



TRIATHLETE'S TRAINING PLAN

2012 SPRINT DISTANCE

0.5 km - 0.75 km Swim*
20 km Bike
5 km Run

12 Week Self Coaching Training Calendar
Balanced emphasis on Swimming, Biking & Running

***Sprint swim distance varies by event.**



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PREREQUISITE TO STARTING THE PLAN:

1. Ability to swim 50 yards/meters freestyle without stopping
2. Ability to run 0.5 mile
3. Ability to bike 20 minutes without stopping.

THE SPRINT TRIATHLON

The Sprint Triathlon is typically measure in Kilometers. The distances are: 0.5 km to 0.75 km swim, 20 km Bike & 5 km Run; The swim translates to 550 meters (22 x 25 meter lap) swim for the 0.5 km distance OR 825 meters (33 x 25 meter lap) swim for the 0.75 km distance. The Sprint distance is great for the first time triathlete or anyone who is new to the sport and for those who have limited to train.

THE RACE

Each race has its own course variation in bike/run elevations and swim routes (some are lake swims, others are ocean swims) and swim conditions (some mandating a wetsuit while others prohibits the use). Race results are often affected by weather conditions as they are held rain or shine. To determine the closest estimate of your race time, you will have to do a time trial on the race course or one that is similar. Do check out the past year results to get an idea of how long you will be out on the course.

YOUR COMMITMENT:

Commit to train 4 - 8 hours a week. There will be at least 2 key workouts per week. Make a point to not miss these workouts. Listen to your body and train intuitively. Enjoy training and make it a part of your new and healthy lifestyle. Commit to cross the finish line.

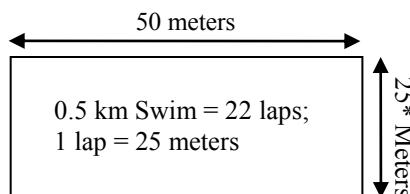
TRAINING GOALS:

Half the battle of Triathlon training isn't the swimming, biking or running itself. It is finding the resolve and motivation to train day after day. Begin by writing down 3 compelling reasons why you want to do a Triathlon. Commit yourself to this training plan and find various ways to get motivated.

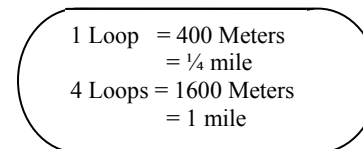
3 REASONS WHY I WANT TO DO A TRIATHLON:

- 1: _____
- 2: _____
- 3: _____

Pool Dimensions:



Track Dimensions:





What's New in the 2012 Training Schedule:

Release 18 is a challenging training program that will test your limits. It is important to recognize what those limits are if you are new or have not been active for 3 or more months. Make sure you are able to meet the prerequisite listed in the previous page before starting on this plan. It is not common for non-active athletes to take 12 weeks to meet the prerequisites.

Important changes to Release 18:

- Each training discipline has been re-calibrated this year by balancing a mix of training intensities and training volume.
- We have increased select bike workouts by 10% .
- There are new swim routines that will challenge you.
- Finally, there are changes to weight training routines and core work. Light weight reps. have been increased to 20 – 25 reps per set totaling 400 to 800 reps for the entire workout.



HOW TO USE THE PLAN TO THE BEST OF YOUR ATHLETIC ABILITY

Majority of athletes will come into the program at different swim, bike or run levels. The first 1 - 3 weeks of the Adaptation phase may seem very easy, but as the season progresses, the intensity and duration of each workout will increase. An Age Group Athlete who is new to the sport and has a good background in swimming but is just starting off biking, should follow the Pro-Level workout for the Swim and the Age Grouper level for the Bike. Note that an athlete can be a PRO at Swimming, an Elite at Biking and an Age Grouper at Running throughout the training season. Choose the appropriate workout to suit your level but strive to move up to the next level towards the end of the season if you are not already at the PRO level.

Scheduling your calendar:

Start by plotting your target race date on week 12 and work your calendar backwards. If you have more than 12 weeks before race day and would like to begin training now, start your week with the Adaptation Phase, then repeat one, two or more weeks in the Aerobic or Endurance phase. Do not repeat any weeks in the Competitive Phase. If you find that you have less than 12 weeks to race day, cut out the Recovery week. It is recommended that you have no less than 12 weeks of training for the Sprint Distance. The majority of people who are new to the sport and are not fit would need 14 – 16 weeks of training.

If the Plan is Too Difficult at the Age Grouper (A) level:

Decrease distance on the plan. However, keep the intensities at the recommended rate.

For example if a swim workout calls for 8 X 50 meter (L3), decrease the distance to 25 meter. Keep the intensity (L3) and the number of sets (8) the same. This will increase your endurance level.

If the Plan is Too Easy at the Pro (P) level:

Increase the number of sets and/or distance on the plan while keeping the intensity level the same OR keep the sets and distance the same but increase the intensity level.

Time v. Intensity Grid:

The Time V. Intensity Grid on the right allows you to determine the amount of time needed on a workout as well as the intensity level (or how hard you've got to work). Moderate to High intensity days are typically "Key Workouts" and should be performed at optimum levels.



**Short Workout;
High Intensity.**



**Short Workout;
Moderate Intensity.**



**Short Workout;
Low Intensity.**



**Moderate Workout;
High Intensity.**



**Moderate Workout;
Moderate Intensity.**



**Moderate Workout;
Low Intensity.**



**Long Workout;
High Intensity.**



**Long Workout;
Moderate Intensity.**



**Long Workout;
Low Intensity.**

TIME vs. INTENSITY GRID

HOW TO READ THE TRAINING PLAN:

Triathlon Athletic Levels:
A=AGE GROUPER: Beginning level to establish aerobic base and develop skill
E=ELITE: Intermediate level for those who already have some aerobic base
P=PRO: Advanced level for those with race experience and a solid aerobic base

Intensity Levels Talk Test
Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 - 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out - Maximum Effort

Key Workouts

WEEK 5

AEROBIC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY OFF	BIKE	WEIGHTS - RUN	SWIM	WEIGHTS	BIKE & RUN	SWIM
REST DAY	Stationary indoor (Spin Class) or Outdoor bike ride: A: 10' (L1); 45' (L2) Cool Down Elite (or hill climb) Pro (or hill climb) 10' (L2) Cool Down P: 10' (L1); 40' (L2) 5' (L3) (or hill climb) 40' (L2) 5' (L3) (or hill climb) 20' (L2) Cool Down	Upper Body & Core Strength Training ----- RUN: A: 10' (L1); 2 mile (L2); Cool down 10' E: 10' (L1); 3 mile (L2); Cool down 10' P: 10' (L1); 4 mile (L2); Cool down 10'	A: 1 X 100 60''(L1) 4 X 50 Drill 45'' 6 X 50 45'' (L2) 4 X 50 45'' (L3) 1 X 100 (L1) Total: 900 yards E: 1 X 150 60''(L1) 4 X 50 Drill 30'' 8 X 50 30'' (L2) 4 X 50 45'' (L3) 1 X 100 (L1) Total: 1050 yards P: 1 X 200 60''(L1) 4 X 50 Drill 30'' 10 X 50 30'' (L2) 6 X 50 30'' (L3) 1 X 100 (L1) Total: 1300 yards	Core Strength Training Key Workouts are shaded in Gray INTENSITY TIME	BIKE: A: 10' (L1); 5' (L2) X 2 2' (L3/L4) X 2 (hill climb or sprint) 10' (L2) Cool Down E: 10' (L1); 40' (L2) X 2 5' (L3/L4) X 2 (hill climb)	A: 1 X 100 60'' (L1) 4 X 50 Drill 60'' 8 X 50 60'' (L2) 6 X 50 60'' (L3) 1 X 100 60'' (L1) Total: 1100 yards E: 1 X 200 60'' (L1) 4 X 50 Drill 60'' 2 X 200 50'' (L2) 3 X 100 50'' (L3) 1 X 100 50'' (L2) 1 X 200 60'' (L1) Total: 1400 yards P: 1 X 200 60''(L1) 4 X 50 Drill 60'' 2 X 200 40'' (L2) 3 X 100 40'' (L3) 2 X 200 40'' (L2) 1 X 200 60'' (L1) Total: 1700 yards

Coaching tips: Intensity is gradually increasing this week.

