

Health, Fitness, & Performance: Can you have it all?

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Endurance Journey Coaching

Where We Are In the Series...

- ✓ November '22- What it Takes
- ✓ December '22- Goal Setting
- ✓ January '23- How to Train (Fit It All In)
- ✓ February '23- Swim, Bike, Run (What You Need To Know)

TODAY - Health, Fitness, And Performance - Can You Have It All?

April '23- Nutrition For Training and Racing

May '23- Event Day Preparation

03

Health, Fitness, And Performance: Can You Have It All?

What we'll cover in this session...

1. Foundation

Health Is The
Foundation Of Your
Fitness and
Performance

2. Measurement

For Health, Fitness,
And Performance

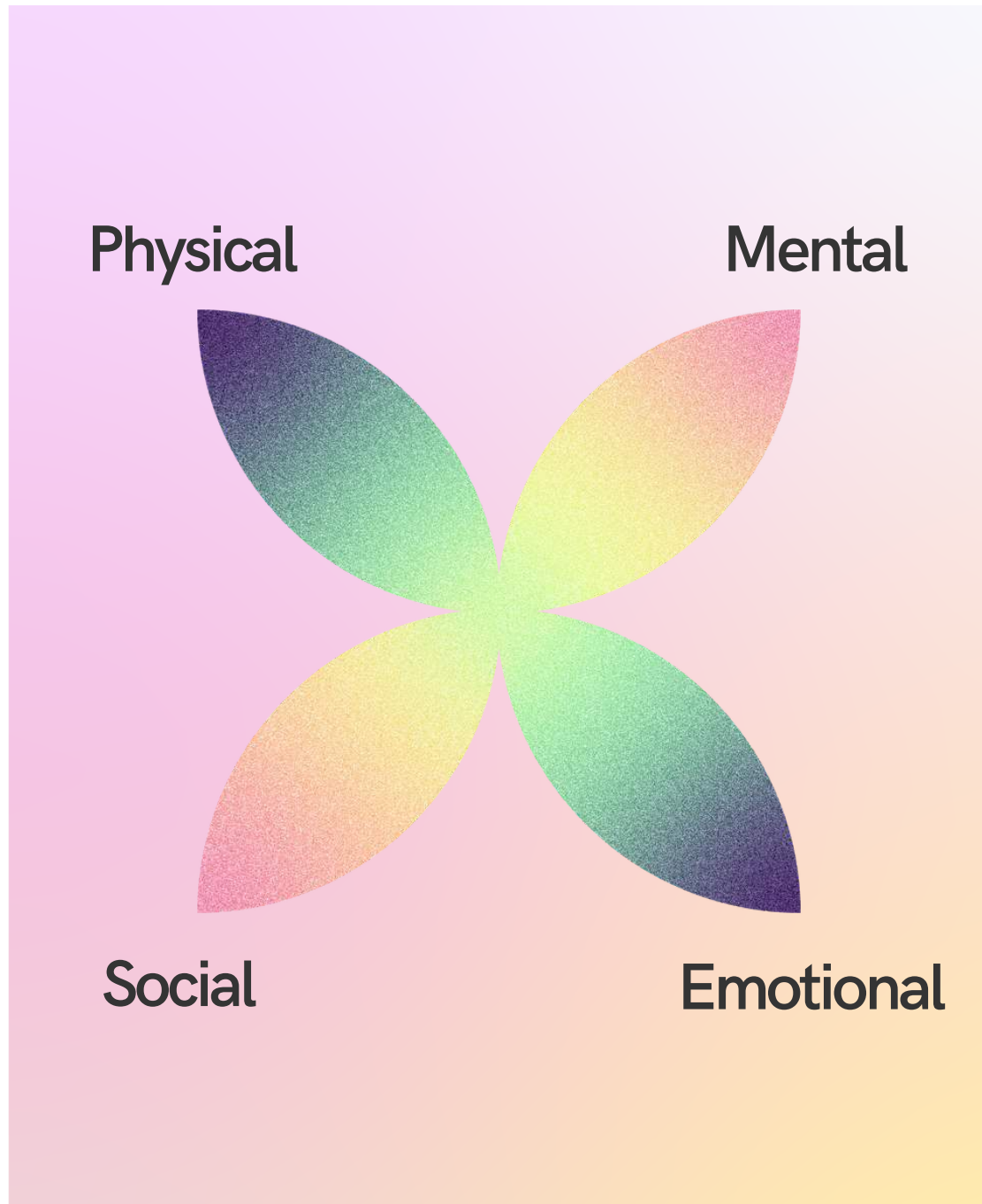
3. Adjustment

Identifying feedback
that indicates its time
to adjust.

