

HOW TO TRAIN

Setting Up Your Ideal Preparation Plan

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	Dec 1	2	3	4
<p>Strength And Mobility - Follow Along Video 0:45:28 ✓ 0.00 km 29 hrTSS P: 0:46:00 Follow the video in this link: https://youtu.be/XYhBmBlkOes Gear needed - large band, kettleb... Strength</p>	<p>Endurance 50s 0:52:36 2400 m ✓ 51 sTSS 300 easy choice - focus on long slow exhale between breathes 1 to 4 x (4x50s) - alternate 50 m... P: 2400 m Swim</p>	<p>Strength And Mobility - Follow Along Video 0:22:47 ✓ 0.00 km 12 hrTSS P: 0:20:00 Follow the video in this link: https://youtu.be/xCdI8sZpbNU Gear needed - large band, kettleb... Strength</p> <p>EJ Over Under - 30min 0:30:38 ✓ 10.5 km 26 hrTSS P: 0:30:00 7 min spin warm up 4 x 1 minute hard with 1 minute easy 4 x 2 minutes at moderate hard with... Bike</p>	<p>1200 + 1 x 400 Continuous 0:42:12 1900 m ✓ 40 sTSS 12x100 moderate - 10 sr for the first 6 x 100 then 5 sr for the last 6 x 100 Then a very easy... P: 1900 m Swim</p>	<p>Strength And Mobility - Follow Along Video 0:21:01 ✓ 0.00 km 11 hrTSS P: 0:20:00 Follow the video in this link: https://youtu.be/wF3zpz nZK9M Gear needed - large band, kettleb... Strength</p> <p>Easy Run 40min HR 0:34:51 ✓ 4.42 km 45 rTSS P: 0:40:00 Do the strength and mobility session prior to this as a warm up for the run. On a mostly flat ... Run</p>	<p>Strength And Mobility - Follow Along Video 0:39:50 ✓ 0.00 km 23 hrTSS P: 0:40:00 Follow the video in this link: https://youtu.be/vg2qLs AVPcg Gear needed - large band, kettleb... Strength</p> <p>EJ Mixed Intervals (95min) 1:25:09 ✓ 29.8 km 77 hrTSS P: 1:35:00 10 minute warm up at easy effort and normal cadence 80-90rpm 10 x (20 sec very hard 1:40 easy ... Bike</p>	<p>Strength And Mobility - Follow Along Video 0:12:18 ✓ 0.00 km 7 hrTSS P: 0:12:00 Follow the video in this link: https://youtu.be/oga541 EALQI Gear needed - large resistance ... Strength</p> <p>Easy Run 80min HR 1:14:12 ✓ 7.19 km 80 rTSS P: 1:25:00 Do the strength and mobility session prior to this as a warm up for the run. On a mostly flat ... Run</p>



Patrick Ash, MSc
CEO
Endurance Journey
Coaching

Our Learning Checklist

WHAT WE'LL COVER IN THIS SERIES



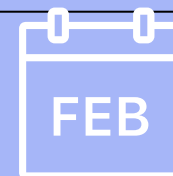
What It Takes



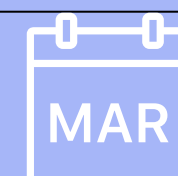
Goal Setting



How To Train
(Fit it all in)



All Things
Swim, Bike, +
Run



Health Vs.
Fitness



Nutrition For
Training and
Events



Event Day
Planning

January Triathlon 101

HOW TO TRAIN...

SETTING UP YOUR TRAINING PLAN



What we'll cover in this session...

