

Health, Grit and Incremental Gains

21 Productivity Lessons From Triathlon

Hi, I'm Ric

- ▶ Doing Agile since the Noughties
- ▶ Founded Ghyston in 2012
- ▶ Racing triathlon since 2011
- ▶ Competing internationally since 2022

Ghyston



North Bristol
Triathlon Club



The 21 “Lessons”

- ▶ Observations more than lessons
- ▶ Learning facts is about making connections
- ▶ Hopefully these connections will help you be better Agilists

1. Improvement is a slow process

There's no substitute for putting in the hours



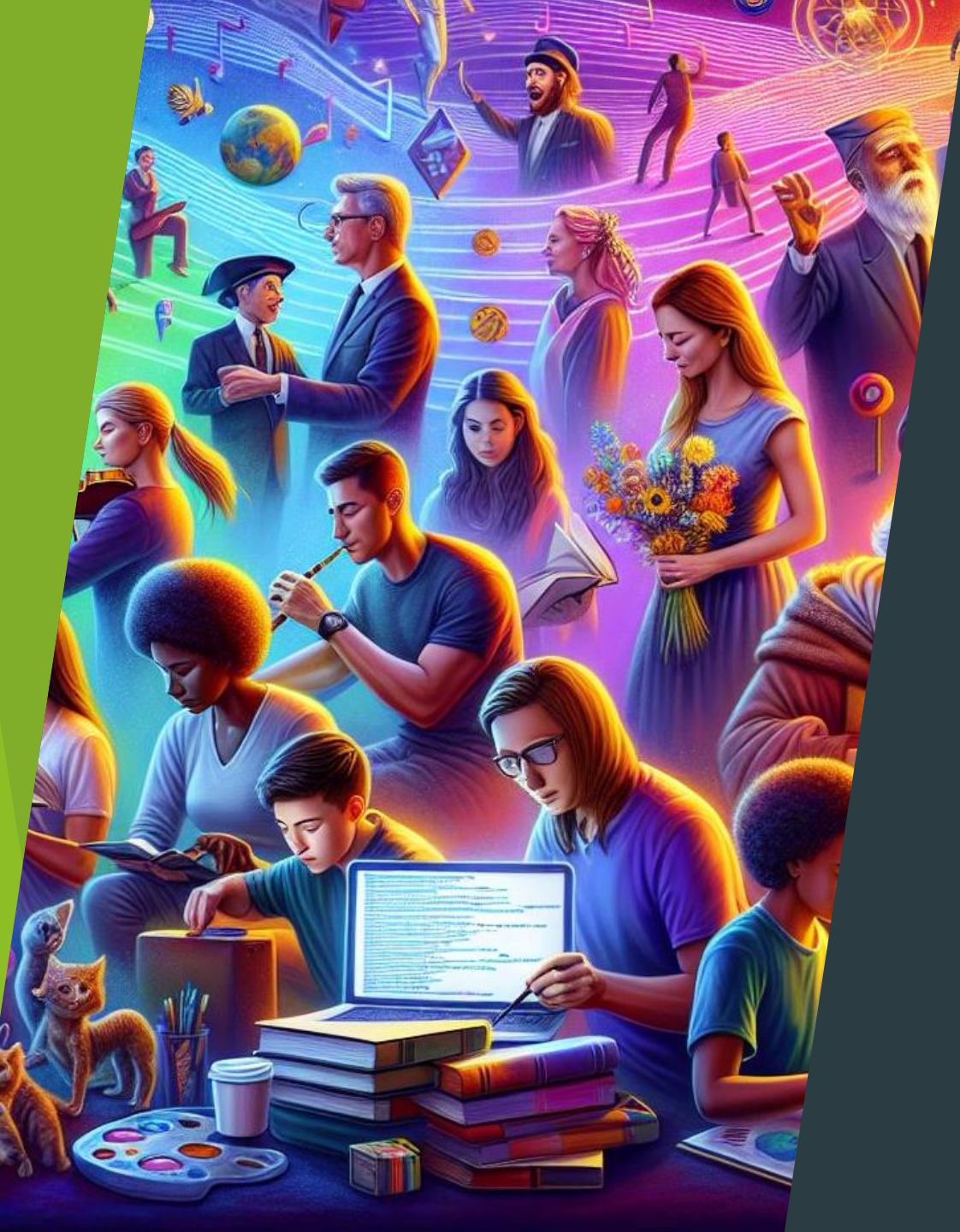
2. The 80/20 training rule

You can't go hard all the time

3. Listen to your body (or team)

With discipline to respond and react





4. Aptitude is very important

... but it's not everything

5. Knowledge sources fuel progress

Books, podcasts, tutorials, etc



The background of the slide features a faded image of two women in athletic attire. The woman on the left is wearing a dark sports bra and has her hair in a ponytail. The woman on the right is wearing a striped tank top. They appear to be in a conversation outdoors. The entire image is overlaid with a semi-transparent dark blue filter. On the right side, there are several overlapping, semi-transparent green geometric shapes, primarily triangles and polygons, creating a modern, abstract design.

6. A mentor/coach is a step change

(they don't need to be better than you at everything)



7. Accountability helps motivate

Who can see you?

