



## How To Train

### PART 1 - Identify Your Time Available to Train

N.N. Priority Commitment*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meals							
Work							
Family							
Sleep							
Social							
Transport							
Total							
Available Time*							

\*N.N. = non-negotiable \*\*Available time must include travel to training venues

### What Event Fits With Your Why and Available Time To Prepare?

The event that fits with my why and available time to prepare is \_\_\_\_\_.

### What Amount Am I Currently Training At (Hours per week)?

- This is where you will start

### PART 2 - Select Your Priority Event (s)

**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)

# ENDURANCE JOURNEY

## Identify your main events for the 2023 Season:

- A.
- B.
- C.

## PART 3 - 2-4-1 Weekly Training Plan

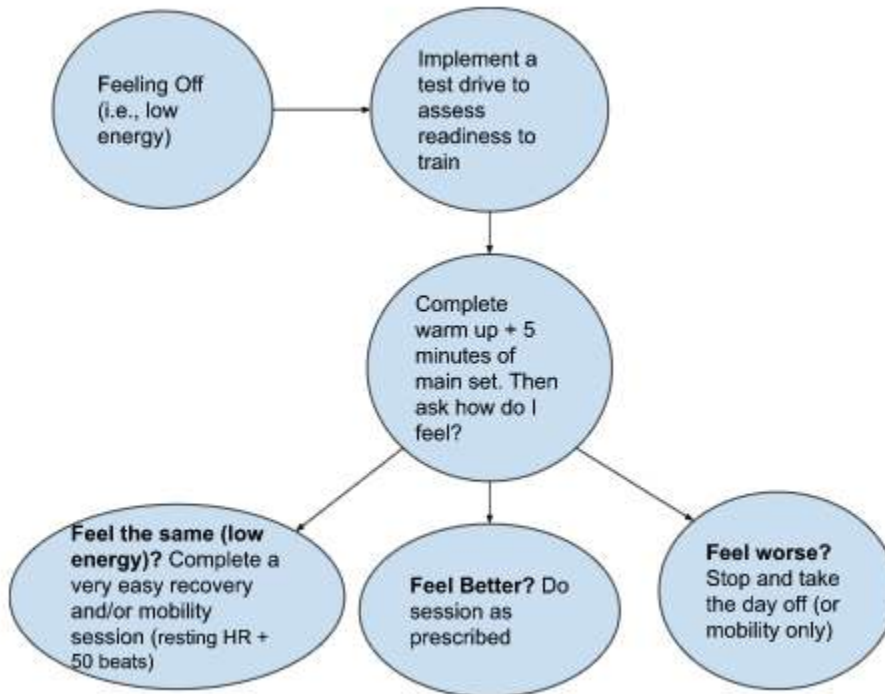
1. 2 swims, 2 bikes, 2 runs, 4 strength sessions, 1 recovery day per week
2. 1 session is longer in duration and endurance intensity (easy conversational effort)
3. 1 session is shorter in duration and interval intensity (tough to talk pace)
4. 4 strength sessions each have a focus (all have a range of motion + balance/stability warm up)
  - 4.1. Pressing (push up, chest press, bear crawls)
  - 4.2. Squat/lunge (jumps - box jump, box squats, split squats, step ups, reverse treadmill walking)
  - 4.3. Hinge/pull (deadlifts, kettlebell swings, pull ups, single arm rows, farmers walk)
  - 4.4. Drag/throw/slam (weight drag, crawl drag, med ball slam, incline hiking)

## PART 4 - Understanding Your Effort

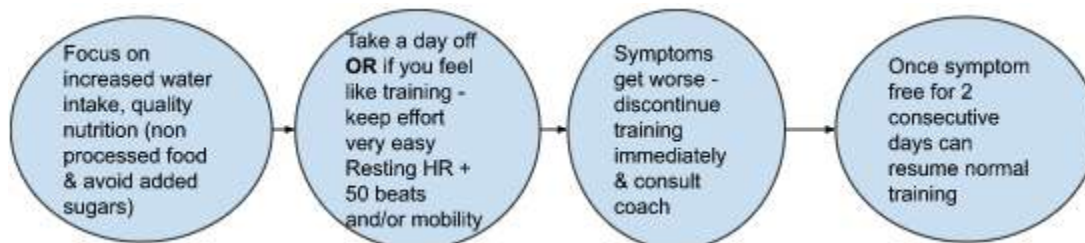
Zone	How does the effort feel?	Heart Rate % Of Threshold	Pace/Watts % Of Threshold
1	<ul style="list-style-type: none"> <li>• Easy</li> <li>• Comfortably able to talk in sentences</li> <li>• Moving the body to loosen up/recover</li> </ul>	<68%	<55%
2	<ul style="list-style-type: none"> <li>• Moderate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

# ENDURANCE JOURNEY

## PART 5 - How To Make Adjustments



### If Feeling Ill



## Part 6: 3 Cs of a Training Plan Execution



**Looking for support with your next event preparation?** We offer training plans, one-to-one coaching, and group training to help you achieve this season. Learn how we can help you [here](#).