Workout Time & Intensity Level for the Day's Program

EXAMPLE:
 Do one 200 yard swim as a warm up (or L1)
 Do four 50 yard swim drill (see appendix for Swim Drill info) with 30 seconds of rest after every set.
 Do ten 50 yard swim (Freestyle is assumed) at L2 intensity; with 30 rest seconds before next set.
 Etc...

Note: ' denotes minutes
 '' denotes seconds

Training Details: L1 is a warm up or cool down intensity level



TRAINING PHASES:

The Training Plan is broken up into 7 phases:



Adaptation Stage: This is a low intensity training phase allowing you to get stronger gradually to avoid injuries further into the season. It is also meant to help you be consistent in your workout – allowing you to adapt your training program into your lifestyle. Do not exceed the recommended workout allocations as this will only cause you to burn out or get injured as our training intensities increases.

Aerobic Stage: This is a period where Intensity levels are gradually increasing. Swim Drills and track workouts are incorporated into your workout.

Active Recovery I: Active recovery period. Allow your body to heal and recover. You will enter the Endurance phase stronger.

Endurance Stage: Open Water swimming is incorporated into the workout. Brick workouts (Bike/Run) are introduced in this phase. Distance and intensity levels are gradually increasing. Weight training is decreased. Track workout is introduced for speed work.

Active Recovery II: Active recovery period. Allow your body to heal and recover for higher intensity workouts in the Competitive phase.

Competitive Stage: Intensities & distance are at its maximum level. You will be race ready at the end of this phase. There is no weight training in this phase. Endurance training allowing you to “Go Long” is emphasized in this phase.

Taper: Recovery period. Intensity levels and distances are decreased. Let your body recover so you can race in peak state on race day.



Adaptation Stage

Week 1 – 3

Adaptation Stage

The focus of the Adaptation Stage is on Strength Training and in getting you into a regular training routine. The Adaptation Phase is also a habit forming stage. As anxious as you might be to start doing long workouts, realize that adding too much stress to your body will only lead to injury and mental fatigue. The first 3 weeks is about building your base – allowing your body to adapt to physical activity and stresses that training will incur in later weeks.

Recovery days are just as important as training days. Preferably, a recovery day is a complete day off. However, if you feel compelled to do some form of training, cross-train on anything else but swimming, biking or running. Keep the intensity low so not to affect your next training session.

If you are coming into this program in good cardiovascular shape, continue to maintain your level of fitness in this phase. Incorporate the weight training listed in this phase to your schedule if you are not already doing so.



WEEK 1
12 Weeks to Race Day

Triathlon Athletic Levels:

A=AGE GROUPER: Beginning level to establish aerobic base and develop skill
E=ELITE: Intermediate level for those who already have some aerobic base
P=PRO: Advanced level for those with race experience and a solid aerobic base

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

ADAPTATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADAPTATION PHASE: WEEK 1 OF 3	WEIGHTS	RUN	SWIM	BIKE	WEIGHTS	SWIM	RUN
	<p>Upper Body & Core Strength Training (see appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p>	<p>Run for time:</p> <p>A: [Run 5' (L1) & Walk 1'] x 5 Total: 30 mins</p> <p><i>(i.e Run for 5 minutes followed by a walk for 1 min for a total of 5 times)</i></p> <p>-----</p> <p>E: [Run 6' (L1) & Walk 1'] x 5 Total: 35 mins</p> <p>-----</p> <p>P: [Run 8' (L1) & Walk 1'] x 5 Total: 45 mins</p> <p>‘ Denotes Minutes</p>	<p>All Levels: Warm up 2 X 50</p> <p>Drill all levels: 4 X 25 Side Kick Right 4 X 25 Side Kick Left 4 X 25 Catch-up Drill 4 X 25 Streamline Kick</p> <p>Main Set:</p> <p>A: 8 X 25 60" (L1) 2 X 50 60" (L2) 2 X 75 60" (L2) 2 X 50 60" (L1) Total: 1050 Meters</p> <p>E: 8 X 25 50" (L1) 4 X 50 60" (L2) 2 X 75 60" (L2) 5 X 50 50" (L1) Total: 1300 Meters</p> <p>P: 6 X 25 40" (L1) 4 X 50 60" (L3) 4 X 75 60" (L2) 8 X 50 40" (L1) Total: 1550 Meters</p>	<p>Stationary indoor, outdoor bike ride:</p> <p>A: 30' (L1)</p> <p>E: 45' (L1)</p> <p>P: 60' (L1)</p>	<p>Lower Body & Core Strength Training. (See Appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p>	<p>All Levels: Warm up 2 X 50</p> <p>Drill all levels: 4 X 25 Side Kick Right 4 X 25 Side Kick Left 4 X 25 Catch-up Drill 4 X 25 Streamline Kick</p> <p>Main Set:</p> <p>A: 8 X 25 60" (L1) 2 X 50 60" (L2) 2 X 100 60" (L2) 2 X 50 60" (L1) Total: 1100 Meters</p> <p>E: 8 X 25 50" (L1) 4 X 50 60" (L2) 2 X 100 60" (L2) 5 X 50 50" (L1) Total: 1350 Meters</p> <p>P: 6 X 25 40" (L1) 4 X 50 60" (L3) 4 X 100 60" (L2) 8 X 50 40" (L1) Total: 1650 Meters</p>	<p>Run Drills:</p> <p>Perform 10 X 100M Drills of your choice listed in the appendix</p> <p>Run for Distance:</p> <p>A: 3 km (L1)</p> <p>E: 5 km (L1)</p> <p>P: 6 km (L2)</p> <p><i>Stretch after running.</i></p> <p><i>Ice your knees for 20 minutes.</i></p>
	<p><i>Always warm up for 10 mins before doing any strength work.</i></p>	<p><i>Low intensity. Run for time NOT distance.</i></p>	<p>“ Denotes Seconds</p>	<p><i>Easy ride</i></p>	<p><i>Remember to warm up before doing any strength work.</i></p>	<p><i>Celebrate your first week in training!</i></p>	



WEEK 2

11 Weeks to Race Day

Triathlon Athletic Levels:

A=AGE GROUPER: Beginning level to establish aerobic base and develop skill

E=ELITE: Intermediate level for those who already have some aerobic base

P=PRO: Advanced level for those with race experience and a solid aerobic base

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down

Level 2 (L2): Short Conversations

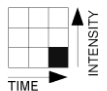
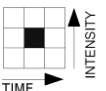
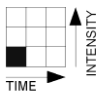
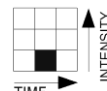
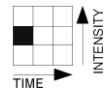
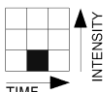
Level 3 (L3): Short Sentences or 1 – 2 words

