

HUDSON VALLEY TRIATHLON CLUB

Tri Possibility

By Mark Wilson-Triathlon Coach

Have you ever met an individual who is doomed for success from the start of their race simply because they insisted on failing? Now, we're not talking about you, of course, but a friend. They begin each statement with "Water terrifies me!" or "I can't ride hills!" or "I'm too heavy to run fast!" in order to justify the results BEFORE the race has even begun?! It doesn't have to be this way; tri possibility, instead.

There are 5 levels of creation in the Universe and the speediest is pure Spirit. Do you know what the second fastest is? Your thoughts! Yep, it's true. Next is the speed of light, then sound and lastly physical matter. While what you do with your physical body during the next several months to prepare you for your ramped-up schedule is important, the #1 most seriously urgent task is to contemplate what it is you're thinking about yourself and your performance as a triathlete.

Now is the time of year to begin tweaking your workouts for next year so as to come back even stronger than before and set those new PR's. You've planned the schedule which includes swimming drills for improved efficiency, purchased a software program to get stronger on the bike during those long indoor trainer sessions, and laid-out the long runs every other weekend to re-build that running base. However, you're neglecting the most important factor for lightning fast advancement; your thoughts. What you think and say about yourself (and others) is crucial for success in triathlon, not to mention your life!!

Thoughts and phrases such as; I don't float, I'm a sinker, my technique stinks, my bike is too old, I don't like hills, people always pass me on the flats, the run is my worst leg, I can't run sub-7's, the run is where everyone passes me, etc. are NOT creating the space for the possibility of success. Instead, whenever you're about to repeat those untrue statements fill-in the blank with: "I just glide on top of the water, you should see me!" or "I am so strong on the bike, I expect a 3-minute PR today!" or "I'm running faster than ever these days, wait 'til you see me out there!" Yes, it's borderline narcissism but said in the proper and humble manner it's likely those around you would probably agree and wish you the best in the race.

Once you allow yourself the possibility of being better, stronger, faster and more successful in your head; the more likely you'll manifest it immediately in your workouts, races and daily living. If not, you'll be experiencing the same old, same old and wonder why you're not breaking through; on ALL levels! You deserve to be the best you can be, what that is, is up to you. See ya out there!

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