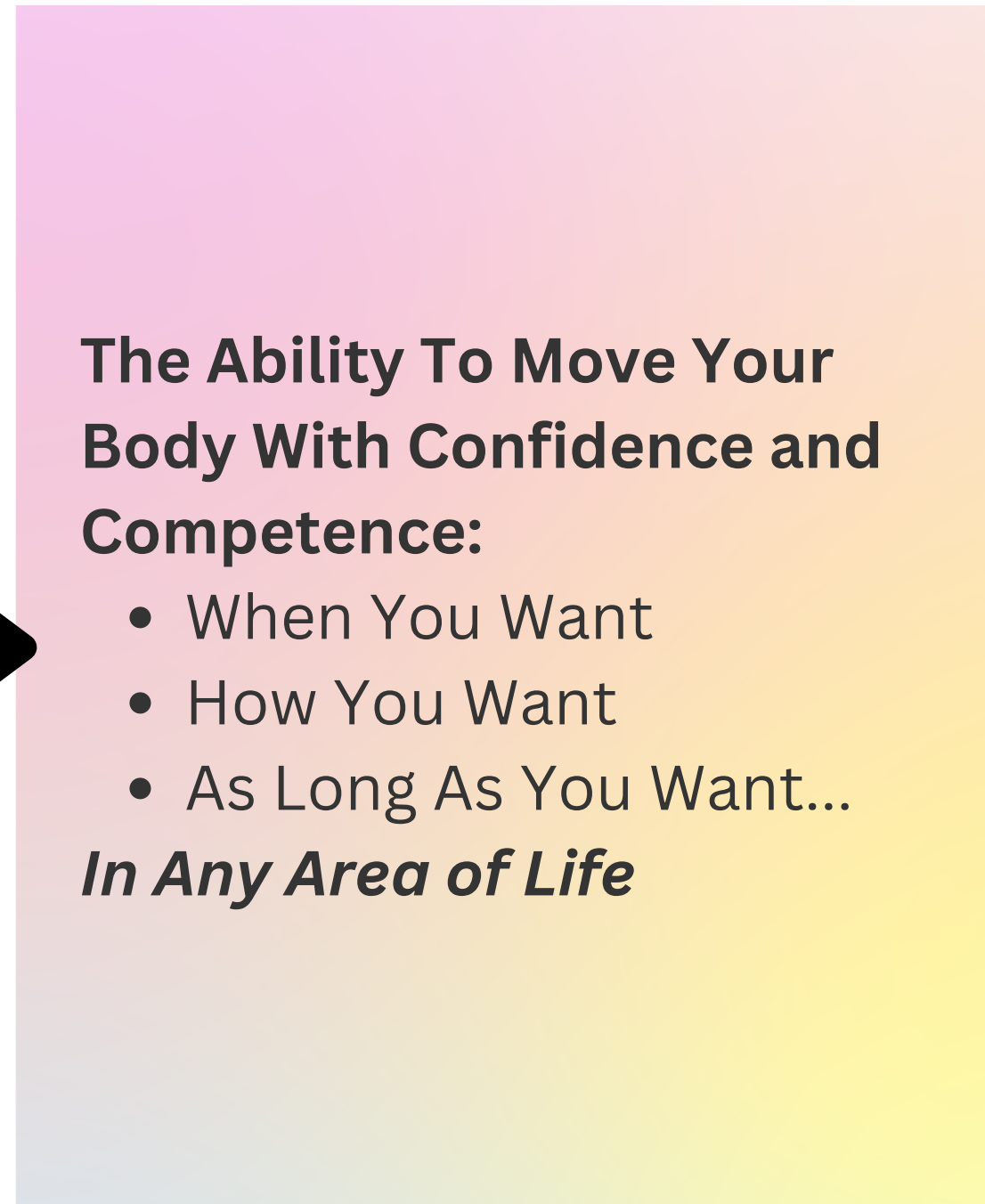
You Are A 1 of 1



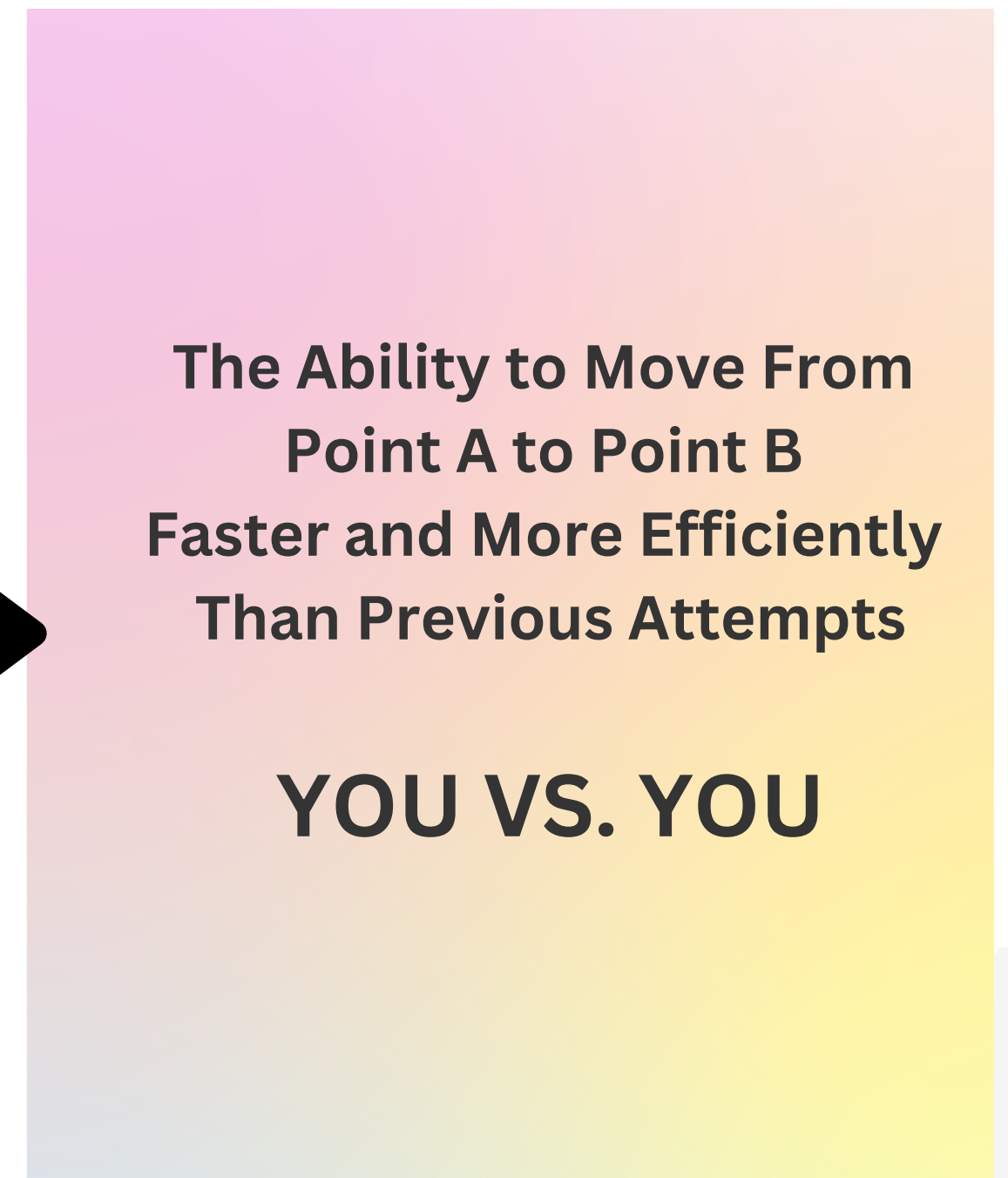
Health



Fitness



Performance



Without Good Health - Peak Fitness and Performance Will Not Happen!

Question:
Is My Body Ready
For The Stress Of
Training?

Measuring Your Health

1. Physical

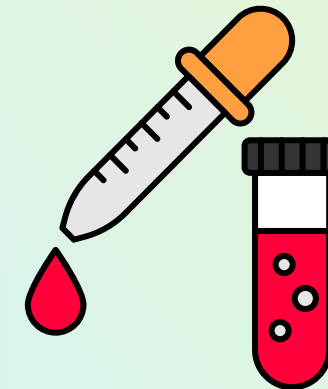
The quality of your body systems, free from disease or injury.

MD - Annual Medical Physical

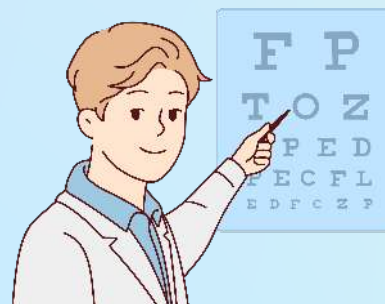
- Personal and Family Health History



- Blood work (see note pages for list of tests)



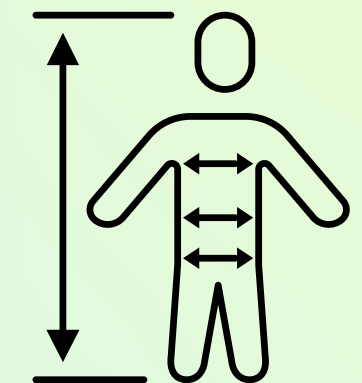
- Visual exam



- Physical exams



Other Health Influencers



Question:

Do I have social support from others for my commitment to fitness and performance?