Level 4 (L4): Can't talk now

Level 5 (L5): All out – Maximum Effort

Key Workouts

ADAPTATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADAPTATION PHASE: WEEK 2 OF 3	DAY OFF	RUN - WEIGHTS	SWIM	BIKE	WEIGHTS	SWIM	BIKE
	R E S T D A Y	<p>Run for Time:</p> <p>A: [Run 6' (L1) & Walk 1'] x 6</p> <p>E: [Run 8' (L1) & Walk 1'] x 6</p> <p>P: [Run 12' (L1) & Walk 1'] x 6</p> <p style="text-align: center;"><i>Stretch after running</i></p> <p>‘ Denotes Minutes</p> <p>-----</p> <p>Lower Body & Core Strength Training. (See Appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p> 	<p>All Levels: Warm up 2 X 50</p> <p>Drill all levels: 4 X 25 Side Kick Right 4 X 25 Side Kick Left 4 X 25 Catch-up Drill 4 X 25 Streamline Kick</p> <p>Main Set:</p> <p>A: 8 X 25 60" (L1) 2 X 50 50" (L5) 2 X 75 60" (L2) 2 X 50 60" (L1) Total: 1050 Meters</p> <p>E: 8 X 25 50" (L1) 4 X 50 40" (L5) 2 X 75 60" (L2) 5 X 50 50" (L1) Total: 1300 Meters</p> <p>P: 6 X 25 40" (L1) 4 X 50 30" (L5) 4 X 75 60" (L2) 8 X 50 40" (L1) Total: 1550 Meters</p> 	<p>Stationary indoor bike ride:</p> <p>A: 20' (L1) 4 X 40" Single leg Drill 10' (L1)</p> <p>-----</p> <p>E: 35' (L1) 6 X 40" Single leg Drill 10' (L1)</p> <p>-----</p> <p>P: 40' (L1) 8 X 60" Single leg Drill 10' (L1)</p>  <p>“ Denotes Seconds</p> <p>This drill should only be done on a stationary bike.</p>	<p>Lower Body & Core Strength Training. (See Appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p> 	<p>All Levels: Warm up 2 X 50 slow and steady, breast stroke or freestyle.</p> <p>Main Set:</p> <p>A: 8 X 25 60" (L1) 2 X 50 60" (L2) 2 X 100 60" (L2) 2 X 50 60" (L5) 1 X 100 (L1) Cool Down Total: 800 Meters</p> <p>E: 8 X 25 50" (L1) 4 X 50 60" (L2) 2 X 100 60" (L2) 5 X 50 50" (L5) 1 X 100 (L1) Cool Down Total: 1050 Meters</p> <p>P: 6 X 25 40" (L1) 4 X 50 60" (L2) 4 X 100 60" (L2) 8 X 50 40" (L5) 1 X 100 (L1) Cool Down Total: 1350 Meters</p> 	<p>Stationary indoor or outdoor bike ride:</p> <p>A: 45' (L1)</p> <p>E: 60' (L1)</p> <p>P: 90' (L1)</p> 
	<i>Your day off. No workouts scheduled for today. Rest and get stronger.</i>	<i>Low intensity. Run for time followed by lower body & core workout</i>	“ Denotes Seconds L5 is an all-out sprint	Single Leg Drill: <i>Alternate Pedaling with one foot for the allocated amount of time per foot.</i>	<i>Remember to warm up before doing any strength work.</i>	<i>Get use to swim warm ups before getting into the main workout.</i> L5 is an all-out sprint	<i>Celebrate your second week in training!</i>



WEEK 3
10 Weeks to Race Day

Triathlon Athletic Levels:

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E=ELITE: Intermediate level for those who already have some aerobic base
P=PRO: Advanced level for those with race experience and a solid aerobic base

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

ADAPTATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADAPTATION PHASE: WEEK 3 OF 3	DAY OFF	RUN - WEIGHTS	SWIM	BIKE	WEIGHTS	SWIM - BIKE	RUN
	R E S T D A Y	<p>Run for Time:</p> <p>A: Run 20' (L1)</p> <p>E: Run 30' (L1)</p> <p>P: Run 40' (L1)</p> <p style="text-align: center;"><i>Stretch after running</i></p> <hr/> <p style="text-align: center;">Lower Body & Core Strength Training. (See Appendix)</p> <p style="text-align: center;">Light Weights Slow 20 – 25 Reps</p>	<p>All Levels: Warm up 2 X 50 slow and steady, breast stroke or freestyle.</p> <p>A: 1 X 100 60" (L3) 4 X 50 Drill* 4 X 50 Kick 60" (L2) 2 X 100 60" (L2) 1 X 100 (L1) Total: 900 Meters</p> <hr/> <p>E: 1 X 100 60" (L3) 4 X 50 Drill* 8 X 50 Kick 60" (L2) 4 X 100 60" (L2) 1 X 100 (L1) Total: 1300 Meters</p> <hr/> <p>P: 1 X 100 60" (L3) 4 X 50 Drill* 8 X 50 Kick 60" (L2) 6 X 100 60" (L3) 1 X 100 (L1) Total: 1500 Meters</p> <p>“ Denotes Seconds *Drill: Choice of drill listed in the appendix.</p>	<p>Stationary indoor bike ride:</p> <p>A: 30' (L1) 4 X 40" Single leg Drill 10' (L1)</p> <p>-----</p> <p>E: 35' (L1) 6 X 50" Single leg Drill 10' (L1)</p> <p>-----</p> <p>P: 35' (L1) 8 X 60" Single leg Drill 10' (L1)</p>	<p>Upper Body & Core Strength Training (see appendix)</p> <p style="text-align: center;">Light Weights Slow 20 – 25 Reps</p>	<p>All Levels: Warm up 2 X 100 slow and steady breast stroke or freestyle.</p> <p>A: 1 X 100 60" (L3) 4 X 50 Drill 60" (L2) 4 X 50 Kick 60" (L2) 2 X 100 60" (L2) 1 X 50 (L1) Total: 950 Meters</p> <hr/> <p>E: 1 X 100 60" (L3) 8 X 50 Drill 60" (L2) 4 X 50 Kick 60" (L2) 2 X 200 60" (L2) 1 X 50 (L1) Total: 1350 Meters</p> <hr/> <p>P: 1 X 100 60" (L3) 8 X 50 Drill 60" (L2) 4 X 50 Kick 60" (L2) 3 X 200 60" (L3) 1 X 10 (L1) Total: 1600 Meters</p> <hr/> <p>Stationary indoor, outdoor bike ride:</p> <p>A: 45' (L1) E: 60' (L1) P: 90' (L1)</p>	<p>Run Drills:</p> <p>Perform 10 X 100M Drills of your choice listed in the appendix.</p> <p>Run for Distance:</p> <p>A: 3 km (L1)</p> <p>E: 5 km (L1)</p> <p>P: 6 km (L1)</p> <p style="text-align: center;"><i>Stretch after running.</i></p> <p style="text-align: center;"><i>Ice your knees for 20 minutes.</i></p>
	<p><i>Your day off. Rest well. Workout time increases this week.</i></p>	<p><i>Push yourself to run non stop this week.</i></p>		<p>Single Leg Drill: <i>Alternate Pedaling with one foot for the allocated amount of time per foot.</i></p>	<p><i>Remember to warm up for 10 minutes. Stretch after your workout.</i></p>		<p><i>Aerobic Phase begins next week. Celebrate the completion of your Adaptation Phase! You are in great shape.</i></p>



Aerobic Stage

Week 4 – 5

Aerobic Stage

You have now been training for a month and you should be starting to feel comfortable with your workout schedule. At week 4 you are now starting the Aerobic Stage. While still emphasizing on weight training, this stage is meant to build distance and power gradually.

Training Notes:

- There is a continued emphasis on Weight Training and Core Strength exercises.
- Take complete day off from training on rest days.
- It is okay to move your workouts to suit your schedule.



