PERFECT TRIATHLON PRACTICE

GOAL: Get MUCH Better!

Tri50States
PalmTrees Ahead

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
Swim				
Swim relaxed	Smooth strokes & breathing	To minimize muscle fatigue and prevent hyperventilation or panic attacks.	~ # of panic attacks about swimming	Breathing coordinated stroke & kick. Feels natural.
Pinpoint turnover rates	Speed of arm movements thru water.	Improve efficiency of arm speed.	~ # of strokes per pool length	Understand your individual correlation of turnover, DPS, & speed
Boost Distance Per Stroke (DPS)	Distance body moves forward.	Improve efficiency of stroke propulsion and glide.	~ Golf Scores (stroke counts + time per lap)	Understand your individual correlation of turnover, DPS, & speed
Catching water	Feeling water pressure on forearm and hands.	Learn the value of water propulsion.	~ Water pressure on forearm & hand	Forearm and hand perpendicular to bottom of pool thru stroke. Sculling to feel water movement. Build speed thru-out your pull stroke.
Think long body	Stretching arms and toes.	Reduce drag. Maximum ability to catch water for forward propulsion.	~ # of strokes per pool length	Full outward reach. Lead with alternating shoulder down lessoning body surface exposure in the water. Point toes towards end of pool.
Maintain high elbows	Allowing maximum movement of water by arms.	To minimize a dropped arm which reduces range of water displacement for propulsion and glide.	~ Measure elbow movement in dropped position.	Once arm fully extend, point fingers towards bottom of the pool. Start pull with elbow pointed forward while forearm and hand catch water.
Roll shoulders in sync with body	Alternating shoulders towards pool bottom at max 70° angle.	Reduce drag. Buoy opposite hip towards water surface. Maximize ability to catch water for forward propulsion.	~ Golf Scores (stroke counts + time per lap)	Snap opposite hip while engaging core to pull body over imaginary wall for max propulsion. Lift and extend recovery arm. Repeat on other side.
Position hips Up	Tightening core & glute, strong downward kick.	Using core strength to raise hips, reduce drag.	~ Measure hip above or below water surface.	Know by feel when hips drop. Think core to hike hips. Kick down to lift hips.
Swim in open water	Swimming in open water. Experimenting with different variations to stroke.	Learn differences of swimming in a lake, ocean, sea, or river. How to swim straight without a black line to follow on the bottom of a pool.	~ # of open water workouts # of panic attacks	How and when to modify stroke for water roughness, currents, sunlight direction, and other outside the pool variables. Know how to position your body to draft and where to be for the start.
Utilize two sided breathing	Bi-lateral breathing	Provides flexibility. Increases confidence in various conditions. Balances stroke bias.	~ # of breaths per pool length	Self-identification of when and how to breath for physical conditions of course and self.

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Sighting	Lifting head out of water.	To see when to turn or know of other swimmers in front of back of you.	~ GPS path variations ~ Stroke counts to head lifts	Feel for swimming straighter. Build mental map of course. Know how to site to buoys, boats, volunteers, and landmarks at water level.