

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
Time Mgt				
Schedule workouts	Putting yourself in control of your most scarce resource: time. Reserve specific and dedicated times on your calendar.	Commitment to planned workouts reduces stress by guaranteeing time to enhance your tri skills. Dedicated content ensures skills get developed based on priorities, payouts, and personal needs.	~ # of missed workouts ~ # of workouts performed outside of schedule.	Reserve time for what matters to you. Minimize ad hoc control by others of your time. Use priority management to suggest workout content. Use knowledge to choose solo workouts apart from group workouts. Tap into your self-awareness to be with family, friends, work, or workout settings.
Avoid bike shedding	Addressing higher priority items over lower priority items regardless of ease of resolving them.	Natural tendency is to address what you know first, and spending a disproportionate amount of time needed compared to addressing more difficult but higher priority valued items.	~ Track outcomes and/or rating identification to processes.	Know how to assign values to tasks required for desired outcome. Focus time on high priority, high value tasks first. Defeat others who want your time commitment on low priority item earlier in the process.
Train While Traveling	Running requires minimal gear. Can be done almost anywhere. Using elastic bands for swim simulations.	Ensure workouts get completed while being flexible in how and where performed.	~ Track outcomes and/or rating identification to processes.	Identify hotels with pools or clubs that allow drop ins for Master workouts. Overload pre and post-travel workouts with bike or swim activities. Fit in workouts between day end activities and dinner with clients and peers. Leave before the last drink and wake up for a pre-breakfast workout.
Stop doing this.....	Learning to say "No" in a knowledgeable and professional manner.	Not enough time for everything. Stop wasting your own time on low value tasks.	~ # of items stopped ~ Accumulative time saved	Knowing when to say "no". Learning to politely say no to others when asked for time while being confident on your decision.
Optimize your time	Streamlining time sucking activities while focusing on big rock requirements.	Priority workouts start with scheduled times for key items to achieve. Stratify tasks of priority and time requirements to address importance or nice to have and to eliminate the not needed.	~ Track outcomes and/or rating identification to processes.	You decide what you want to achieve and you set priorities tasks needed to turn your goals into reality. Know how your time is utilized each day by tasks. Eliminate tasks not required. Minimize low essential time demands. Schedule specific times for specific tasks to reach specific targets.
Adopt Travel Tips	Sleep, recover, and/or work while traveling.	Combining passive activities to minimize time demands.	~ Track outcomes and/or rating identification to processes.	Multi-tasking can be achieved under certain circumstances. Sleeping and flying is OK. Drinking and driving is not.