

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
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.
Increase adaptability	Understanding what changes mean for you and implementing them.	Understand cause and effect when adopting different actions. Identify competences across areas that enhance outcomes even when one area gets impaired.	~ Track outcomes and/or rating identification to processes.	Analyze top traits of your competitors. Determine what you can do better. Then adopt them into your tool kit. Practice until you can out do them on their strengths.
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.
Stay positive	Doing at least one thing everyday that moves you along your journey.	Increases odds that outcomes turn out well.	~ # of milestones reached ~ # of times when lost	Motivating others comes from a leaders' positive attitude. Resolve differences quickly with support family. Bounce back quickly from set-backs.
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.
Maximize your learning	Triing to learn on every one of your target items.	To earn achievement of objectives, goals, and your triathlon journeys.	~ # of successes ~ # of setbacks ~ # of milestones reached	Share understanding with others to affirm progress. Acknowledge how far you've gone and lessons learned to get there. Recognize the thrill of learning by discovery as you did as a kid.
Develop your mental capacity	Identifying what works and what doesn't.	Build a mental map of learning from easy stuff to difficult activities. Understand how to achieve successes or failures through risk aversion or risk taking.	~ # of lessons learned ~ Payoff/impairment results vs. risk level ~ # of errors repeated	Add skills that minimize risks with higher results of goals. Recognize actions that don't add value and stop doing them. Learn from errors and now not to repeat same actions for same unwanted results. Know to repeat what works!