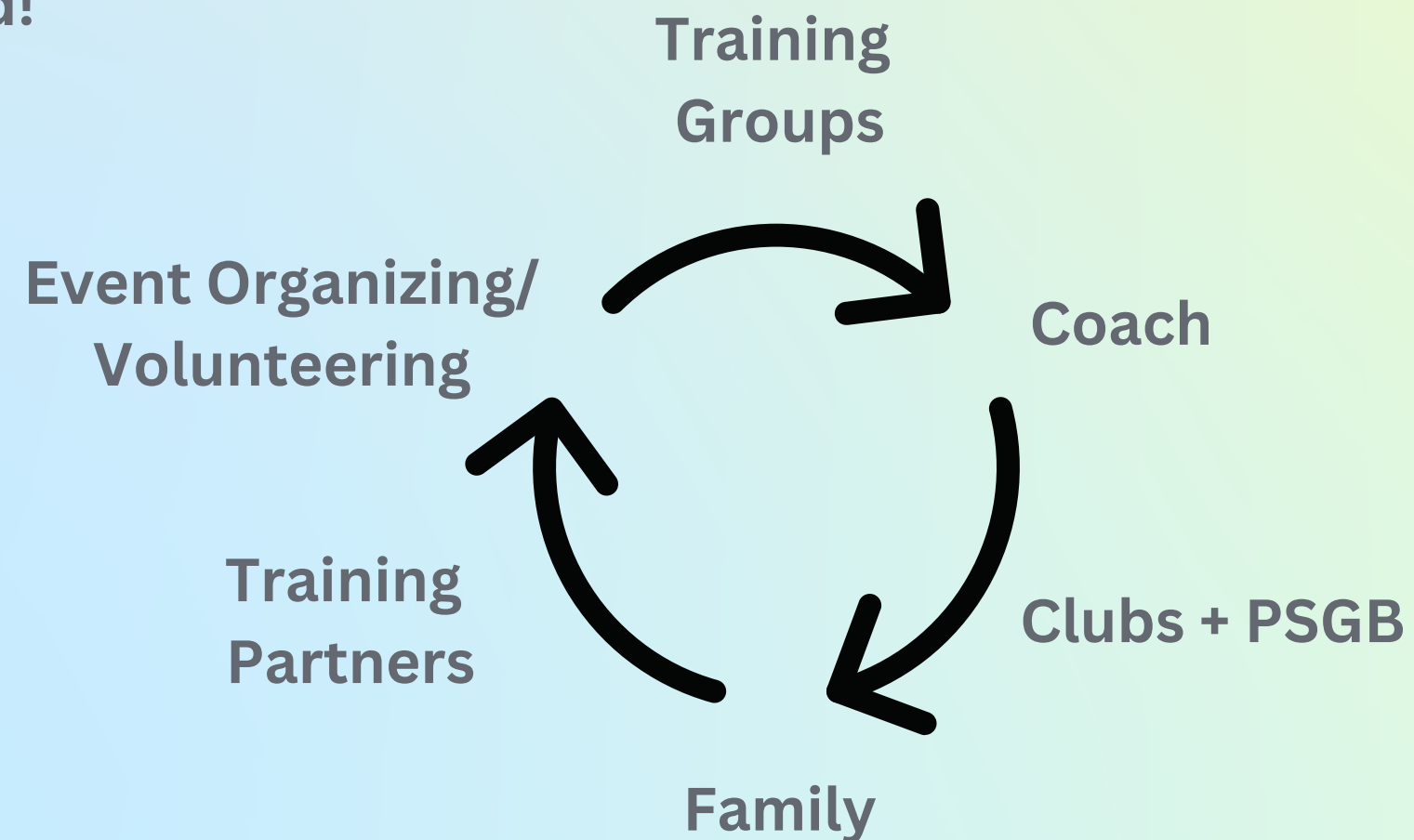
Measuring Your Health

2. Social

The quality of your connections with others.

- Your ability to build healthy relationships.
- The quality of those relationships.

Get Involved!



Question:

Do you have a fixed or growth mindset?

Measuring Your Health

3. Emotional

How you feel about your ability/self confidence

- "In the fixed mindset, everything is about the outcome. If you fail—or if you're not the best—it's all been wasted.
- The growth mindset - value what you're doing regardless of the outcome (journey>outcome)." - Dr. Carol Dweck



IMPROVING



NOT YET



Question:

How do you feel about the commitment and do you have the resources in place to help you?



Measuring Your Health

4. Mental

History & Quality/Clarity of: Thought, Productivity of Decisions, Ability to Manage Stress

Current mental health status



Manage your expectations



Consider the impact on your social life



Develop a support system



Be mindful of mental health during training

ASKING
FOR HELP IS
OK

Measuring Fitness



**The Ability To Move Your
Body With Confidence and
Competence:**

- When You Want
- How You Want
- As Long As You Want...

