

Technique is everything
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We all know that being technical, having a proper swim stroke, an efficient pedal stroke and run stride are very important to achieve the best performance.

While we are not born swimmer and have to learn to float and propel ourselves efficiently, it is quite common to learn to ride and of course we try to run as soon as we can walk, so coming back to these activities as components of a sport and accepting to work on a smooth pedal stroke or a perfect stride is a little bit more challenging and a perfect entry, catch, push is something that most of us will pursue for a lifetime of lap after lap after lap.

But all 3 technics are not just what makes us go faster, they are also what can save us from Armageddon when things go south during a race.

My advice is to find solace in the proper technics using visualization before and during the race. For example, during the taper phase when you naturally go insane because of the training deprivation, you can watch some videos of great swimmer, rides or runners to mentally imprint these images for later use.

my favorites, and the winner in each three categories are :

Swimming

(Video Imbed goes here)

Sun Yang, here at the [Sun Yang 1500m freestyle](#) this video has some underwater shots that are just bewildering.

Riding

(Video Imbed goes here)

Alberto Contador, in [this video](#) looking at different aspects of his pedal stroke.
and my favorite, and the winner in the running category:

Running

Craig “Crowie” Alexander, the most amazing, aerial, relaxed stride in the Triathlon planet.
I stop right there and you can watch his performance, for example at [Kona 2008](#)

(Video Imbed goes here)

We spend months in training perfecting these, swim sets with specific stroke or kick work, or Ergo sessions on the a static bike with single leg work for example.

Running somewhat is more difficult to tweak and I believe the simple reason is that it is easy to run

“well” and we, in fact, start doing that so very early in life that the repetition of the way we run is deeply engraved and therefore, difficult to argue and to change.

Then, to change this into Craig Alexander's stride is a whole different game.

The point I want to make here is not to go into the details of the different exercises that you can do to correct your form in all three disciplines. Every single one could be the subject of a full book and in fact they actually are.

What I would like to suggest is to use visualization during training or during the race when the going get tough.

You know they are going to be patches, points in the swim, the ride and definitely with accumulated fatigue, on the run where your body reaction to difficulty is going to be to start to slouch, to start breathing every stroke and kick randomly, push harder on the down stroke and move around on your saddle, get tighter in the upper body and heel strike while looking down ..

It's precisely when this happens that you need to refocus on your technic because it will take your mind away from the pain and the bad patch and because, this is kind of obvious, it will make you go more efficiently and if it is not positively impacting your pace right away, I can guarantee that it will make it easier very quickly helping you get over that bump.

So in your next race, “see” Sun Yang, visualize Alberto and Crowie and immediately your form will adjust.

Do not get upset when it drifts away at the next bad patch, just do it again, and again until you pass the finish line with a smile.

Later, you can always send tweets to these athletes as they helped you as much as I did :)

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