

**GENETICS
OR HARD
WORK?**

THE
"SECRET"
TO BEING A
CHAMPION
ATHLETE
MIGHT BE
SIMPLER
THAN YOU
THINK

THE FORMULA FOR SUCCESS

While travelling through the UK with his family, triathlon coach **Kristian Manietta** receives a reminder of the simple yet effective formula for success.

TEXT BY **KRISTIAN MANIETTA** | PHOTOGRAPHY BY **DELLY CARR AND DREAMSTIME.COM** 📷

My wife Charlotte and I are in the UK with our son Mack for a six week holiday (I will also spend ten days in South Africa for a 'little' mountain bike adventure which I'll cover in the New Year) and I'm slowly getting used to training in the English winter. It's very different from the Sunshine Coast but I'm enjoying the riding and running through the countryside.

On the weekend one of Charlotte's brothers, Alistair, invited me to a football match (the Brits don't take too kindly to us calling it soccer!) The game was in Bristol where they live. The direct route is only 30 something miles but I wanted to stay off the A (main) roads in search of little lanes and the

occasional B road. The trip allowed me to get two four hour rides in (riding there and back a few days apart), however the distance was only a tad over 70km. It's much slower going on a mountain bike, but the beautiful scenery, some solid 23 per cent grade climbs, highlands and gorges made for some awe-inspiring riding and wonderful thinking time.

I wanted this article to be about how to "up your game", but I wanted it to have a different focus than just specific points or sessions that will help you in triathlon. The football match and my long ride gave me a chance to find that focus.

At the match, my brother-in-law and I got to talking about what sets the players who make it

"Behind every extraordinary achievement you'll find extraordinary effort. You can be very good but the choice is up to you."

— Kristian Manietta

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 $\frac{1}{\tanh(x)} = \frac{(e^x + e^{-x})^2}{2(e^x - e^{-x})}$

$y = \tan(x)$
 $y = \sin(x)$
 $y = \cos(x)$

$\tanh(x) = \sinh(x)/\cosh(x)$
 $\frac{1}{\tanh(x)} = \frac{\cosh(x)}{\sinh(x)}$

LOOK CLOSELY: The success of high achievers leaves clues you can apply in your own life and training

apart from those who don't. We discussed daily disciplines and the devotion required to get to the Championship and Premier Leagues. Good genetics are involved, but I believe they count for very little.

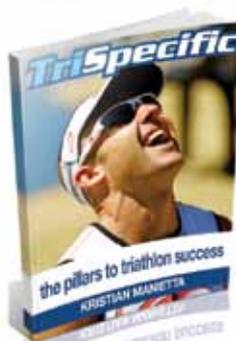
How many of these players practiced daily, probably for hours, refining their ball skills and fitness to get a chance at making it? How hard did they work, and do they continue to work? In football – just like in triathlon and, indeed, life – the saying "the harder I work, the luckier I get" rings true.

What I find interesting is that when you really start to think about a topic, more and more examples manifest themselves. Alistair introduced me to a TV show featuring a young UK magician called "Dynamo" who is, quite frankly, amazing. The program delved into his past, when he literally shut himself in his room to learn everything he could about magic, practicing and refining his craft for hours each day until he became world class.

When you look into what the best of the best do, there are a lot of similarities. Do you think Michael Jordan was as good as he was just