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WEEK 4

9 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

AEROBIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AEROBIC STAGE: WEEK 1 OF 2	DAY OFF	WEIGHTS	SWIM	RUN	WEIGHTS	SWIM - BIKE	RUN
	R E S T D A Y	<p>Lower Body & Core Strength Training. (See Appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p>	<p>All Levels: Warm up 4 X 50 40'' slow and steady breast stroke or freestyle</p> <p>Swim Drills: All Levels: Perform 4 X 50 drills listed in the appendix (any 4 drill of your choice).</p> <p>Main Set: A: 4 X 50 45'' (L2) 2 X 50 Kick 45'' (L2) 2 X 50 45'' (L2) 1 X 100 (L1) Total: 950 Meters E: 5 X 50 30'' (L2) 2 X 50 Kick 45'' (L2) 3 X 50 45'' (L2) 1 X 150 (L1) Total: 1050 Meters P: 6 X 50 30'' (L2) 2 X 50 Kick 45'' (L2) 4 X 50 30'' (L2) 1 X 200 (L1) Total: 1200 Meters</p>	<p>All Levels: Warm up 5 – 10 mins of easy running.</p> <p>Run Drill (perform twice for all levels):</p> <p>High Knees: 100 M Butt Kicks: 100 M Jump Skips: 100 M Karaoke: 100 M</p> <p>----- Main Set: Run for time:</p> <p>A: Run 15' (L1); Run 15' (L2); E: Run 20' (L1); Run 20' (L2); P: Run 30' (L1); Run 30' (L2);</p> <p>All Levels Cool Down for 5'</p>	<p>Upper Body & Core Strength Training (see appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p>	<p>Swim: A: 3 X 50 60'' (L1) 4 X 50 60'' (L2) 4 X 50 60'' (L5) 4 X 50 60'' (L2) 1 X 100 (L1) Total: 850 Meters E: 1 X 100 60'' (L1) 5 X 50 50'' (L2) 5 X 50 50'' (L5) 5 X 50 50'' (L2) 1 X 150 (L1) Total: 1000 Meters P: 1 X 200 60'' (L1) 4 X 100 40'' (L2) 6 X 50 40'' (L5) 4 X 100 40'' (L2) 1 X 200 (L1) Total: 1500 meters ----- A: 10' (L1); 45' (L2); 5' (L1) Cool Down E: 10' (L1); 60' (L2) 5' (L1) Cool Down P: 10' (L1); 75' (L2) 5' (L1) Cool Down</p>	<p>Run Drills: Perform 10 X 100M Drills of your choice listed in the appendix.</p> <p>Run for Distance: A: 10' Warm Up 3 km (L2); Cool down 10' E: 10' Warm Up 5 km (L2); Cool down 10' P: 10' Warm Up 6 km (L2); Cool down 10'</p> <p><i>Stretch after running.</i></p> <p><i>Ice your knees for 20 minutes.</i></p> <p><i>Workouts are harder. Eat right and rest well.</i></p>
	<p><i>Get enough sleep. Aerobic Phase Begins Tomorrow with higher intensity workouts.</i></p>	<p><i>Remember to warm up!!</i></p>		<p><i>Did you remember to warm up?</i></p> <p><i>Have a good rest for the weekend.</i></p>			



Triathlon Athletic Levels:

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P=PRO: Advanced level for those with race experience and a solid aerobic base

WEEK 5

8 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down

Level 2 (L2): Short Conversations

Level 3 (L3): Short Sentences or 1 – 2 words

Level 4 (L4): Can't talk now

Level 5 (L5): All out – Maximum Effort

Key Workouts

AEROBIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AEROBIC STAGE: WEEK 2 OF 2	DAY OFF	BIKE	WEIGHTS - RUN	SWIM	WEIGHTS	BIKE & RUN	SWIM
	R E S T D A Y	Stationary indoor (Spin Class) or Outdoor bike ride: A: 10' (L1); 20' (L3) 2' (L4) (or hill climb) 10' (L3) 2' (L4) (or hill climb) Cool Down E: 10' (L1); 20' (L3) 5' (L4) (or hill climb) 15' (L3) 5' (L4) (or hill climb) 5' (L4) Cool Down P: 10' (L1); 20' (L2) 5' (L4) (or hill climb) 20' (L3) 5' (L4) (or hill climb) 20' (L3) Cool Down 	Upper Body & Core Strength Training (see appendix) Light Weights Slow 20 – 25 Reps ----- RUN: A: 10' (L1); 3 km (L2); Cool down 10' E: 10' (L1); 5 km (L2); Cool down 10' P: 10' (L1); 6 km (L2); Cool down 10' 	A: 1 X 100 60''(L1) 4 X 50 Drill 45'' 6 X 50 45'' (L2) 4 X 50 45'' (L5) 1 X 100 (L1) Total: 900 Meters E: 1 X 150 60''(L1) 4 X 50 Drill 30'' 8 X 50 30'' (L2) 4 X 50 45'' (L5) 1 X 100 (L1) Total: 1050 Meters P: 1 X 200 60''(L1) 4 X 50 Drill 30'' 10 X 50 30'' (L2) 6 X 50 30'' (L5) 1 X 100 (L1) Total: 1300 Meters 	Lower Body & Core Strength Training. (See Appendix) Light Weights Slow 20 – 25 Reps 	BIKE: A: 10' (L1); 40' (L2) 2' (L3/L4) X 2 (hill climb or sprint) 10' (L2) Cool Down E: 10' (L1); 40' (L2) 5' (L3/L4) X 2 (hill climb or sprint) 10' (L2) Cool Down P: 10' (L1); 40' (L2) 5' (L3/L4) X 2 (hill climb or sprint) 20' (L2) Cool Down RUN (5 mins on, 2 mins off): A: 3 km (L2/L3); E: 5 km (L2/L3); P: 6 km (L2/L3); (alternate L2 X 5' and L3 X 2') 	A: 1 X 100 60'' (L1) 4 X 50 Drill 60'' 8 X 50 60'' (L2) 6 X 50 60'' (L3) 1 X 100 (L1) Total: 1100 Meters E: 1 X 200 60'' (L1) 4 X 50 Drill 60'' 2 X 200 50'' (L2) 3 X 100 50'' (L3) pull* 1 X 100 50'' (L2) 1 X 200 (L1) Total: 1400 Meters P: 1 X 200 60''(L1) 4 X 50 Drill 60'' 2 X 200 40'' (L2) 3 X 100 40'' (L3) pull* 2 X 200 40'' (L2) 1 X 200 (L1) Total: 1700 Meters *Pull: Use a pull buoy and hand paddles
	<i>Intensity is gradually increasing this week.</i>		<i>Remember to warm up. Stretch after your workout.</i>	<i>L1 is a warm up or cool down intensity level. You can utilize any stroke of your choice.</i>	<i>Rest well for a long weekend workout.</i>		



Active Recovery

Week 6

Active Recovery

Active Recovery weeks consist of low intensity workouts that are done after a high intensity training period. Instead of complete rest, research is beginning to find some advantages in active recovery. Active Recovery periods are incorporated into this training plan for 2 purposes. One, It allows your body to heal from the stresses of physical activity and two, it allows you time to cross-train so you don't burn out, over-train and loose motivation.



WEEK 6
7 Weeks to Race Day

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Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

ACTIVE RECOVERY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	DAY OFF	SWIM	WEIGHTS	BIKE	RUN	DAY OFF	DAY OFF
REST WEEK: ACTIVE RECOVERY	R E S T D A Y	All Levels EASY SWIM at L1 4 X 50 (L1) 40" 3 X 100 (L1) 30" 2 X 150 (L1) 30" 2 X 50 (L1) 50" TOTAL: 900 Meters Optional use of Pull Bouy, Hand Paddles or both on longer sets. 	Lower Body & Core Strength Training. (See Appendix) Light Weights Slow 20 – 25 Reps 	EASY BIKE 45' L1/L2 	EASY RUN 30' L1/L2 	R E S T D A Y	R E S T D A Y
	<i>Active Recovery Week; Schedule a sports massage this week.</i>				<i>Review your training goals</i>	<i>Plan your free weekend Endurance Phase Begins on Monday.</i>	<i>Reconnect with Friends and Family</i>



Endurance Stage

Week 7 – 8

Congratulations on making it this far. You have built up your strength in the past few weeks. This training phase will emphasize on “going long”. You will also be establishing your race pace in this stage. This will be the pace in which you will be Swimming, Biking and Running on race day. Your Race Pace is a pace in which you are running at “cruise control”. A swim pace is best established by doing a 200 yard time trial. Similarly a bike pace is established by doing a 12 - 16 km ride and a run pace on a 5 km distance run. This is a relaxed pace in which you should feel comfortable swimming, biking and running without stopping. It is a “cruising” speed. It is however not an easy workout. A Race Pace should be between the intensity level of L2 and L3.