①

Prioritize Your
Time Available to
Prepare

②

Select Your Goal
Event(s)

③

2x4x1
Training Plan
Design

④

Understand
Effort
(Training
Zones)

⑤

How to Make
Adjustments

⑥

The 3 C's Of A
Training Plan

1



UNDERSTAND THE TIME COMMITMENT TO BE PREPARED

Picking the **right distance** based on your **available time** to prepare is a key element to ensure you show up **confident and ready** AND **enjoy the journey** from **START TO FINISH**

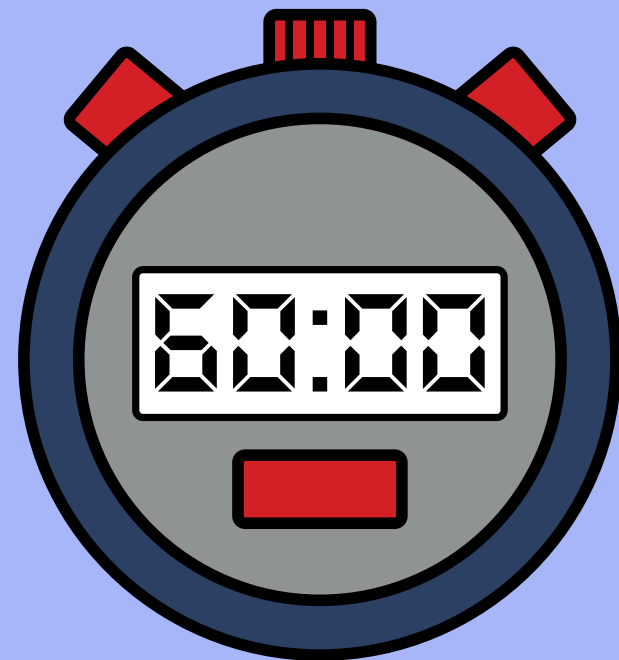
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IDENTIFY YOUR TIME AVAILABLE TO PREPARE?

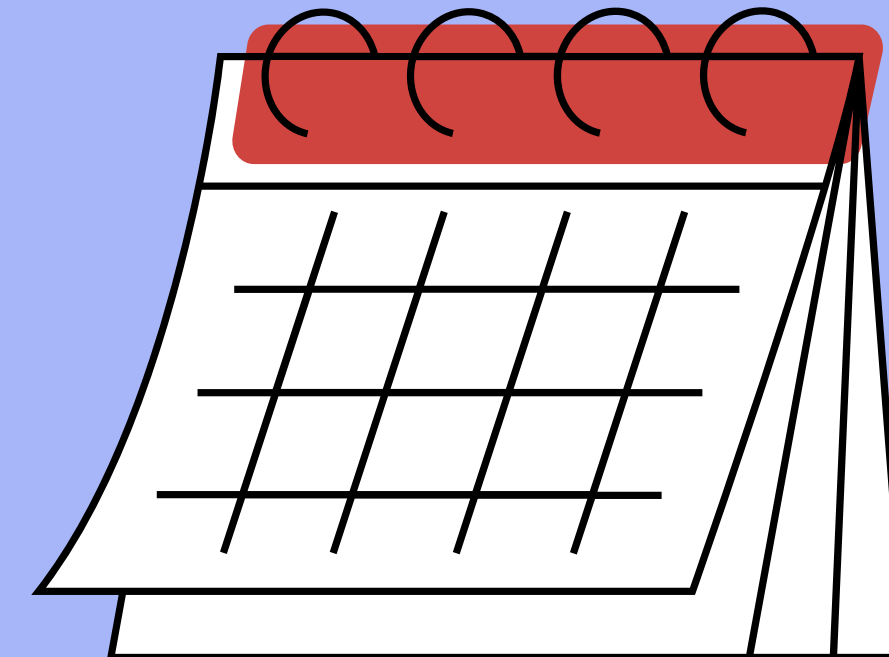
NN - PRIORITIES	MONDAY - FRIDAY	SATURDAY - SUNDAY
MEALS		
WORK		
FAMILY		
SLEEP		
SOCIAL		
TRANSPORT		
TOTAL		
AVAILABLE TIME**		

** Available Training Time Must Include Travel To Training Venues

1



HOW TO PICK THE RIGHT EVENT DISTANCE FOR YOU?



1

What is your realistic daily time available to train?

Consider all life commitments outside of training time that are non - negotiable (i.e., work, family time, social, volunteer, etc.)

What is your 10/10 schedule?

- Family support?
- What you are doing now for training is where you start!