8. We're social animals

Other people's lives are interesting





9. Celebrating fuels teamwork

And it just feels right to enjoy what
you've worked hard for

10. Strength and conditioning create resilience

Tangential skills and abilities can lead to unexpected benefits





11. We need time to rest and recover

to avoid injury or burnout



12. Good technique makes you faster

How are you improving yours?

The background of the slide is a vibrant, abstract composition. On the left, there's a vertical strip featuring glowing binary digits (0s and 1s) in shades of blue and yellow, with light trails suggesting motion. The rest of the slide is dominated by a dark blue-grey area on the left and a series of overlapping, translucent green geometric shapes on the right, creating a modern, tech-oriented aesthetic.

13. Good technology also makes you faster

Hardware, software, and now
thinkware

14. Equipment fit impacts performance

Both directly and via comfort/endurance





15. Without buy-in, everything is an argument

With buy-in, someone has your back

16. Health is a baseline enabler

Good diet and regular movement
underpin everything





17. Fuel and hydration matter

We all need it, and it's not all the same



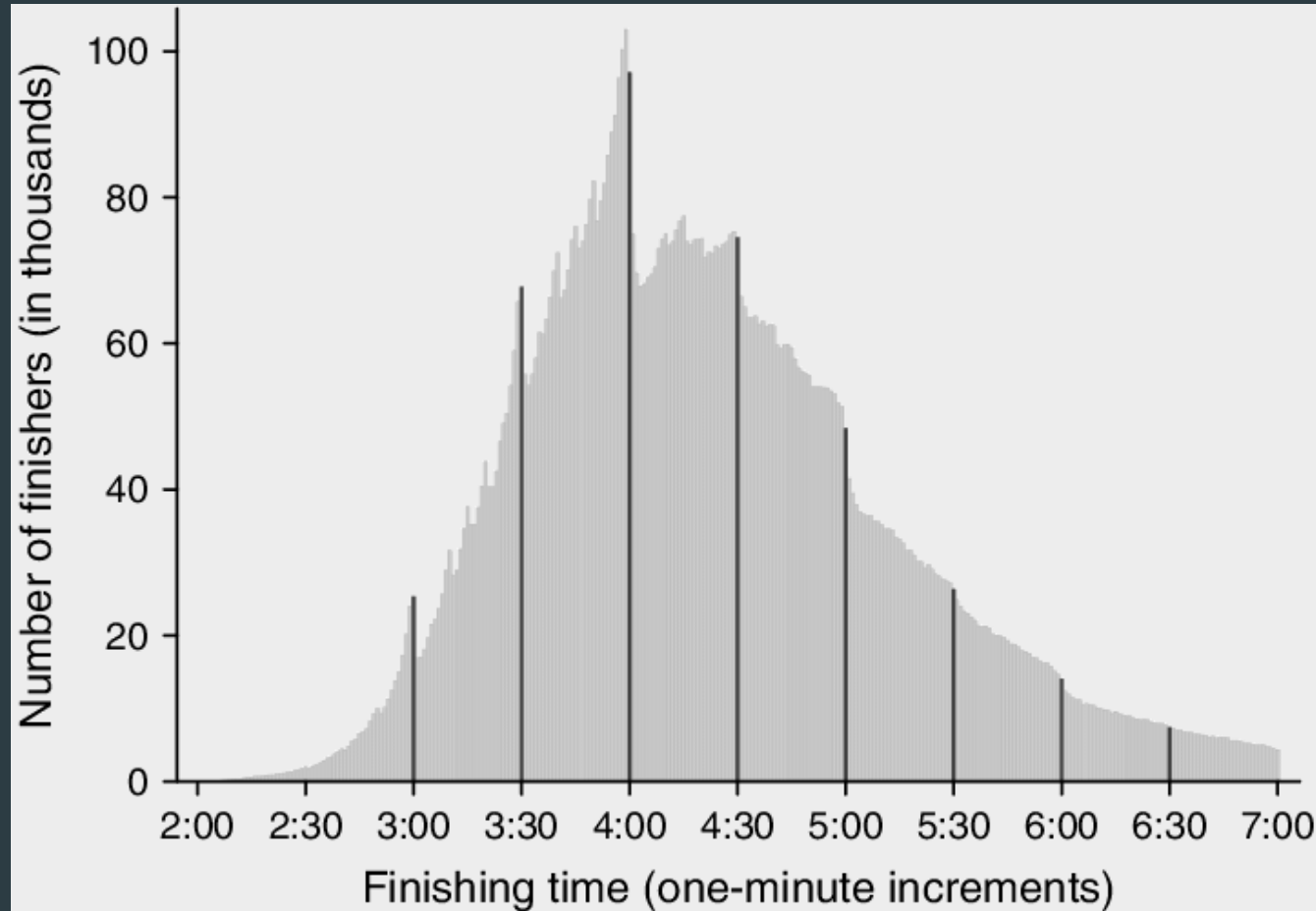
18. Psychoactive substances affect different people differently at different times

Caffeine, alcohol, nicotine, and the rest

19. Leading indicators help prediction

Know how you're doing on the way,
not just at the finish line





20. Psychology both stimulates and limits human performance



21. Grit is the most important ingredient

Achieving a lot is hard



We made it!



<https://www.linkedin.com/in/rictechnologyhill>

ric@ghyston.com

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