

The onset of the cold weather is when you really need to focus and reconsider your goals. You can blink and winter has passed you by and the season is only weeks away.... This is where the 5 P's come into play.

Prior **P**lanning **P**revents **P**oor **P**erformance

Winter is a good time to rethink what your goals are. Take stock of where you are and reconsider your goals. Choose a long term goal and use it as a motivator. To help along the way include some events every 1-2 months to use as steps towards the main target. By planning this way nothing is too far down the track and you won't lose motivation. Small goals and events are a great way to stay motivated during the colder months. To find some of these goals/races, have a look at the races up in the northern states such as the Noosa triathlon, etc. There are also plenty of running events in winter.

With these new goals in mind we can now have a look at your weekly routine and how it can be structured. One thing to take into account is the weather and its unpredictability.... Flexibility is the key and this is where common sense should take over. We can structure a program that is flexible enough to deal with the beautiful Melbourne weather???. An example of a contingency plan for poor weather is using indoor workouts like a Windtrainer session.

Winter is also a perfect time to work on your swimming. Book in for a one on one session with a swim coach and work on your technique. Take advantage of the ordinary weather outside and head indoors and swim it up.

Motivation is also increased with group training sessions. Training with a group and having a structured session to complete is a great way to stay focussed and motivated when you may not feel like training. Run squad and winter Windtrainer are all designed to help with this particular issue

If you don't plan to race over the winter months, you still need to think about what you need to do to **maintain fitness** over winter. You want to be ready to go at the start of the Triathlon season and winter is a great time to build up and/or maintain a good base fitness level.

Finally, make sure you take precautions and wear the appropriate clothing and safety equipment. Invest in good quality gear and wear several layers to stay warm and dry. One thing I will say is that you can never have too many lights on your bike when riding in the dark over winter. Better to be safe than sorry.

Stay warm and see you out training.....