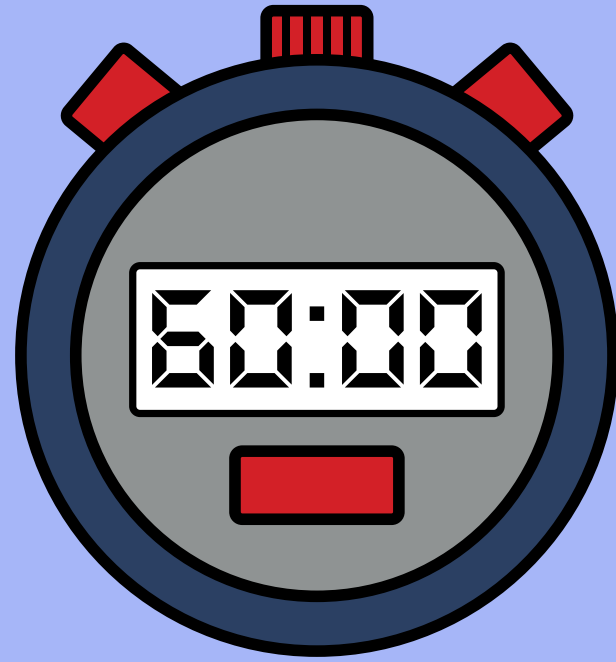
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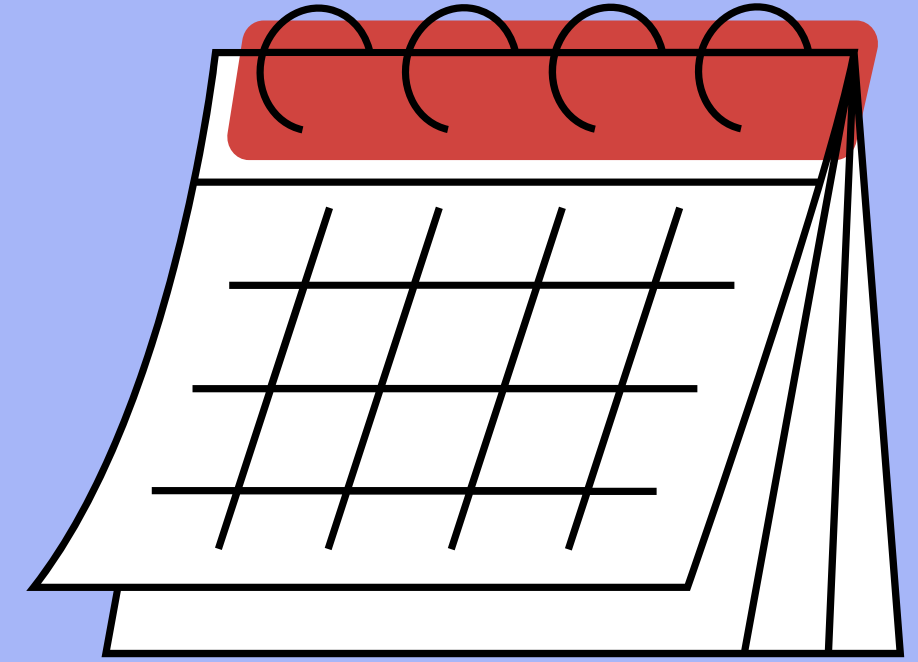
N.N. PRIORITIES	MONDAY - FRIDAY*	SATURDAY - SUNDAY*
MEALS	2	2
WORK	8	3
FAMILY	3	5
SLEEP	7.5	7.5
SOCIAL	1	2
TRANSPORT	0.5	1
TOTAL	22	20.5
AVAILABLE TIME**	2 (TOTAL = 10 HRS)	3.5 (TOTAL = 7)

** Available Training Time Must Include Travel To Training Venues

①

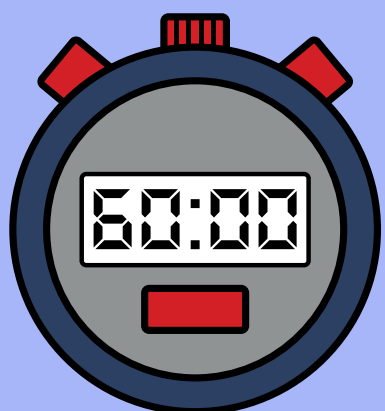


HOW TO PICK THE RIGHT EVENT DISTANCE FOR YOU?

