



Purple Patch®

SUNDAY SPECIAL



THE 5 QUESTIONS TO ASK YOURSELF EACH WEEK

#1 What are my non-negotiables for the week? (i.e. work/family priorities)

These are your biggest priority and ultimately this is your starting point for how to structure a triathlon training program. Sport should be integrated into life, not compete with it. By establishing your non-negotiable priorities for the week, it gives you perspective on can and cannot be compromised each week.

#2 What are the areas where I need to place time for self-care, sleep, and a little social activity? (i.e. zoom happy hours, family activities)

This is important as it prioritizes some breathing room in the triathlon training week structure and heightens the chance to avoid negatively impacting sleep. Setting time aside for these 'renewing' and 'refreshing' activities keeps you emotionally and physically nourished.

#3 What are the key training sessions for the week as outlined by my coach?

These 'key' sessions move the performance needle. They should align on the triathlon training schedule on days and at times that allow for optimal energy, sleep, and nutrition. If life changes abruptly, you know what sessions you should move to a different day and still execute (a key session), and what you can afford to skip (a supporting session).

#4 Where can I now fit the more supporting sessions? (The supporting sessions are the 'flex' in any given week.)

A time-starved week might see you hit less total hours, but retain the purpose and mission. A time-rich week might be an opportunity to add a little more low-stress (*note* low-stress) training. The key sessions are the intensity that moves performance forward, but the supporting sessions help bring low-stress ancillary gains in time-rich weeks.

#5 How can I better 'nail the basics' this week? (such as sleep, diet, or maximizing your daily energy levels.)

Feel free to pause and realign with your purpose and mission at the start of each week. The basics are the foundation of your training each week, the underlying support that allows you to build intensity and recovery properly to do it again the next session. You cannot build performance on top of dysfunction, so you must always nail the basics.

There it is: by simply taking 15-30 minutes each week to ask yourself 5 poignant questions, you set yourself up in execution mode right at the start of the week. But like any great piece of advice, it is only great if it is executed consistently.

Bonus Pro Tip: Some athletes benefit from simply adding Sunday Special calendar events into their digital calendar, others like a spreadsheet or even a simple scrap of paper. There are no rules, except the ritual of pausing, coming up for perspective, and nailing the Sunday Special.

SUNDAY SPECIAL Blank Template

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Commitments							
Sleep / Self-Care							
KEY Sessions							
Supporting							
Habit Cues							

SUNDAY SPECIAL Example Template

