



Trifecta

and being perfect by Don Alvarez

We started Team Trifecta about two years ago. And ever since then some have asked, "What is Trifecta?" Others recognize it as the term from horse racing, betting on the order of the first three horses. To win, you have to pick them in the perfect order. From that idea of the perfect three came the name for our team, Team Trifecta, striving for the "Perfect" performance in the three triathlon events of swimming, biking and running. So simple.

But what does it really mean to have a "Perfect" performance. This is where it all gets sticky. If it is about winning, well, then I am far from "Perfect." And ahead of me are the years where no matter how much I learn or train, I will get slower. I'll have less chance of "Winning" and "Success." So why even try to approach "Perfection" knowing that.

t2coaching and Team Trifecta believe in the notion of striving for "Perfection." It starts with goal setting. Choosing what are called SMART goals. They must be Specific, Measurable, Attainable, Realistic and Timely. When our goals meet this criteria we can be successful. And, we can find enjoyment working toward them. This is where the true notion of "Perfection" comes to play. After all most of our time will be training toward our set goals. Learning to love the laps in the pool, back and forth; the constant whir of the wheels passing along the white line and the sweat and breath that lets us know we are lucky to be able to run or walk or stand on a trail overlooking our home. That is perfection, with a small p. It is something we work toward every day. Some days better than others. And like the bumper sticker I saw one day said, "Our journey is unique, just like everyone else's."

Jonathan, perfect speed is not about how fast you go, it is about being there.
Paraphrased from Jonathan Livingston Seagull
- by Richard Bach

And how about Kim at our Rez 6 open water swim, sporting the perfect tri bag, and Being There?

Check out SMART goals on the web: [SMART](http://www.topachievement.com/smart.html) <http://www.topachievement.com/smart.html>