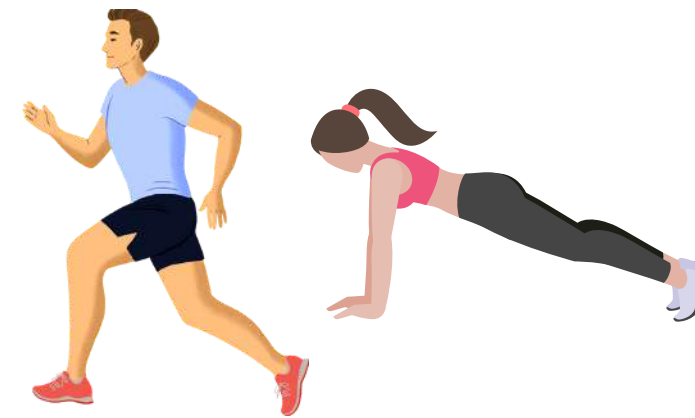
In Any Area of Life

Balance and Stability

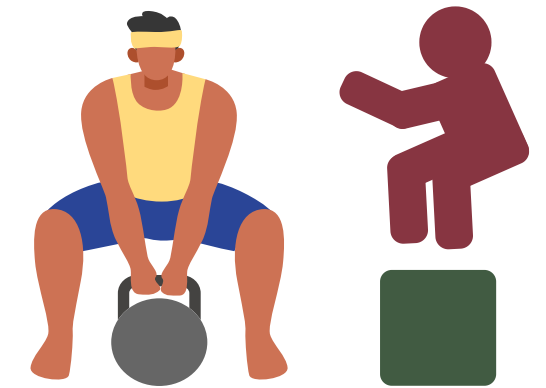


Measurements of Fitness (5)

Endurance
(cardio vs muscular)



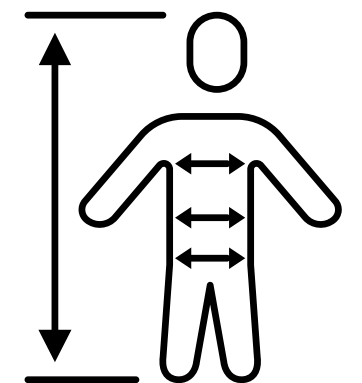
Strength + Power



Flexibility
(mobility, range of motion)



Body Composition



Measuring Fitness Development

1. Cardio+Muscular Endurance

- Perform repeated movement without getting fatigued.
- Use zones and repeated easy to moderate efforts in similar conditions (same weather, time of day, etc) to assess cardio fitness.

Zone	How does the effort feel?	RPE (Rate of Perceived Exertion)	Heart Rate % Of Threshold*	Pace/Watts % Of Threshold*
1	<ul style="list-style-type: none"> • Easy • Comfortably able to talk in sentences • Moving the body to loosen up/recover 	1-2	<68%	<55%
2	<ul style="list-style-type: none"> • Moderate • Slight deepening of your breath • Can talk in sentences with pauses to breathe • A comfortable effort for the duration of the session • Eat and drink comfortably at this effort 	3-4	69-83%	56-75%
3	<ul style="list-style-type: none"> • Moderate Hard/Tempo • Can hear your breathing but not panting • Can say words but not sentences • Able to maintain a steady strong effort for entire length of the interval • 10 to 60 min intervals 	5-6	84-94%	76-90%
4	<ul style="list-style-type: none"> • Hard/Threshold • Start to feel some burning in the working limbs • Breathing is heavy, can say words but difficult to talk • 5 to 20 min intervals 	7-8	95-105%	95-105%
5	<ul style="list-style-type: none"> • Very Hard/VO2 • Fast/Sprints/Strides • No words or one word answers • Completely focused on the effort • Fast with great technique and form • Less than 5 minute efforts 	9-10	>106%	>106%



Strength Movements

Measuring Fitness Development

2. Strength

Helps you generate force (power to the swim stroke, pressure in the pedals, force against the ground during run stride)

Assessment:

- Lifting heavier for same reps over time
- > Durability and resilience for body to absorb stress of training and racing



Measuring Fitness Development

2. Power

Power - Quick starts, passing people, need fast acceleration

Assessment:

- Improving ability to accelerate or generate explosive power in shorts bursts (20sec or less)

Power Movements



Measuring Fitness Development

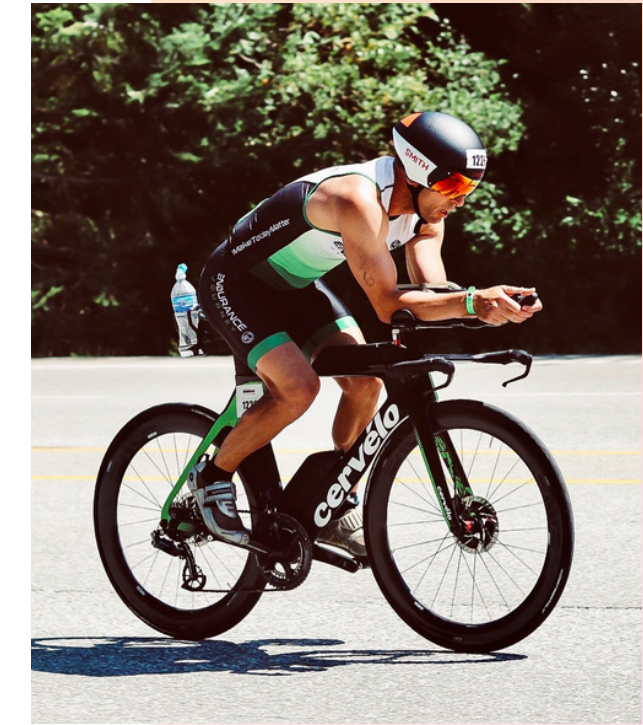
3. Flexibility

A.k.a mobility/range of motion - shoulder range for swimming, bike aero position, run stride length

Assessment:

- Can you perform a movement more efficiently and smoothly with less resistance from your tissues?
- >Durability and resilience
- Movement assessment by physio/coach

Flexibility



Measuring Fitness Development

4. Balance/Stability

Balance - body's ability to control movements and maintain position.