Training Notes:

- Begin experimenting with sports nutrition such as gels, power bars and sports drinks during your workout. Find out what works best for you. Refer to the Athlete’s Nutrition guide in the appendix for some great suggestions.
- It is important to establish your Race Pace by the end of week 8
- Weight Training continues but decrease the amount of weights used. Emphasize on muscular endurance by increasing the number of repetitions per set.



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WEEK 7

6 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down

Level 2 (L2): Short Conversations

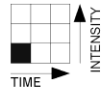

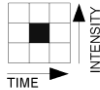
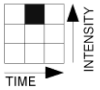
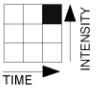
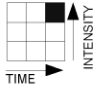
Level 3 (L3): Short Sentences or 1 – 2 words

Level 4 (L4): Can't talk now

Level 5 (L5): All out – Maximum Effort

Key Workouts

ENDURANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ENDURANCE STAGE: WEEK 1 OF 2	WEIGHTS	SWIM	BIKE	RUN	DAY OFF	SWIM – BIKE	BRICK
	<p>Lower Body & Core Strength Training. (See Appendix)</p> <p>Light Weights Slow 20 – 25 Reps</p> <p>-----</p> <p>Optional Bike, Elliptical or Row 50 mins</p> 	<p>A: 1 X 300 (L1) 6 X 50 50'' (Drill) 6 X 100 50'' (L2) 4 X 50 50'' (L3) 1 X 200 (L1) Total: 1600 Meters</p> <p>E: 1 X 400 (L1) 6 X 50 40'' (Drill) 6 X 100 40'' (L2) 8 X 50 40'' (L3) 1 X 300 (L1) Total: 2000 Meters</p> <p>P: 1 X 400 (L1) 6 X 50 40'' (Drill) 6 X 100 30'' (L2) 8 X 50 30'' (L3) 2 X 100 30'' (L3) 1 X 200 (L1) Total: 2100 Meters</p> 	<p>Endurance Ride:</p> <p>A: 16 km E: 24 km P: 32 km</p> <p>Aim for a steady 19 – 24 km/h on first half and slightly higher on second half</p> <p>Include 2 X 5' hill climb on this ride.</p> 	<p>Speed Work Week 1 of 2 600m Superset (Preferably on Run Track) IMPORTANT: It is important to warm up thoroughly before doing the superset workout. Warm up @ L1 and L2 for 1600 m (or 4 track loops)</p> <p>Technical Approach: Run 200m at fastest possible pace, immediately followed by 400m at 5 sec slower than the first 200m. Repeat 3-4 Times after total recovery in each set.</p> <p>For example if you run the first 200m in 40 sec, the 400m will be run in 90 sec for a total 600m time of 2 mins 10 secs.</p> <p>-----</p> <p>Non-Technical Approach: Run 200m @ L5 (your fastest possible pace) immediately followed by 400m @ L4 Repeat 3-4 times after total recovery between each set.</p> 	<p>R E S T D A Y</p>	<p>SWIM: Warm up: A: 1 X 100 (L1) E & P: 2 X 100 (L1)</p> <p>Swim Ladder workout: 1 X 50 50'' 1 X 100 50'' 1 X 150 50'' 1 X 200 50'' 1 X 250 50'' 1 X 300 50'' 1 X 250 50'' 1 X 200 50'' 1 X 150 50'' 1 X 100 50'' 1 X 50</p> <p>Total Ladder: 1800 meters.</p> <p>Intensity: A: L2 E: L2/L3 P: L2/L3</p> <p>BIKE: A: 30 km (L2/L3) E: 35 km (L2/L3) P: 40 km (L2/L3)</p> 	<p>16 km bike ride immediately followed by a 3 km run.</p> <p>A & E: Double Brick (as Bike-Run-Bike-Run)</p> <p>P: Triple Brick (as Bike-Run-Bike-Run)</p>  <p>Logistics of transitioning from Bike to Run and Run to Bike is key to minimize time between each transition for maximum benefit of this brick workout. Find a good location to store your bike as you head out for the run.</p>
		<p><i>Reduce one set if this workout is too difficult. Keep the recommended intensity level.</i></p>					



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WEEK 8

5 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

ENDURANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ENDURANCE STAGE: WEEK 2 OF 2	DAY OFF	SWIM	BIKE	WEIGHTS	RUN	SWIM	BRICK
	R E S T D A Y	<p>A: 1 X 200 (L1) 10 X 50 30" (Drill) 1 X 100 20" (L3) 1 X 50 20" (L4) 2 X 100 20" (L3) 2 X 25 20" (L5) 1 X 200 (L1) Total: 1300 Meters</p> <p>E: 1 X 300 (L1) 10 X 50 30" (Drill) 1 X 100 20" (L3) 1 X 50 20" (L4) 3 X 100 20" (L3) 4 X 25 20" (L5) 1 X 200 (L1) Total: 1550 Meters</p> <p>P: 1 X 400 (L1) 10 X 50 30" (Drill) 1 X 100 20" (L3) 2 X 50 20" (L4) 3 X 100 20" (L3) 6 X 25 20" (L5) 1 X 200 (L1) Total: 1750 Meters</p>	<p>ALL LEVELS: 45 – 60 min ride with one legged pedaling drills.</p> <p>Pedaling Drills: 8 X (30" right leg; 30" left leg; 2 minute both legs)</p> <p>Maintain 90+ RPM</p> <p>Include 2 X 10' hill climbs on this ride.</p>	<p>Upper Body & Core Strength Training (see appendix)</p> <p>Light Weights Slow 20 – 25 Reps -----</p> <p>Optional Bike, Elliptical or Row 50 mins</p>	<p>Speed Work Week 2 of 2 600m Superset (Preferably on Run Track) IMPORTANT: It is important to warm up thoroughly before doing the superset workout. Warm up @ L1 and L2 for 1600 m (or 4 track loops)</p> <p>Technical Approach: Run 200m at fastest possible pace, immediately followed by 400m at 5 sec slower than the first 200m. Repeat 3-4 Times after total recovery in each set.</p> <p>For example if you run the first 200m in 40 sec, the 400m will be run in 90 sec for a total 600m time of 2 mins 10 secs.</p> <p>-----</p> <p>Non-Technical Approach: Run 200m @ L5 (your fastest possible pace) immediately followed by 400m @ L4 Repeat 3-4 times after total recovery between each set.</p>	<p>A: 1 X 200 (L1) 1 X 300 30" (L3) 1 X 250 20" pull* 1 X 200 20" (L3) 1 X 250 20" pull 6 X 50 Descend 1 X 200 (L1) Total: 1700 Meters</p> <p>E: 1 X 200 (L1) 1 X 300 30" (L3) 1 X 250 20" pull* 2 X 200 20" (L3) 1 X 250 20" pull 8 X 50 Descend 1 X 200 (L1) Total: 2000 Meters</p> <p>P: 1 X 300 (L1) 1 X 300 30" (L3) 1 X 250 20" pull* 3 X 200 20" (L3) 1 X 250 20" pull 10 X 50 Descend 1 X 200 (L1) Total: 2400 Meters</p>	<p>Fartleek Run: 1 km warm up.</p> <p>60" L1 30" L2 60" L1 30" L3 60" L1 30" L4</p> <p>REPEAT 3 X</p> <p>Bike: A: 1 hour bike ride. Try to maintain 19 – 24 km/h</p> <p>E: 1.5 hour bike ride. Try to maintain 24 km/h or above</p> <p>P: 2 hour bike ride. Try to maintain 24 km/h or above.</p>
		<p><i>Speed work is introduced for the first time this week.</i></p>	<p>Perform this workout on a stationary bike.</p>			<p><i>Descend: For every set, reduce the time taken to complete 50 meters.</i></p> <p><i>*Pull: Use a pull bouy and hand paddles.</i></p>	



