Must. Try. Harder.

June 2011
Nordic Ruby
Sweden

@keavy

Keavy McMinn
keavy.co.uk
Sprint triathlon

- Swim: 15 units
- Bike: 20 units
- Run: 5 units
Ironman triathlon

- Swim
- Bike
- Run
How?
1. Starting point
What do you want?
My lawn
Avec courage!
What motivates you?
What limits you?
The death of my younger brother two years ago. Realise you must grab the moment now as you don't know what is around the corner.

This motivated me through my ironman training.

Obstacle - The worry that I'm not good enough.

- Kay
Teacher’s assistant, mother, amateur triathlete
It's a bit like fear of failure. I'd describe it as the fear of putting it all out there and that not being enough. I think that causes us to keep something back so we can say (if even only to ourselves), "well, if I’d really tried/cared/put a bit more effort in, I could have done that"

lack of clarity/short attention span/low boredom threshold
- I get sidetracked

- Alisdair
Amateur triathlete
Finding out where my boundaries lie, pushing myself to reach my potential.

Constrained by lack of self belief and confidence that I can reach my potential!

Catriona Morrison
Pro Triathlete
Ownership
Who can support you?
2. Develop a process to follow (and stick to it)
Set your goals
Break it down
Apply some stress
Recover
Dear Diary,
3. Committed practice
Practice
What you find difficult
Do one thing every day that scares you.

Eleanor Roosevelt
Tabayesco, Lanzarote
Sa Calobra, Mallorca
Celebrate the little achievements

1 Apr 2010 12:46

You are the bravest girl I know. So proud of you. Black G3R jacket tied round post at Very top of climb on left. you are amazing.

- My coach
Practice

Exercise control
The whole race was about ticking places and people off. About not giving in and dare I say it, about believing that it was going to happen.

Catriona Morrison
Practice
Consistently
It doesn’t have to be fucking hard, but it does have to be fucking consistent, which in turn makes it fucking hard.

Brett Sutton, triathlon coach
Commitment to practice

Hours per week, of actual training, for Ironman Switzerland
X hours a day = ?
Rewards?
Hours per week, of actual training, for Ironman Switzerland
Ironman Lanzarote

Total Climbing 2551m

- Fire Mountains
- Yaiza
- El Golfo
- Tinajo
- Famara
- Teguise
- Los Nieves
- Mirador del Haría
- Mirador del Río
- Tahiche
- Arrieta
- Teguise
“If you do *that*,
I would bow down before you”

My old coach
Ironman Lanzarote
Ironman Bike Course: 180.2km

- 10 aid stations, including special feed station.
- Personal feed bags will be available at the Special Aid Station.
- Cut off time 11hrs 30mins after race start.
Judgement
Yes, there was cake.
Ironman Bike Course: 180.2km

- 10 aid stations, including special feed station.
- Personal feed bags will be available at the Special Aid Station.
- Cut off time 11hrs 30mins after race start.

Start / Finish
Aid Station
Special Aid Station
Aid Station with WC facilities
Penalty box

Map showing the bike course with marked points and distances.
“Just stick to your plan and what you’ve tried and tested.

It’s your race and you are in control!

You’ve done the work, now do the race you’ve worked for.

Stay positive and enjoy it!”

My new coach
To conclude...
Avec courage!
Tack så mycket!

@keavy

Keavy McMinn
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