Stability - the ability to resist external forces or disturbances and maintain a stable position.

Assessment:

- Single leg
- Walking one narrow and unstable surfaces
- Turning the head or catching/throwing and object

Balance and Stability



Measuring Fitness Development

5. Body Composition

Buoyancy in swimming, power to weight ratio in cycling and running, frontal resistance, fat+muscle distribution in body

Assessment:

- Measuring tape (waist, hip, thighs, chest, arms, calves)
- skinfold measurements
- bioelectrical impedance analysis
- dual-energy x-ray absorptiometry (DEXA)
- magnetic resonance imaging (MRI) Movement

Body Composition



Measuring Performance

YOU vs. YOU

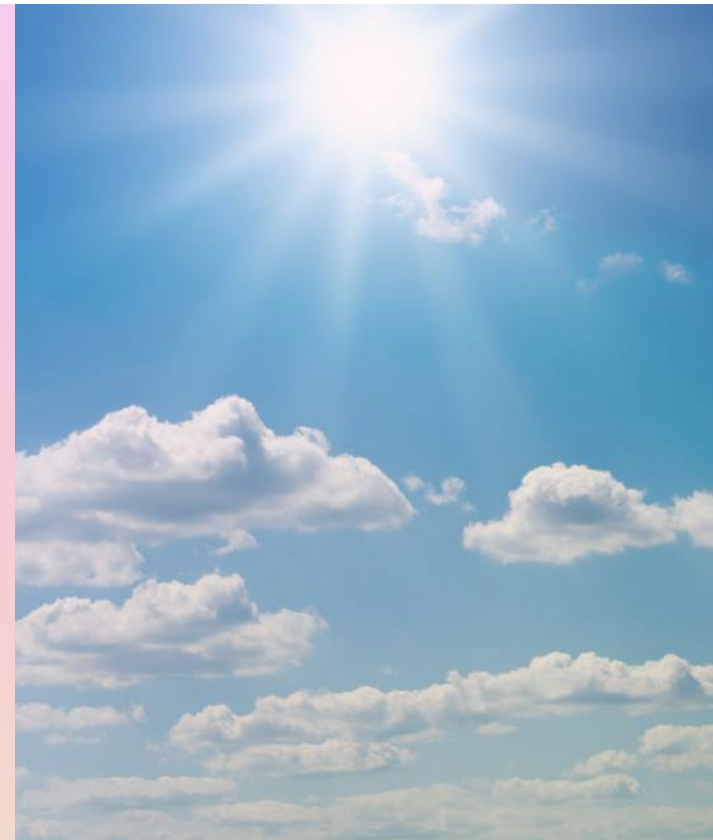


HOW TO ACCURATELY EVALUATE PERFORMANCE

Same Course



Same Conditions
(temp, wind, humidity,
road/surface conditions)

