

PERFECT TRIATHLON PRACTICE

for Advanced

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
Bike				
Spinning pedals	Moving pedals and cranks to power a bike for quick splits.	To create more consistent power through-out the 360° rotation.	~ Pedal stroke efficiency ~ Consistency of single leg pedaling	Perceived smoothness of pedaling. The feel of a shuffle compared to the herky-jerky of a pronounced push-pull of the foot when pedaling.
Determine your cadence	Analyzing power output at different pedaling speeds in different gear settings for speed targets.	Establish optimal balance between your pedaling strength, fitness and gearing for best race outcomes.	~ RPMs	Knowing differences of 80-90-100 cadence in different gear settings and the correlation of oxygen and muscle power needs.
Climb hills	Pedaling to overcome gravity on hills.	Utilizing various methods to climb to maintain speed and power output.	~ Strava rankings	Optimizing climbing styles to decide to pedal or spin in the saddle, or stand when on different steepness grades based on power output and physical capabilities.
Generate power Output	Going for speed and pacing targets.	Establish optimal balance between your pedaling strength, fitness, and gearing for best race outcomes.	~ Watts ~ Time ~ MPH/KPH	Understanding feel of power for pace riding with correlation to equipment choices, oxygen needs, gear selection, body positioning, and muscular physical capabilities.
Go aero	Positioning body parts to minimize drag.	Establish optimal balance of body positioning, comfort tolerance, and power output for best race outcomes.	~ Time in aero position ~ Drag	Learning body positioning on bike with flat back, narrow shoulders, and lower head coupled with less equipment exposure for optimal aero-dynamics.
Run				
Run off the bike	Generating quicker leg turnover and longer strides right after dismounting the bike.	Quicker leg speed and longer strides map your mind to find your natural pace quicker and feel more comfortable on the run.	~ Time to reach normal run stride from bike dismount. ~ Perceived pain level of 1st run stride to normal stride.	Knowing how to get comfortable, relaxed, and running quickly off the bike is critical to speedy run splits. Running naturally puts your mind at ease instead of pounding you with discomfort.

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Run up & down hills	Modifying run form and adding strength for the incremental demand on quads, calves, arches, knees, and lungs.	Create optimal running form needed for topography of course. And to build strength for muscles and connecting soft tissues.	~ Timed targets for test sets ~ # of hill repeats (up & down)	Up hill benefits from arm pumping action combined with higher knees and forefoot push off. Downhill style more suited for longer strides, pointed out elbows for stabilizing, and a floating feel on landings and push-offs. Squats, lunges, and bench press improve strength for these modified styles.
Stride out on the run	Understanding optimal strides at various speeds, topographies, and running surfaces.	Different speeds, shoes, running surfaces, and course profiles require different strides. Understand what's needed for your targeted outcomes.	~ Stride length	Ability to understand outcomes based on changes you make to your stride. Trade-offs of efficiencies and speeds, climbs and descents, sprints and pacing, and more.
Swing arms effectively	Legs sync up in speed to movement of opposite arms.	Faster arm speed will drive faster leg speed. Faster legs cover more distance quicker than slower moving legs.	~ Arm speed ~ Leg turnover ~ Distance per stride.	Over-extending arm pump results in an over-striding run form. Pump arms to optimize turnover, not maximize stride. On longer runs, efficient running form will allow for minimal arm movement. But not at the start and not to finish fast.
Run fartlek	Variation of run speeds without set times or distances.	Simulate race pacing with proactive and reactive run segment race tactics.	~ # of fartlek workouts per training period ~ Total duration of fartlek block	Trains the mind to decide when to push and when to pace and how your body responds. Disconnects the body from the watch so you engage tactically with competitors' actions and responses.
Discover rhythm	Body movements and functions coordinated by your subconscious.	To run consistently, relaxed, and mindlessly to a fast run split.	~ Biometrics: loose hands, mouth, neck, stomach, lower back, and more.	People's rhythm and form varies. Find yours quickly. May change due to race and training conditions. Use relaxation mantras. Observe others for tips.
Swim				
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

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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 lessening 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.
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.
Mental				
Create visualization	Think of creating a mental movie of you achieving your goals.	Clarifies your race day tactics and responsibilities with specific implementation actions to earn your goals.	~ # of minutes spent imagining everyday	Focus on mental image of processes, not end-results rewards. Think thru what you want to do. Visual in detail from start to finish line. Add details as race experience increases.
Generate motivation	Setting aggressive goals and embracing your actions to reach them.	Big goals encourage big results. Your actions are supported you recognize your short and long-term personal gains. Motivation comes within first, then external sources.	~ Rate motivation level Track progressive wins towards your end-game.	Challenge status quo. Raise your expectations. Each race should be a zero based planning built on a foundation of personal confidence. Celebrate interim goals once achieved.