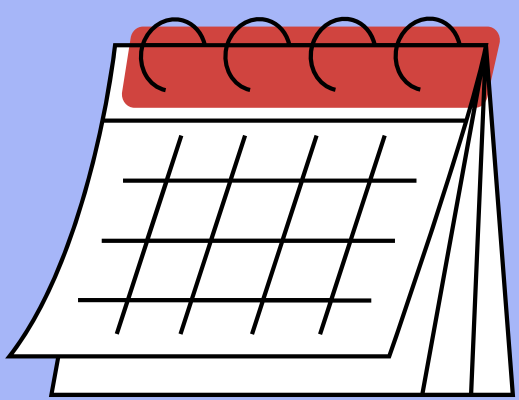


- 1 Give yourself a comfortable amount of time to prepare for the event

1



HOW TO PICK THE RIGHT EVENT DISTANCE FOR YOU?

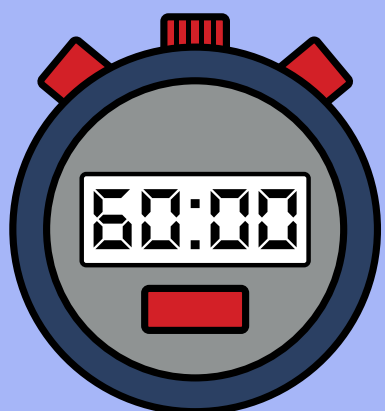


TIME TO PREPARE FOR RUNNING EVENTS

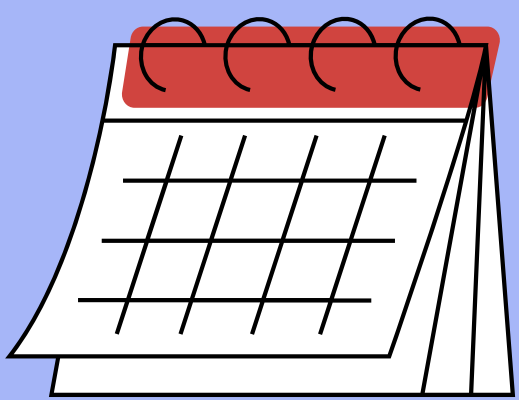
EVENT DISTANCE	PREPARATION TIME (IN MONTHS)*	TRAINING TIME (IN HOURS PER WEEK)*
5km	2 to 4	3 to 5
10km	4 to 6	4 to 7
21.1km	6 to 9	5 to 8
42.2km	8 to 12	6 to 10
Ultra	12-24	7 to 12

*Time will vary based on previous athletic history, current fitness/volume of training, and how far out from goal event

1



HOW TO PICK THE RIGHT EVENT DISTANCE FOR YOU?