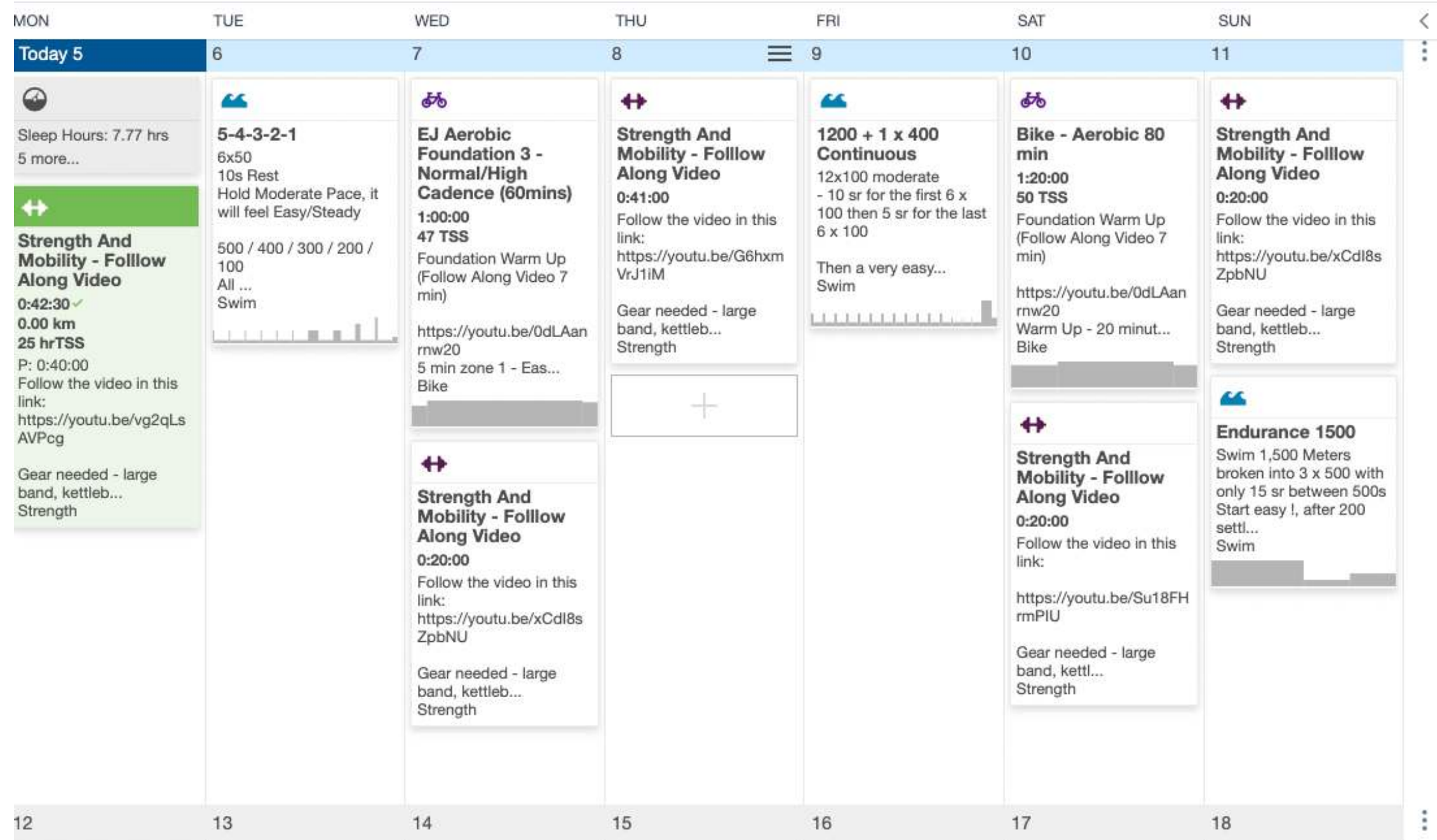


Same
Preparation??



3. Adjusting

- Identifying feedback that indicates its time to adjust.
- Consistent training over time is the key to your fitness and performance results



When To Adjust: Key Data To Track



Red Flags Your Body Gives You

- Poor Sleep (Quality or Length)
- Low motivation to train
- Poor Mood
- Unusual or persistent soreness
- Higher than usual stress
- Changes in appetite (increase/decrease)
- Above/below normal range of resting heart rate
- Slower recovery between training sessions or intervals
- Signs of illness (upset stomach, sore throat, cough, congestion, fever, achiness)

