

# TriCentric

## E-Tips

## The New C.P.R.

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**PowerBar**  
Beta Alanine

### Greetings!

Everyday I have conversations with athletes and coaches and often the topic is avoiding mistakes, common pit falls and reasonable expectations. In this weeks E-Tip, I'll briefly discuss 3 things every athlete at any level can improve on and benefit from.

Cheers,

~B

### The New C.P.R.

CPR??? Not what ya think... CPR stands for 3 critical components that get overlooked and undervalued in training. I hear it every day in message board posts, on Facebook, during training, in race reports and in the general questions all coaches field. So what is CPR?

#### Consistency, Patience & Recovery

**1. Consistency:** This is perhaps the most crucial as it relates to Patience and recovery... you must be consistent with both. For an endurance athlete, it is essential to maintain a consistent approach to training in order to get the full adaptive benefit... not only aerobically but your muscles and connective tissue also benefit. Consistency also adds value in the form of confidence and your mental approach to training and racing.

**2. Patience:** "Rome wasn't built in a day" remains in our vernacular for a reason... it rings true! Focus on what you "should" do and not what you "can" do. The scientific training principal of periodization is just that... sound scientific fact. Patience during any training cycle is a fundamental necessity for development and athletic maturity.

**3. Recovery:** Perhaps the most undervalued term amongst amateur athletes. Training does NOT make your stronger, faster or better equipped to race at your best. Training only supplies the vehicle for improvement. It is only when you recover that you allow your body to recognize the benefit of your training.

This is not meant to be a complete guide to training or the topics discussed... just a short and simple reminder of three critical area's we can all stand to improve on. Remember... practice does not make perfect!!! PERFECT PRACTICE MAKES PERFECT :-)) so... focus on what you should do and practice CPR in the pursuit of your goals.

See ya at the track, on the road and at the races...

Cheers,

~B