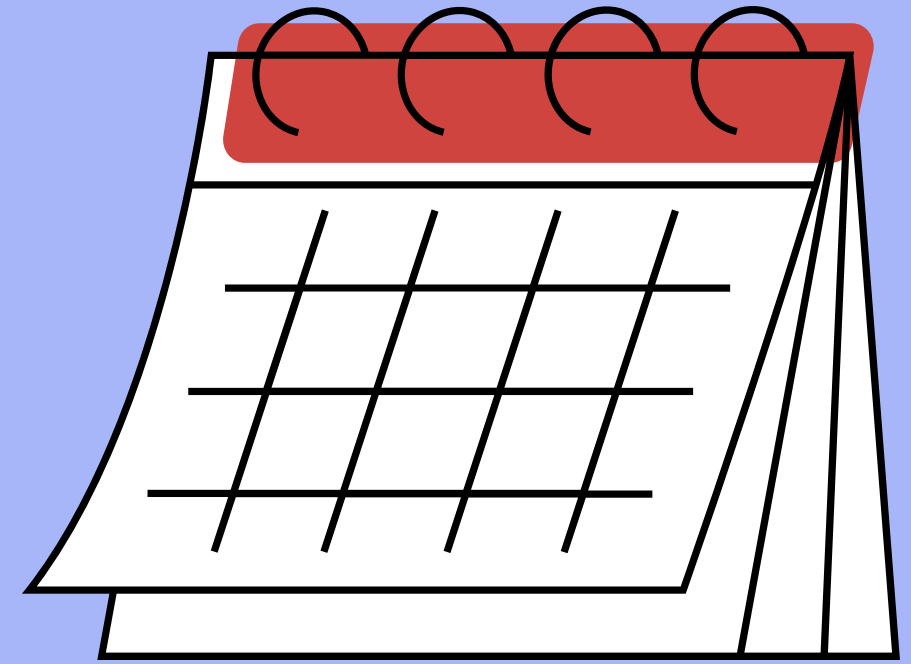


TIME TO PREPARE FOR TRIATHLON EVENTS

EVENT DISTANCE	PREPARATION TIME (IN MONTHS)*	TRAINING TIME (IN HOURS PER WEEK)*
Sprint	4 to 6	3 to 6
Standard/Olympic	7 to 9	5 to 8
Half Ironman/70.3	9 to 12	6 to 11
Ironman/Iron Distance	12 to 24	7 to 14

*Time will vary based on previous athletic history, current fitness/volume of training, and how far out from goal event

SELECT YOUR GOAL EVENT (S)?



2

What Are Your Goal Events?

A Race = Your #1 Priority Event For The Year

B Race = Your #2 Priority Event For The Year

- An event you will use to prep for your A Race
- Equal or shorter distance

C Race = Your #3 Priority Event For The Year

- Make part of your training
- Shorter distance (short recovery time needed)

3

2-4-1

Weekly Training Plan Design

2

2 swims/2 bikes/2 runs per week

- 1 Long Endurance (conversational)
- 1 Short Interval (~20 minutes - tough to talk)

4

4 strength/mobility sessions per week













- range of motion/balance/stability warm up
- pressing
- squat/lunge/jump
- hinge/pull
- drag/throw/slam

1

1 Recovery Day

2-4-1

Weekly Training Plan Design (Sprint Distance)

10	11	12	13	14	15	16															
 Recovery Day Day Off	 20 minute strength - Pressing Focus 0:20:00 Strength	 Aerobic Long Swim - Endurance Building 0:30:00 Swim	 20 minute strength - Squat Focus 0:20:00 Strength	 Interval Swim 0:30:00 Swim	 20 minute strength - Hinge/Pull Focus 0:20:00 Strength	 20 minute strength - Drag/Throw/Swim 0:20:00 Strength	<table border="1"> <tr> <td>Total Duration</td> <td>5:20 00:00</td> </tr> <tr> <td>Total Training Stress Score</td> <td>18 0</td> </tr> <tr> <td>Swim Duration</td> <td>1:00 00:00</td> </tr> <tr> <td>Bike Duration</td> <td>1:30 00:00</td> </tr> <tr> <td>Run Duration</td> <td>1:30 00:00</td> </tr> <tr> <td>Strength Duration</td> <td>1:20 00:00</td> </tr> <tr> <td colspan="2" style="text-align: center;">Distance 0.00 km</td> </tr> </table>	Total Duration	5:20 00:00	Total Training Stress Score	18 0	Swim Duration	1:00 00:00	Bike Duration	1:30 00:00	Run Duration	1:30 00:00	Strength Duration	1:20 00:00	Distance 0.00 km	
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Distance 0.00 km																					
	 Interval Ride 0:40:00 Bike		 Interval Run 0:40:00 Run		 Aerobic Long Ride - Endurance Building 0:50:00 Bike	 Aerobic Long Run - Endurance Building 0:40:00 Run															
				 Run off bike (10min) 0:10:00 18 TSS Run																	

2-4-1

Weekly Training Plan Design

Variations

- If time, another session per week in your weakest discipline or the one you want to improve the most.
- If feeling flat/tired on consecutive days, make the rest of your weekly sessions all endurance effort (easy conversational). *Hint: You will still make progress.*
- Prioritize adding training time in the form of endurance work rather than intervals.

