

# 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>Support Family</b> -- includes your SIGO, family elders, kids, coach, employer, teammates, doctors, and training mates. Also RD's, competitors, volunteers, sponsors, and others.				
Enhance leadership	Seeking inclusion with others for critical decisions.	Identify what's critical from various viewpoints. To confirm best leaders don't decide for groups separate from them.	~ # of group decisions made. ~ # of decisions made independently.	Understanding power is a zero sum game while cooperation is not. 1+1 will be greater than two. Lead race/training implementations effectively based on your decisions with input and influence from others!
Be a role model	Leading by example.	Bring fulfillment to others seeking guidance.	~ Track outcomes and/or rating identification to processes.	View yourself as a leader triathlete. Empower yourself to achieve. It's OK. Influence better performance of all participants to raise the caliber of the sport.
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.
Be coached	Working with a coach you trust, understand, and our progressing towards your goals.	Clarify roles and responsibilities for training and racing plans and goals.	~ Value of benefits vs. cost comparison.	Reach common understanding and agreement of race goals. Progress to achieving goals is on target. You respect your coach utmost and like them as a bonus.
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.