

# 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
<b>Physical</b>				
Improve endurance	Increasing training distances.	Build strength, tolerance, and biological ability to convert body energy into physical movement capabilities perform over your training and race distance goals.	~ Track outcomes and/or rating identification to processes.	Know how much can be added weekly. Understand relationship of diet and rest to exercise demands.
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.
Reach the cliff of max potential	Learn you limits without performing a fatal error.	Stay above the deep canyon where overstressed triathlons have been known to fall into the abyss.	~ Track bio feedback: heart rates, VO2, max wattage, strains vs tears/pulls, etc.	Lots of variables that change over time due to conditioning, age, outside the sport demand, nutrition, training cycle location, etc. Learn your personal boundaries. Push them. Mark 'em, don't exceed them.
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.