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Boost mental toughness	Never giving up.	Don't quit on what you want to accomplish. You earn what you work to achieve. There are no shoe-ins, only disillusional entitlements.	~ # of times you quit ~ # of times you tried again	Racing on spunk and grit will produce exceptional outcomes. Believe you will overcome all challenges instead of waiting for circumstances to disappear for your success. We all end up with scars. But persevere in actions to complete your journey.
Support Family -- includes your SIGO, family elders, kids, coach, employer, teammates, doctors, and training mates. Also RD's, competitors, volunteers, sponsors, and others.				
Decide with family	Initiating group discussion for decision making.	Decisions with others stimulate positive relationships. Encouraging more people get vested in successful outcomes.	~ # of group decisions made. ~ # of individual decisions made.	Priorities of group become more clear for leaders to set a path of change and development over time.
Foster teamwork	Creating activities that require team interaction while striving for win-win outcomes	To ensure everyone understands interaction and interdependence is crucial to success. Recognize the group as a whole is greater than the sum of its individuals for problem solving and successes .	~ # of good group decisions made. ~ # of bad individual decisions made.	Know total inclusion is required. How to get the right people in the right roles with right responsibilities for the betterment of the group. Use synergy concept for practical race and training planning purposes. Reward team achievements.
Support others	Reaching out to offer knowledge, time, and commitment for others' needs.	Promote teamwork, support group decisions, contribute to plans, teach new or enhance skills, and perform actions for others.	~ # of times contributions recognized.	Celebrate successes as a team. Support disappointments of others to move beyond grief and use as learning opportunity. Recognize different people want support in different ways.
Racing				
Race to pace	Pushing redline pace without bonking.	Maximize race quickness for race distance.	~ Actual time to pace target ~ Peer comparisons	Know what your target pace feels like in race conditions. Learn to feel differences of too hard vs. too easy. Understand how to push lungs, muscles, and mind without breaking.
Focus on pre-race rituals	Establishing and performing rituals including consistency as part of race warm-ups.	Rituals reduce anxieties. They serve as substitutes to controlling things at a race that are not really controllable.	~ Track outcomes and/or rating identification to processes.	Show adoptability based on specific race defined protocols. Some allow swim warm-ups, others don't. Some allow bikes to be checked out of the transition area the morning of the race. Most big races don't. Be flexible. At a minimum, visualize your race. Be ready to live it too if necessary!
Training				

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Train to pace	Learning how to stay within your abilities throughout workouts.	Learn the feel of pacing, the key to finding the sweet spot of training .	~ Actual to target splits Speed/Test Sets	Be able to be consistent in meeting progressive targets in a race. Learn to feel differences in pace settings of time, effort, and power over distance.
Align workouts to achieve targets	Doing the right things the right ways.	Minimize workouts and their time commitments that are not helping you meet your goals.	~ # of non-connections of content to goals	Ensure you understand your workouts' content and the relationship to workout and race goals.
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.
Physical				
Build strength	Doing power runs, bike, paddles, weights, and speed work.	Develop lean muscle with higher power to body weight ratios. Develop stronger joints, bones, joints, and supporting soft tissues.	~ Watts ~ Max weight lifts	Understand your body to build strength during base, build, recover, taper, peak, and race cycles. Understand relationship of rest and nutrition with strength development. Respond to nagging pains and recognize overuse injuries, injuries, unexplained weight loss, grumpiness, and agitation as warning signs requiring workout modifications.
Increase speed	Emplacing training speeds above race pace targets on the swim, bike, and run disciplines.	Increase appropriate slow and fast twitch muscles. Increase VO2 max. Create body feel that race pace is sustainable and that there's another gear for going faster for a finishing kick.	~ Track main set workouts above race pace distances	Understand your body to build speed during different training cycles. Understand relationship of rest and nutrition with speed development. Address nagging pains. Feel for unexplained changes in body and behavior moods.