Active Recovery

Week 9



Triathlon Athletic Levels:

A=AGE GROUPER: Beginning level to establish aerobic base and develop skill
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P=PRO: Advanced level for those with race experience and a solid aerobic base

WEEK 9

4 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

ACTIVE RECOVERY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	DAY OFF	SWIM	WEIGHTS	BIKE	RUN	SWIM	DAY OFF
REST WEEK: ACTIVE RECOVERY	R E S T D A Y	All Levels EASY SWIM at L1 4 X 50 (L1) 40" 3 X 100 (L1) 30" 2 X 150 (L1) 30" 2 X 50 (L1) 50" TOTAL: 900 Yards Optional use of Pull Bouy, Hand Paddles or both on longer sets. 	Upper Body & Core Strength Training (see appendix) Light Weights Slow 20 – 25 Reps 	EASY BIKE 60' L1 	EASY RUN 45' L1 	Open Water swim 1 km	R E S T D A Y



Competitive Stage

Week 10 - 11

Competitive Stage

Welcome to the Competitive Stage. Congratulations to YOU for coming this far in your training. This is it – the last few weeks prior to the big day. The Competitive Stage is the most important stage in Triathlon training. It is important not to miss any workouts unless you have an injury or if you fall sick. Note that a training day missed cannot be made up easily. Stay healthy. Increase your intake of Protein by supplementation and post recovery sports drinks.

Training Notes:

- There will be no weight training in this phase.
- Rest Days are complete days off from training.
- It is okay to move your workouts to suit your schedule
- Your longest training days will be in this phase.
- Remember to start hydrating a day or two before long workouts.
- Continue practicing your race nutrition and find the optimal intake of gels, power bars or sports drinks during your long training days.



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WEEK 10

3 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down

Level 2 (L2): Short Conversations

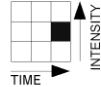
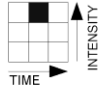

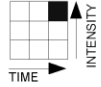
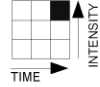
Level 3 (L3): Short Sentences or 1 – 2 words

Level 4 (L4): Can't talk now

Level 5 (L5): All out – Maximum Effort

Key Workouts

COMPETITIVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE STAGE: WEEK 1 OF 2	SWIM	DAY OFF	BIKE	RUN	SWIM	BRICK	SWIM
	<p>Endurance Swim (Pool) All levels: Warm up 200 Meters</p> <p>A: 30' Continuous Swim E: 35' Continuous Swim P: 40' Continuous Swim</p> <p>Open Water Drill:</p> <p>Close you eyes and swim freestyle 25 yard and see how straight you swim. Most will pull to one side because we tend to have a stronger side to one side of our body (core, arm, legs etc).</p> <p>Practice sightings by popping your head up before breathing.</p> 	R E S T D A Y	<p>Endurance Ride:</p> <p>A: 32 km E: 40 km P: 48 km</p> <p>A&E: Maintain 90 RPM at an average speed 18 - 24+ km/h at the end of your ride</p> <p>P: push to maintain an average speed of 32 km/h.</p> 	<p>Power Run:</p> <p>All Levels: 10' Warm up (L1) -----</p> <p>A: 3 km (L3) 2 minute (L4) 2 minute (L2) 2 minute (L4) 2 km (L1)</p> <p>E: 3 km (L3) 3 minute (L4) 2 minute (L2) 2 minute (L4) 2 km (L1)</p> <p>P: 3 km (L3) 4 minute (L4) 2 minute (L2) 4 minute (L4) 2 km (L1)</p> 	<p>Endurance Swim (Pool) All levels: Warm up 200 meters</p> <p>A: 20' non stop E: 30' non stop P: 40' non stop</p> <p>Open Water Drill:</p> <p>Swim heads up for 25 meters X 4 Times.</p> <p>Practice sighting 4 X 25 meters</p> 	<p>Race Power Workout</p> <p>12 km bike ride (L3/L4) immediately followed by a 15 minute run</p> <p>A: Double Brick (as Bike-Run-Bike-Run)</p> <p>E&P: Triple Brick (as Bike-Run-Bike-Run)</p> <p>Maintain 19 - 24+ km/h. Keep intensity high.</p> <p>Bike and Run at race pace.</p> 	<p>Race Power Workout</p> <p>Endurance Swim All levels warm up 200 yards.</p> <p>A: 2' (L2) 1' 4' (L2) 1' 6' (L2) 1' 8' (L2) 1' 10' (L2) 1' 12' (L2)</p> <p>E: 3' (L2) 1' 6' (L2) 1' 9' (L2) 1' 12' (L2) 1' 15' (L2)</p> <p>P: 4' (L2) 1' 8' (L2) 1' 12' (L2) 1' 16' (L2)</p> <p>Swim continuously at the time indicated followed by a 1 minute recovery. This is a great mental and physical workout.</p>
			<i>We are exceeding race distance today by overtraining the distance.</i>		<i>Rest well for tomorrow's high intensity workout. Hydrate well.</i>	<i>This is a high intensity long workout. Hydrate well.</i>	Optional Open Water Swim 1 km.



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WEEK 11







2 Weeks to Race Day

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

Key Workouts

COMPETITIVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE STAGE: WEEK 2 OF 2	DAY OFF	SWIM	BRICK	RUN	BRICK	SWIM – BIKE	BRICK
	R E S T D A Y	<p>Endurance Swim (Pool)</p> <p>All levels Warm up 200 Meters.</p> <p>Continuous swim:</p> <p>A: 1000 Meters</p> <p>E: 1200 Meters</p> <p>P: 2400 Meters</p> <p>Open Water Drill:</p> <p>Swim heads up for 25 Meters X 4 Times.</p> <p>Practice sighting 4 X 25 Meters</p> 	<p>Bike:</p> <p>A: 30' (L2) 10' (L3)</p> <p>E: 35' (L2) 15' (L3)</p> <p>P: 40' (L2) 20' (L3)</p> <p>Include some hill climbs in this workout.</p> <p>Run:</p> <p>Run 3 km immediately after biking.</p> 	<p>Endurance Run:</p> <p>A: 6 km run (L3)</p> <p>E: 8 km run (L3)</p> <p>P: 10 km run (L3)</p> 	<p>Bike:</p> <p>ALL LEVELS</p> <p>45' bike ride followed by 5 km run.</p> 	<p>Race Power Workout</p> <p>Endurance Open Water Swim</p> <p>A: 1.5 km swim E: 2.0 km swim P: 2.5 km swim</p> <p>OR</p> <p>A: 30' non stop E: 35' non stop P: 40' non stop</p> <p>Swim at race pace.</p> <p>-----</p> <p>Endurance Ride:</p> <p>A: 56 km E: 64 km P: 70 km</p> <p>Ride for distance.</p> 	<p>Race Power Workout</p> <p>A: 30' Bike Ride</p> <p>E: 40' Bike Ride</p> <p>P: 50' Bike Ride</p> <p>Bike at Race Pace.</p> <p>Immediately followed by:</p> <p>A: 5 km run</p> <p>E: 6 km run</p> <p>P: 8 km run</p> <p>Run at race pace</p> 
	<p><i>This will be your hardest training week before you start tapering. Stay healthy, increase your protein intake and plan for your race hydration and nutrition this week.</i></p>	<p><i>Continuous Swim: Swim continuously any style/stroke. Do not stop. Go slow and steady. Wear your race gear. Make sure everything fits so there are no surprises on race day.</i></p>	<p><i>To get maximum benefit, run immediately after biking.</i></p>	<p><i>Optional 600M Superset Run.</i></p>	<p><i>Easy workout day to prepare for the long weekend workout</i></p>	<p><i>Stay well hydrated on the bike. Plan for water stops – this is your longest bike ride.</i></p>	<p><i>Plan your race wear today. Make sure everything fits so there won't be any surprises on race day.</i></p>



Taper

Week 12

Taper

Rest and Active Recovery workouts are the primary focus of this week. Tapering increases muscle glycogen and will give you a well recovered body on race day. Release any tension related to your finishing time. Have fun on race day. It will be a remarkable feeling to cross that finish line. Maintain proper hydration throughout the week. Increase your carbohydrate and salt intake.