When To Adjust: Key Data To Track

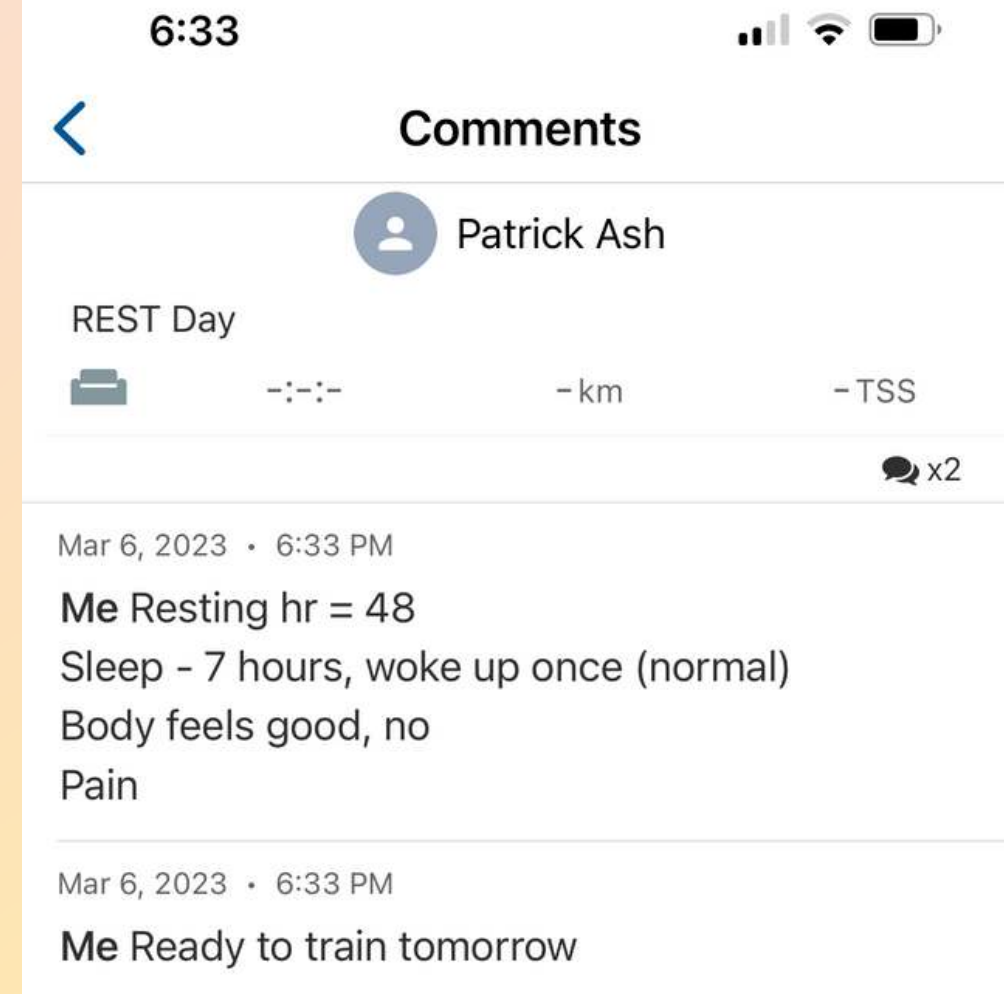


Red Flags Your Body Gives You

Track what is normal with:

- sleep
- stress
- mood
- motivation to train
- resting heart rate
- recovery after/between training sessions

so you know your range and typical response



When To Adjust: Key Data To Track

Simple Recovery Test Step Test*

How to do it:

- Walk up a flight of stairs two-at-a-time
- Pause at the top
- Notice how you feel

It won't take long to assess your readiness, especially if you combine with your other metrics (like resting heart rate, sleep quality, stress, mood, etc).

Three states:

- Fresh - I'm ready for a key loading day
- Normal - Not quite fresh, but OK to load
- Fatigued - A breathless sensation that tells me I've done enough. Easy day, or two.

**From Training For The Uphill Athlete by House, Johnston and Jornet via [Gordo Byrn](#).*



When To Adjust: Key Data To Track

For Women - "Not Small Men"

**FOR WOMEN: See Dr. Stacy Simms for adjustments to make during menstruation and menopause

- Tracking menstrual cycles to help you adjust training load appropriately through the different phases of the month.
- Women in menopause may adapt better to a polarized training model.





Adjusting when you get red flags

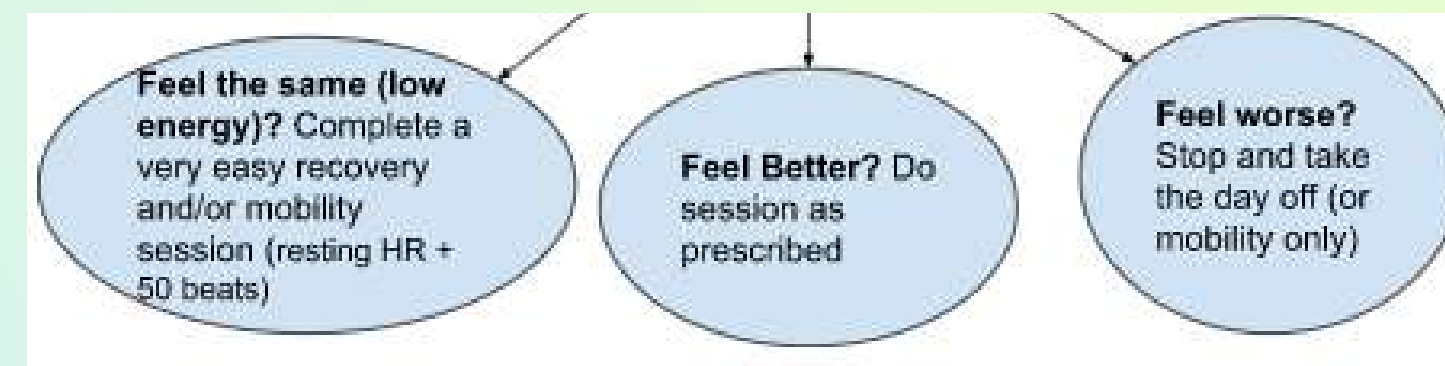
Resting HR + 50 Max
(VERY EASY), or rest
day



Quality Nutrition and
Hydration

Test Drive

Warm Up + 5 mins of Main Set
Feeling Better, Same, or Worse?



Health, Fitness, And Performance: Can You Have It All?



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Foundation Of Your
Fitness and
Performance

2. Measurement

For Health, Fitness,
And Performance

3. Adjustment

Identifying feedback
that indicates its time
to adjust.

Thank you!

Let me know if you have questions or clarifications.

Need some help? Contact me here...



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