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Avoid fatigue	Allowing recovery, rest, and quiet time.	For recovery. To prevent over-doing workouts and races.	~ Track outcomes and/or rating identification to processes.	Analyze your body for fatigue throughout all workouts. Understand relationship of rest and nutrition with strength and speed development. Respond to nagging pains and recognize overuse injuries, injuries, unexplained loss of weight, grumpiness, and agitation as warning signs requiring workout modifications
Increase flexibility	Performing stretching exercises and doing yoga.	Flexibility prevents injuries while maximizing body designed range of motion.	~ Range of motion metrics	Adopt different methods for different parts of your body. Use equipment when needed. Don't over-extend soft body tissue.
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.
Establish Eq Preventative Maintenance Program	Following manufactures' recommendations.	The makers of the equipment you use, know best. Warranties may be voided if guidelines not followed.	~ # of eq 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.
Emotional				
Develop self-confidence	Imagining how to make happen what you want and believing you can achieve it. Even if it scares you.	You can convert dreams into realities if you believe in the confidence of your capabilities. Think like a kid who is fearless because adult minds are biased to fear.	~ Track outcomes and/or rating identification to processes.	Make choices of what goals you want to work on to achieve. Dreaming, wishing, hoping, wanting, and thinking does not create actionable tasks for accomplishments. Know what gets measured, gets managed properly.
Focus on process	Looking for consistency of how tasks are performed.	Winging it may achieve desired results even without a prerequisite of consistent processes required for repeatability.	~ Compare actual outcomes to goals.	When you are engaged in process and feeling fulfillment your inner critic will be silenced. However, it also opens you up to try new processes for unique experiences. This must be done in a controllable environment for repeatability to continue improvements.
Be persistent	Keep performing tasks even when tiring, questioning outcomes, or losing motivation.	If outcomes are less than targets, then determine what to change. Doing the same thing over and over and expecting a different outcome is crazy. Right Einstein?	~ # of times you quit ~ # of times you tried again	Understand correlations of resiliency, motivation, endurance, mental toughness, physical capabilities, and knowledge to know when and how to make changes.

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Be resilient	Performing tasks again after setbacks of disappointment, fear of failure, or non-completion.	Humans by nature are resilient. Don't be a new trendsetter in this area.	~ # of times you tried again ~ # of times you quit (S/B=0)	Shit happens. Life's hard. Pain will be inflicted. Be strong. Make calculated risk decisions. Do your best with what you got to work with. Use teamwork. Get on with living or drop out. Your choice.
Minimize anxieties	Finishing what you start.	Open items never brought to conclusion may induce anxieties of not overcoming fears.	~ Compare # of bad outcomes to number of times you worried about bad outcomes.	Remind yourself that humans anxieties increase as we envision worst outcome scenarios on low-to-rare probability events. Keep your head in the game to think of all the positive things to perform for optimal successes.
Realize you can't control it all	Focusing on key aspects of what you control.	Time invested on your mental and physical fitness, breathing, diet, recovery, and thoughts minimize excessive worries.	~ Track time wasted on what you can't control. Address if > 0	Let go. Better to never grab for things you can't control. This will simplify your scope of managing concerns.
Relax	Checking your body for muscle tension throughout the day.	It's easy, free, and accurate.	~ Track outcomes and/or rating identification to processes.	Tension causes unnecessary stress on the body and mind. May be fatal. Check frequently. Use breathing, imaging, meditating, and messaging techniques to relax.
Equipment				
Change a flat tire	Replacing intertubes in practice situations.	Know how to remove wheels and tires to replace and re-fill tubes with air and then replace in forks to ride.	~ # of times you flatted but could not repair.	Learn the basics of fixing flats. Practice to increase speed. Know how to use pumps and CO2 cartridges with adopters. Explore tubeless alternatives and sew-up tires.
Get a Bike Fitting	Visiting a certified bike fitter for every bike used for training and racing.	Proper bike frame fits maximize speed opportunities and minimize potential injuries due to poor fitting frames.	~ # of injuries from ill-fitting bike	Learn your comfort zones, speed settings, and personal preferences. Understand that different bikes have different designs which will require different fittings. Changing equipment on the bike may effect setting preferences.

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Know what's needed	Utilizing self-awareness of identifying what's required, what's nice to have, and what is not needed.	Implies commitment to understanding the what, whys, and how of equipment usage. Reduces opportunity to over buy and not use, or at least under utilize equipment properly.	~ # of times you didn't know how to use equipment	Know how to use all equipment to achieve your goals.
Know how to use what you got	Learning how to use equipment prior to training and racing.	To ensure no race day surprises of not knowing how to use all of your eqp.	~ # of equipment items you have but don't know how to use. S/B = 0	Train and race only on equipment you know how to operate correctly.