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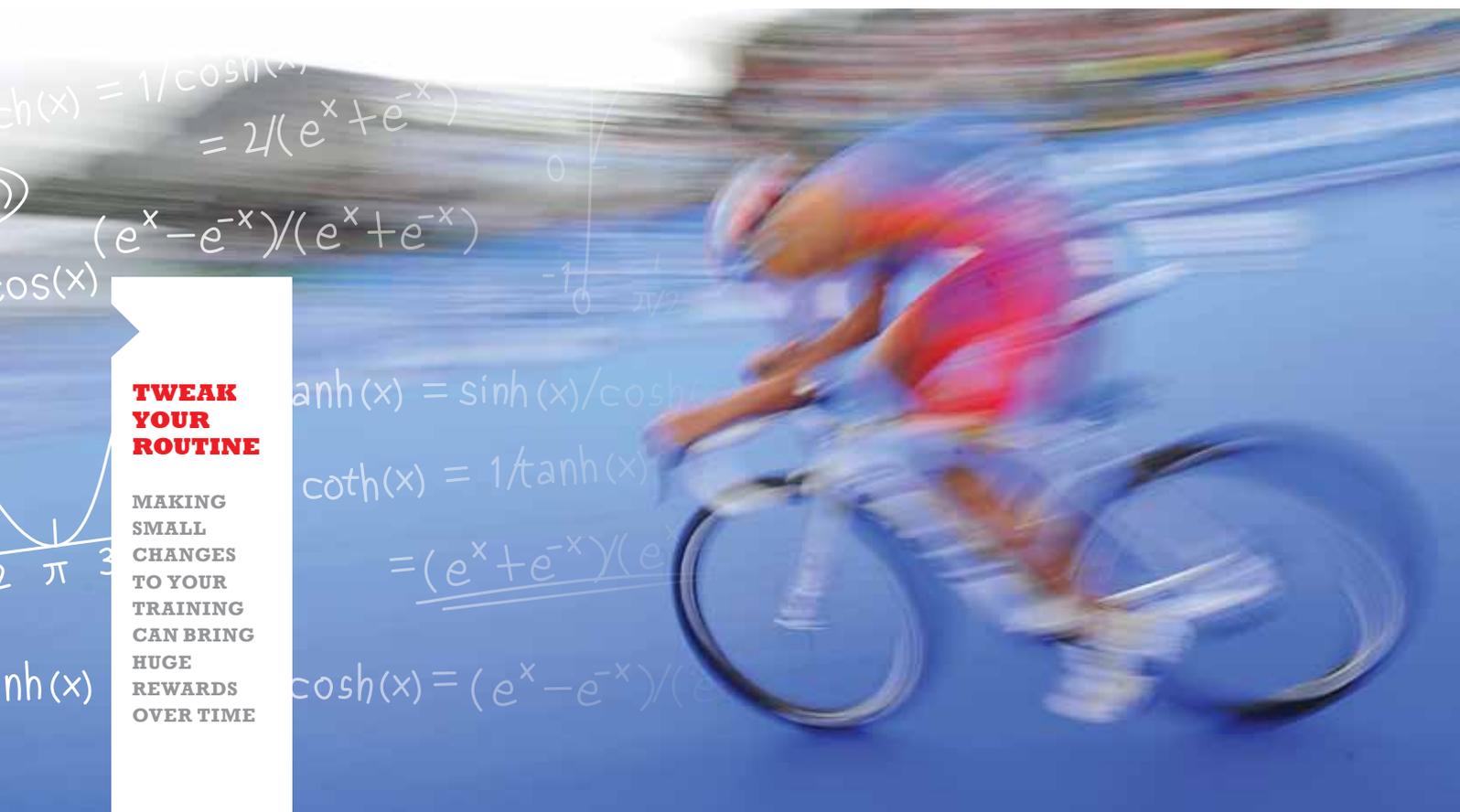
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TWEAK YOUR ROUTINE

MAKING SMALL CHANGES TO YOUR TRAINING CAN BRING HUGE REWARDS OVER TIME

because of genetics? Genetics don't transcend from the sporting to the business world, but Jordan has been wildly successful at both. If you read his books and delve into his background you see that he devoted himself to his craft, worked exceptionally hard and arguably changed the face of basketball forever. Life favours the devoted, and this is just one of many examples.

I know I have been talking about elite athletes but all of us age groupers can learn from the greats. Not only in our sport but also in all areas of life, sport and business. As they say, success leaves clues.

I learnt the following formula from success coach and author Robin Sharma. When applied it gives us all the ability to be great in life and why wouldn't we want to strive for that?

Here it is: focus + daily improvement + time = genius. Or to put it another way, making small daily improvements over time leads to stunning results.

Now, we can't all be out there swimming, biking and running 24/7 as there are other important things in life. However we do have the ability to make small daily improvements to every aspect of triathlon.

- Want to get faster? Of course you do. But before you go out and buy the latest aero gadget, could you improve your body composition? This is free speed and can be done with small daily improvements in nutrition.
- What about showing up consistently for training? Not only physically but mentally too.
- Got biomechanical issues or muscular restrictions? Spend time daily doing mobility or soft tissue work. If it is important to you, finding the time is easy.



I could go on and give more examples, but you get the point. Apply this formula, not for a day or a week but for years, and watch what happens. Do it in your sport, do it at work and do it in your family life. We all have the ability to be great. It just takes a little self discipline.

Behind every extraordinary achievement you'll find extraordinary effort. You can be very good, the choice is up to you. **AT**

THE FORMULA:

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