

## **Dave Scott – Coaching Philosophy**

### Master the Basics

I'm often asked about my coaching philosophy. To best understand where I'm coming from, it's worthwhile to examine why I became an athlete in the first place.

I didn't begin my athletic career with the singular focus of winning Ironman (although it was fantastic to win 6 world championships). Rather, I started out with a curiosity for training and a strong desire to improve, which strengthened my self-confidence. I quickly realized that my self-confidence – earned through solid training -- helped to empower a fast race day and a successful outcome.

When I began my triathlon career, my practical knowledge was very limited. Though I had graduated with a degree in exercise physiology and was a competitive swimmer, I had a limited understanding of the practical nuances and complexities involved in training for a multisport event.

So I started at the beginning and focused on mastering the basics. Looking back, this simplified approach became an asset for me because it helped me identify what was truly important for achieving my best.

As I shifted my focus to coaching others, I knew that the best place to start was with the confidence levels of my athletes. This confidence could be established and reinforced through solid, consistent training.

My philosophy on training boils down to these simple sentiments:

1. **I'm a teacher first**, and a coach second.
2. **Strive to master the basics** with a personal plan designed for your level of fitness and aspirations in the sport.
3. **Consistently follow your plan** to build self-confidence, which in turn will provide a strong foundation for success.

Triathlon can seem complex, especially to newcomers. You will be faced with many decisions regarding your training and racing. In addition to choosing the right training program, there are also choices to be made on gear, diet, event selection, mental preparation and how to incorporate technology into your efforts.

For all athletes, this decision-making process can be distracting, if not downright overwhelming. I look forward to sharing what I've learned in my 35 years as a professional triathlete and coach to help you simplify this process and get the most out of your triathlon experience.

I hope you'll find my training plans motivating and helpful as you pursue your training and racing goals.