WEEK 12
Race Week

Triathlon Athletic Levels:


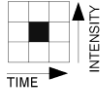
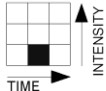
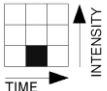
A=AGE GROUPER: Beginning level to establish aerobic base and develop skill
E=ELITE: Intermediate level for those who already have some aerobic base
P=PRO: Advanced level for those with race experience and a solid aerobic base

Intensity Levels Talk Test

Level 1 (L1): Full Conversations - Warm Up/Cool Down
Level 2 (L2): Short Conversations
Level 3 (L3): Short Sentences or 1 – 2 words
Level 4 (L4): Can't talk now
Level 5 (L5): All out – Maximum Effort

 **Key Workouts**

TAPER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TAPER	DAY OFF	SWIM	BIKE	RUN	BIKE	DAY OFF	RACE DAY
	R E S T D A Y	Short bike ride: A: 20' (L2) E: 30' (L2) P: 40' (L2) 	A: 30' (L2) E: 45' (L2) P: 60' (L2) All Levels: 2" X 8 (L5) sprint during this ride. Perform 8, 2 minute sprints during your ride. 	All Levels: 2 mile run (L1) 	EASY BIKE RIDE All levels 20' – 30' 	R E S T D A Y	<p style="text-align: center;">There's nothing like that feeling of crossing the finish line....it never gets old. You have just become part of an athletic elite.</p> <p style="text-align: center;">Congratulations.</p>
	<i>Rest well and begin to taper.</i>				<p style="text-align: center;"><i>Optional Day off. Sleep early today. It's the night you'll be getting the most rest.</i></p> <p style="text-align: center;"><i>Increase sodium intake.</i></p> <p style="text-align: center;"><i>Increase carb intake.</i></p>	<p style="text-align: center;"><i>Stay off your feet.</i></p> <p style="text-align: center;"><i>Increase carb intake to saturate muscle glycogen.</i></p>	<p style="text-align: center;"><i>This is your day!!</i></p> <p style="text-align: center;"><i>Have a great race!</i></p>



APPENDIX:

Swim Training Notes:

For all swim workouts, Freestyle is assumed. If you can do Backstroke, you can alternate longer workouts with Backstroke to work opposing muscle groups. Incorporate these workouts during the Endurance phase.

Swim Drills: The following drills can be found from various websites on the internet. Search for the drills listed below on your favorite search engine.

1. Catch Up
2. Finger Tip Drag
3. Kicking with a board
4. Fist Drill – Swim freestyle w/closed fist
5. Sculling
6. Right - Side Kick with Right Arm Extended Out
7. Left - Side Kick with Left Arm Extended Out

Bike Drills and Training Notes: Bike workouts on a stationary bike or by attending a Spin class will allow you to get stronger as you emphasize on rapid spins (sprints), hill climbs, single leg spins and total RPMS (Revolutions per minute). Getting “stronger” on the bike also means added saddle time or bike time and confidence on your bike. The more you bike, the better off you’ll be. Emphasize hills climbs, downhill rides and fast flat road rides during your workout.

Run Drills: Running drills and Supersets should be done on a run Track for accurate measurement and safety. It should never be done on a treadmill. The following drills can be found from various websites on the internet. Search for the drills listed below on your favorite search engine:

1. Walk on Toes
2. Walk on Toes (Heels in, Heels Out)
3. Walk on Heels
4. Walk on Heels (Toes in, Toes Out)
5. Strides
6. Butt Kicks
7. High Knee running
8. Karaoke
9. Skipping
10. High Knee Skips
11. Run Backwards – pushing off from your fore foot

600 M Supersets: This drill is for you to gain speed in your running. It will make you a faster runner, allowing you run fast at a pace that is easy for you. To gain maximum benefit in this workout, you need to do it in three or more weeks in a row – one workout per week. Before doing this drill, be sure to warm up and do short strides.

Run 200m at fastest possible pace, immediately followed by 400m at 5 sec slower than the first 200m.

For example if you run the first 200m in 40 sec, the 400m will be run in 90 sec for a total 600m time of 2 mins 10 secs.

Run Form: Emphasize on quick feet while landing on your forefoot and not on your heel. Running by landing on your heel stops your forward motion thus making you slower. Focus on landing on your forefoot at almost the same time as your heel touches the ground. When you watch an efficient runner run, you will not be able to see his/her forefoot while running. Have a slight lean forward when you run allowing for a forward motion while running.



Triathlon Specific Weight Training Routines:

Upper Body				Lower Body			
Lat Pull Down				Dips			
Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Bent over Row				Dumbbell Pullovers			
Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Cable Seated Row				Leg Extensions			
Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Lateral Dumbbell Raises				Leg Press			
Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Tricep Extensions				Leg Curls			
Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
				Calf Raises			
				Set 1	Set 2	Set 3	Set 4
				Hip Abduction			
				Set 1	Set 2	Set 3	Set 4

Muscular Endurance

Light Weights
Slow 20 – 25 Reps per set

The goal of this triathlon specific weight training is to allow you to build up your slow-twitch muscle fibers. Performing each set slowly with light weights and high reps will allow you to build up on muscular endurance.

Set 1: 30% of the maximum weight you can lift.

Set 2: 35% of your maximum.

Set 3: 40% of your maximum.

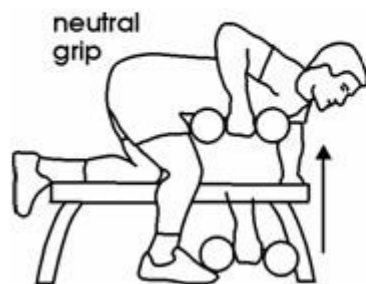
Set 4: Back down to 30% of your maximum

UPPER BODY:

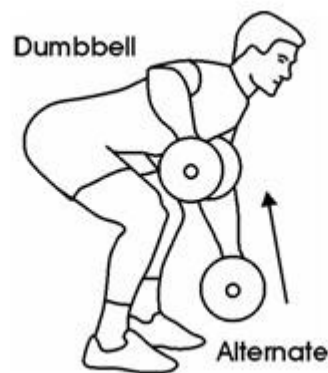
Target Muscles in the Pull Phase of the freestyle Swim Stroke:



Cable Seated Row



Bent over Row



Lat Pull Down

Work on muscles in the Catch Phase of the freestyle Swim Stroke:



Dumbbell Overhead Pullovers

Target muscles in the Push Phase of the freestyle Swim Stroke:



Tricep Extensions - Dumbell



Dips

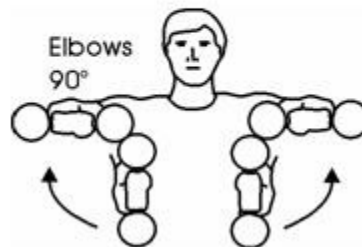
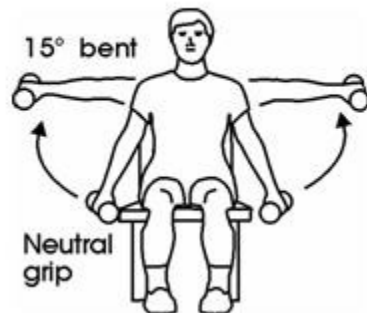
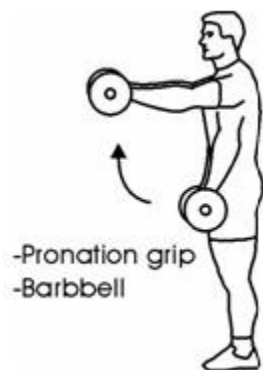


