ Arm speed ~ Leg turnover ~ Distance per stride.	Over-extending arm pump results in an over-striding run form. Pump arms to optimize turnover, not maximize stride. On longer runs, efficient running form will allow for minimal arm movement. But not at the start and not to finish fast.
Run fartlek	Variation of run speeds without set times or distances.	Simulate race pacing with proactive and reactive run segment race tactics.	~ # of fartlek workouts per training period ~ Total duration of fartlek block	Trains the mind to decide when to push and when to pace and how your body responds. Disconnects the body from the watch so you engage tactically with competitors' actions and responses.
Discover rhythm	Body movements and functions coordinated by your subconscious.	To run consistently, relaxed, and mindlessly to a fast run split.	~ Biometrics: loose hands, mouth, neck, stomach, lower back, and more.	People's rhythm and form varies. Find yours quickly. May change due to race and training conditions. Use relaxation mantras. Observe others for tips.