Understand Effort

(a.k.a) Training Zones

5 Zone Model

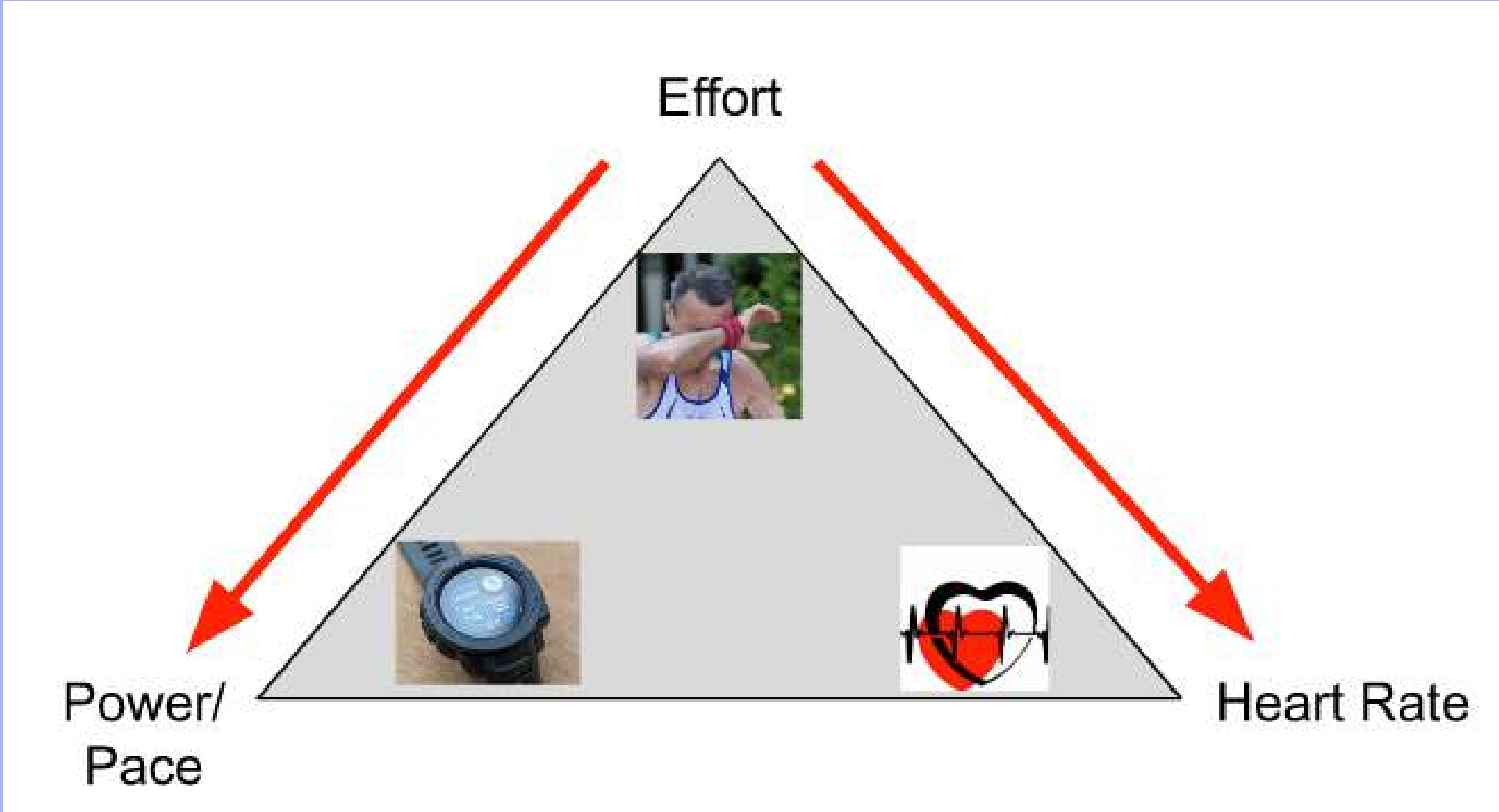
Zone	How does the effort feel?	Heart Rate % Of Threshold	Pace/Watts % Of Threshold
1	<ul style="list-style-type: none"> • Easy • Comfortably able to talk in sentences • Moving the body to loosen up/recover 	<68%	<55%
2	<ul style="list-style-type: none"> • Moderate • Can talk in broken sentences • A comfortable effort for the duration of the session • Eat and drink comfortably at this effort 	69-83%	56-75%
3	<ul style="list-style-type: none"> • Moderate Hard/Tempo • Can say words but not sentences • 10 to 60 min intervals 	84-94%	76-90%
4	<ul style="list-style-type: none"> • Hard/Threshold • Breathing is heavy/difficult to talk • 5 to 20 min intervals 	95-105%	95-105%
5	<ul style="list-style-type: none"> • Fast/Sprints/Strides • Completely focused on the effort • Fast with great technique and form • 30 seconds or less 	>106%	>106%

