

How to Excel as a Single Word Triathlete

If someone asked you to describe yourself as a triathlon with one word, what would you choose?



What word is so simple yet so meaningful to you in how you train, race, and live your life as a triathlete?

The word should convey your purpose in the sport. Clarify for others what triathloning represents for you. You might use the word to guide you in race decisions. It should represent the significance of the sport in your life. It might even propel you to achieve results you dreamed about last season.

Look at the list below. Select one word that resonates the best with you as a triathlete. You want to strip away any pre-conceived complexity of the sport to allow you to focus on less to achieve more with your talents.

- Active
- “Clipped-in”
- Complete
- Confident
- Controlled
- Decisive
- Defined
- Developing
- Driven

- Engaged
- Enlightened
- Evolving
- Fast
- Focused
- Hyper
- Innovative
- Positive
- Quick
- Streamlined
- Uber
- Under-construction
- Work-In-progress

Less is more.

Get focused. Stay focused. Excel at what do you really, really well. Describe what you do in terms that all others can understand.