## **Build Me Up Stage - 5**

## **Action Items**

- 1. Going Long Plan out your long workouts when will you get this completed?
- 2. Monitor Key Metrics Which ones are you following?
- 3. Nutrition Take note of what is / isn't working
- 4. Mental Skills find ways to stay motivated

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Swim - Build to 3 Km
Bike - Build to 6 hours

Run - Build to 3 hours

Track completed and missed workouts

Nutrition plan is ready

Mental Skills - Have a list of ways to stay motivated

## Going Long - When will you do this?

o Plan out your weeks - List date and Distances or Time for your long workouts

Date	Swim (Km)	Bike (Hours)	Run (Hours)

## Weekly Key Metrics

Date	Swim:	Bike:	Run:	Other:

<b>•</b>	Nutrition	strategy	? What is we	orking? V	Vhat is not	?	
	Pre workout						
	Swim						
	Bike						
	Run						
	Post workout						
•	Motivation: My go to list						
	Music Playlists						
	Videos						
	Sayings/Quotes, Mantras	/					
	Movies/Books						

Stepping Stones: What's next?\_\_\_\_\_

others

\*\* My Why \*\*