~80% of training here

~20% of training here

Prioritize Your Effort

The metric is most important to understand



- 1. Effort is always your primary guide.
- 2. Line up your effort with power output/pace OR heart rate for the particular zone you are trying to achieve.

5

How To Make Adjustments

&

Avoid These Mistakes

1

Test Drive Method

2

Avoid Cramming

3

Spacing Matters

5

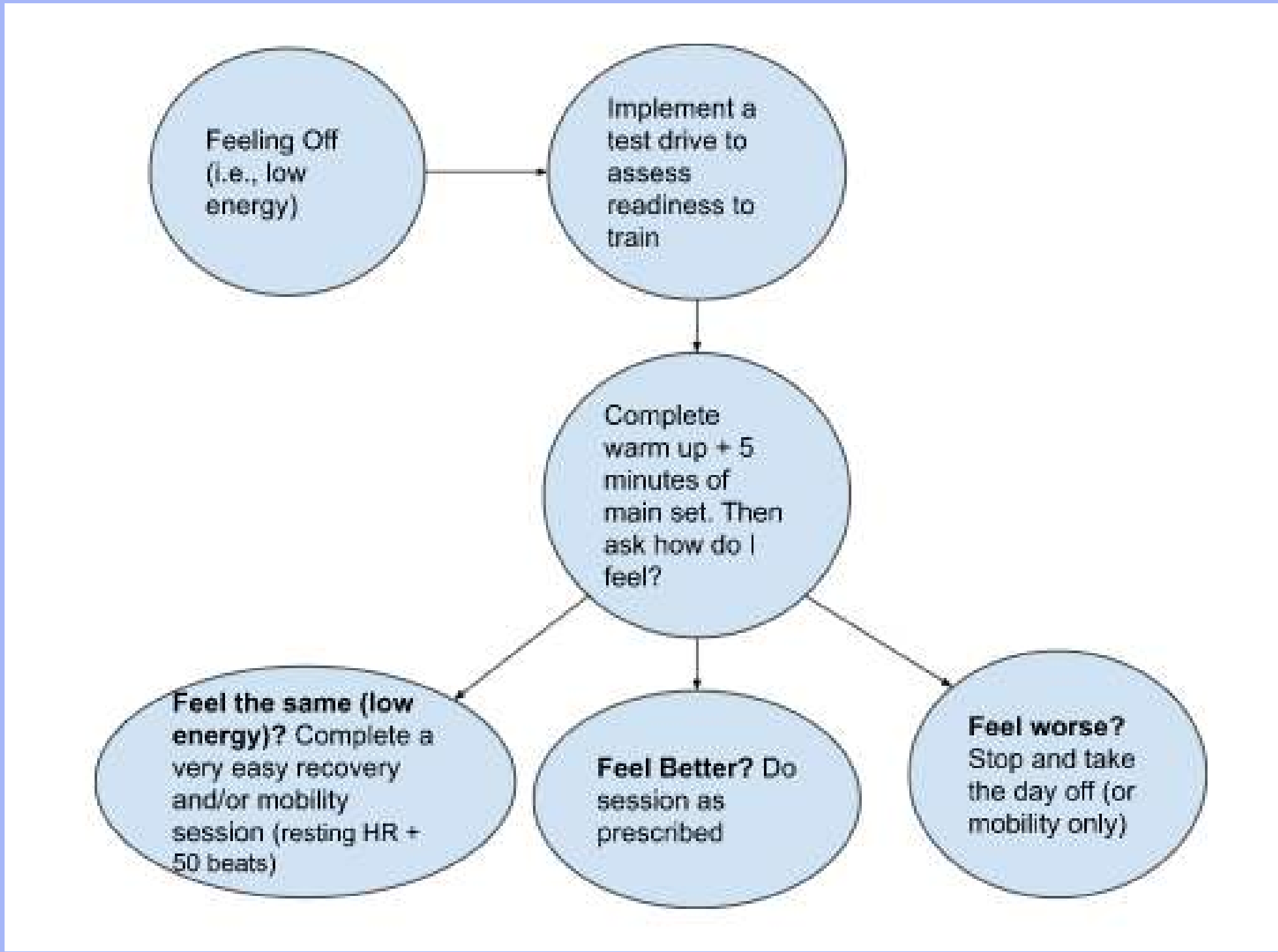
How To Make Adjustments

&

Avoid These Mistakes

1

Test Drive Method



How To Make Adjustments & Avoid These Mistakes

1 Test Drive Method - Illness



5

How To Make Adjustments & Avoid These Mistakes

2

Avoid Cramming

- If you miss a session DO NOT add it to the next days training
- This will lead to excess fatigue and impact the quality of future sessions
- Treat each day as a clean slate - do what is in the plan for that day

5

How To Make Adjustments & Avoid These Mistakes

3

