

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
Health & Safety				
Rest	Scheduling rest time.	Ensure dedicated time to recover.	~ Ready when needed	Can include active rest, naps, sleep, daydreaming, and various other options.
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.
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.
Establish Eqp Preventative Maintenance Program	Following manufactures' recommendations.	The makers of the equipment you use, know best. Warranties may be voided if guidelines not followed.	~ # of eqp failures	Don't put yourself or others in harms way of faulty, worn-out, or bad equipment. It's not worth it. Be race ready with fully functioning race equipment.
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.