

# 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>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.
Place Shoes on Pedals	Mounting bike with shoes clipped in already.	Save time by putting shoes on feet while bike is moving instead of when standing in transition.	~ time delay in getting shoes on and off during races	Get comfortable pedaling with bare fit on top of bike shoes. Don't endanger yourself or others by putting feet in shoes when in traffic. Go without socks when it's more comfortable for you too.
Run and strip	Unzipping wetsuit once swim leg is completed while running to your bike.	Save race time by running towards bike instead of removing while standing and not moving towards the finish line.	~ # of times wetsuit fully removed at your bike.	Start separating Velcro once you stand up in the water. Unzip wetsuit and peel to waist. Utilize strippers. Remove swim cap and goggles. Carry in hand or stick in wetsuit. Don't drop for a penalty.
Run no walking	Running from the water to the bike in transition. Running while pushing the bike through transition to and from the course.	Reduce time of transition by running instead of walking the bike or walking without a bike when existing the water or headed to the run course.	~ # of times you walked in a transition during a race	Run instead of walking. You'll cover more distance quicker and reduce your overall race time. Races are decided by seconds more than you would expect.