Spacing Matters

- Run longer than 30 minutes -minimum of 48 hours apart
- Strength sessions can be done immediately pre or post training for time efficiency (Make sure resistance choice supports your training i.e., too heavy, too sore)
- Split bike and run interval sessions a minimum of 48 hours apart from each other to help with recovery

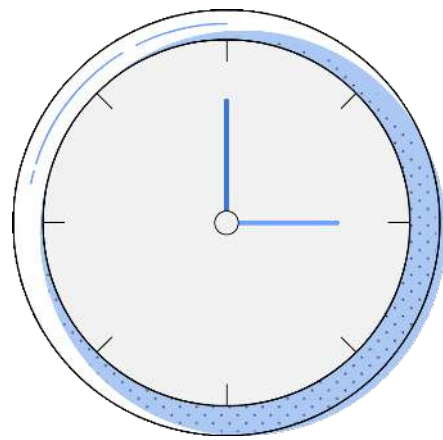
6

3 C'S OF PREPARATION

- 1 Confidence Through Purposeful Practice
- 2 Consistency over time
- 3 Competency When It Matters



6 TAKEAWAYS



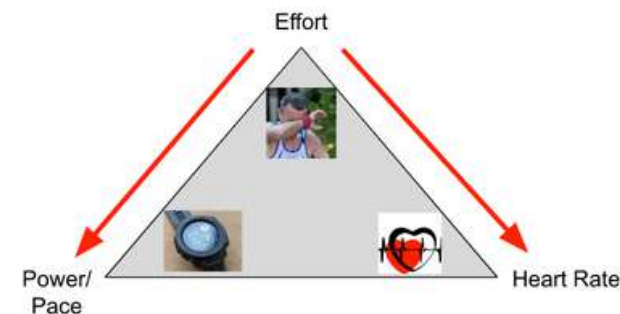
Prioritize Time to Prepare



Select your goal event based on your available time



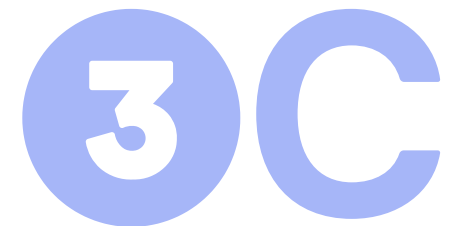
2x4x1 Training Plan Design



Understand Effort (Training Zones)



How to Make Adjustments



The 3 C's Of A Training Plan

THANK YOU!



**NEED SOME HELP?
CONTACT ME HERE...**



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