

COMPLETE PERFORMANCE

To complete or compete in the your chosen event you need to be good across all disciplines – be it cycling, kayaking, or running as well as have your nutrition, transitions, gear, logistics, and mental toughness sorted. To help you identify the key areas and prepare properly we have put together a list of core skills that you need to perform well if you want to perform to your potential and therefore achieve your goal of be it finishing or finishing as fast as possible.

Complete Performance specialises in helping you pull all of these components of the of your endurance event together. We do this through a personalised training plan, regular communication, nutrition advice and technique coaching to help you become fitter, stronger, faster and to equip you with a great race plan.

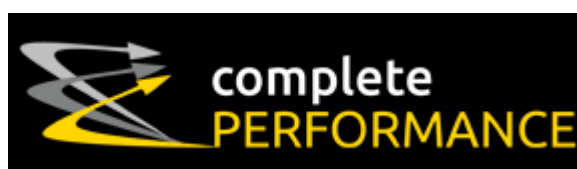
So, on race day you can **Be Awesome!**

Core Skills: Rate the aspects of your performance: 1= Good, 3= Average, 5= Poor

N/A – Non applicable

Run

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Running Fitness (aerobic fitness)	
		Running Strength (Hills)	
		Run technique	
		Running Speed	
		Pacing	
		Running Nutrition	
		Running Hydration	
		Endurance - strong finish	
		Off road	
		Running with a pack	
		Rock Running technique	
		Running off the bike	
		Transitions	
		Navigation	
		Knowing the course	
		River Crossings	
		Quick River drinking	
		Other	



Bike

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Bike Fitness	
		Eating on the bike	
		Drinking on the bike	
		Bunch riding	
		Hill climbing - Long	
		Hill climbing - short power climbs	
		Transition skills to the bike	
		Transition skills off the bike	
		Bike set up	
		Time trialling	
		Biking in Tri shorts	
		Biking after running and kayaking	
		Cornering	
		Braking	
		Using drop bars or aerobars	
		Tyre Changing	
		Downhill	
		Gear selection	
		Aero position	

Kayaking

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Grade 2 Rapids / certification	
		Bluff Turns	
		Rock Garden Rapids	
		Large Volume Rapids	
		River Braid Navigation	
		Racing around other Kayakers	
		Hands free Nutrition	
		Hydration	
		Paddle Technique	
		Endurance	
		Picking the fast lines	
		Transition into the boat	
		Transition out of the boat	
		Knowing the course	
		Quick recovery if swim	
		Defensive strokes	
		Kayaking in wind	
		Concentrating for the whole paddle	
		Boat selection (stability/speed)	
		Paddle selection (Endurance/speed)	
		Peeing on the move	
		Confidence to complete the section	

Self-Management

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Managing time	
		Managing other commitments	
		Recovery	
		Sleep	
		Life Stress	
		Relaxation	

Mental Toughness

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Confidence	
		Concentration	
		Commitment to training	
		Controlling pre race nerves	
		Coping under pressure	
		Refocusing after something has gone wrong	
		Positive self-talk	
		Pre-race relaxation	
		Goal setting	
		Self-belief	

Physical Overall

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Injury status	
		Flexibility	
		Strength	
		Stress levels	
		Posture	
		Medical health	

Nutrition

Current Rank	Best ever Rank	Aspects of my performance	Strategies to improve
		Nutrition - overall	
		Baseline hydration	
		Baseline nutrition	
		Pre training nutrition	
		Training recovery nutrition	
		Pre race nutrition	
		Race hydration	
		Race nutrition	
		Race recovery nutrition	