Tricep Extension – overhead



Tricep Extension – Dumbell

Swim Injury Prevention:



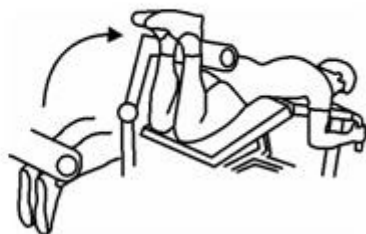
Lateral Dumbbell Raises

LOWER BODY:

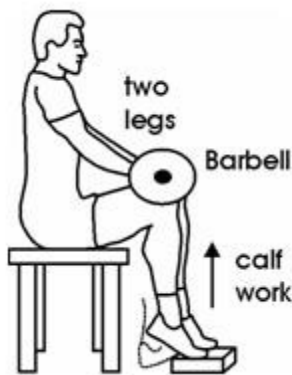
Run Strength:



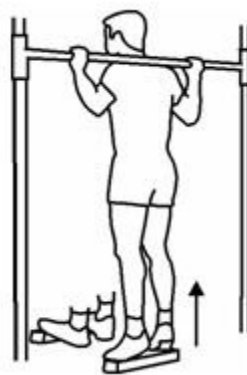
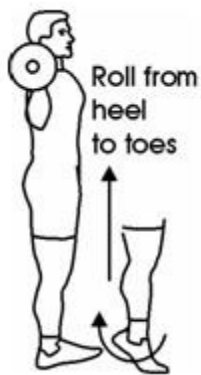
Leg Extensions



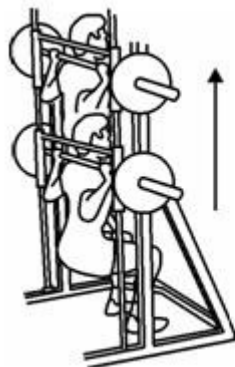
Leg Curls



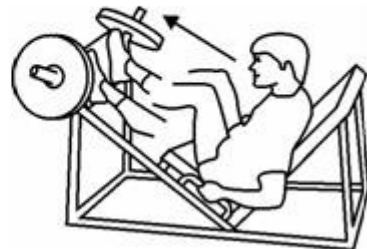
Calf Raises



Cycle Strength and Power (muscles necessary for hill climbs):



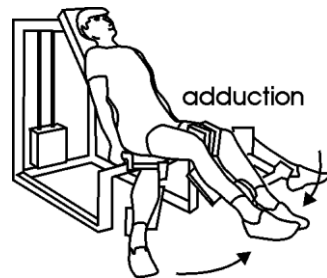
Squats



Leg Press



Walking Lunges



Hip Adduction

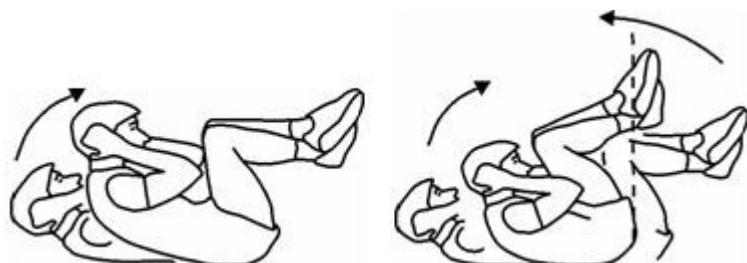


CORE STRENGTH:

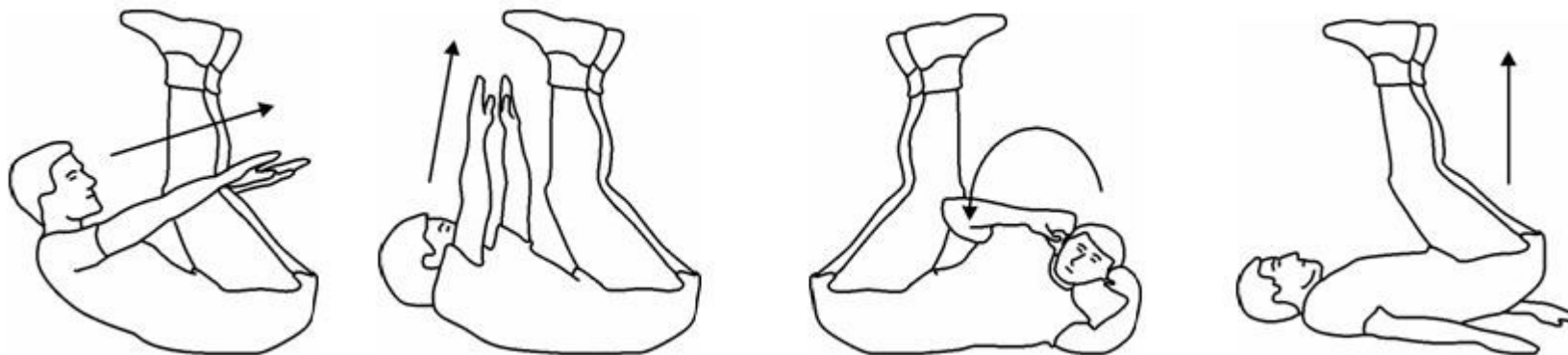
Pick 6 to 8 variations below and perform 15 - 25 crunches each.



Floor Crunches (legs Bent, feet on the ground)

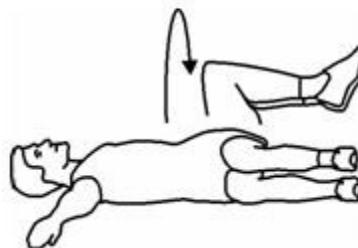
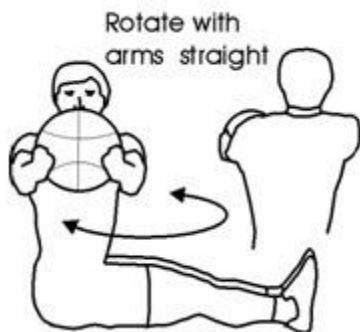


Floor Crunches (Legs Up, knees at 90 degrees)

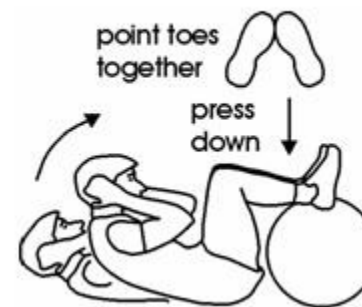


Floor Crunches (Legs Straight Up)

Bent Knee Raises



Floor Side Crunches



Swiss Ball Crunches



Supermans (alternate Right Arm, Left Leg and Left Arm Right Leg)
Hold for at least 20 secs. Max. 45 seconds. Perform 3 sets.

ADVANCED CORE STRENGTH:



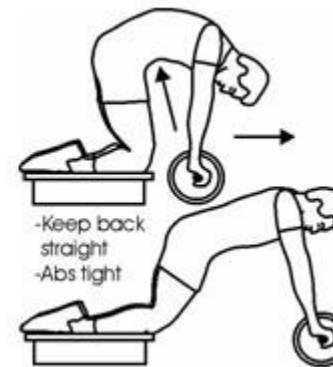
Hanging Leg Raises



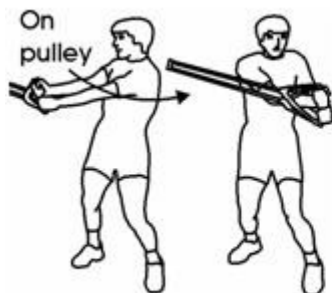
Leg Lifts



Hanging Side Leg Raises



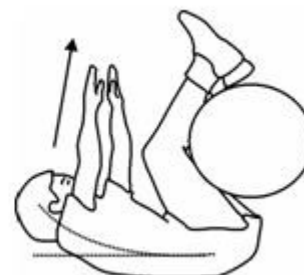
Abs Wheel



Cable side crunch

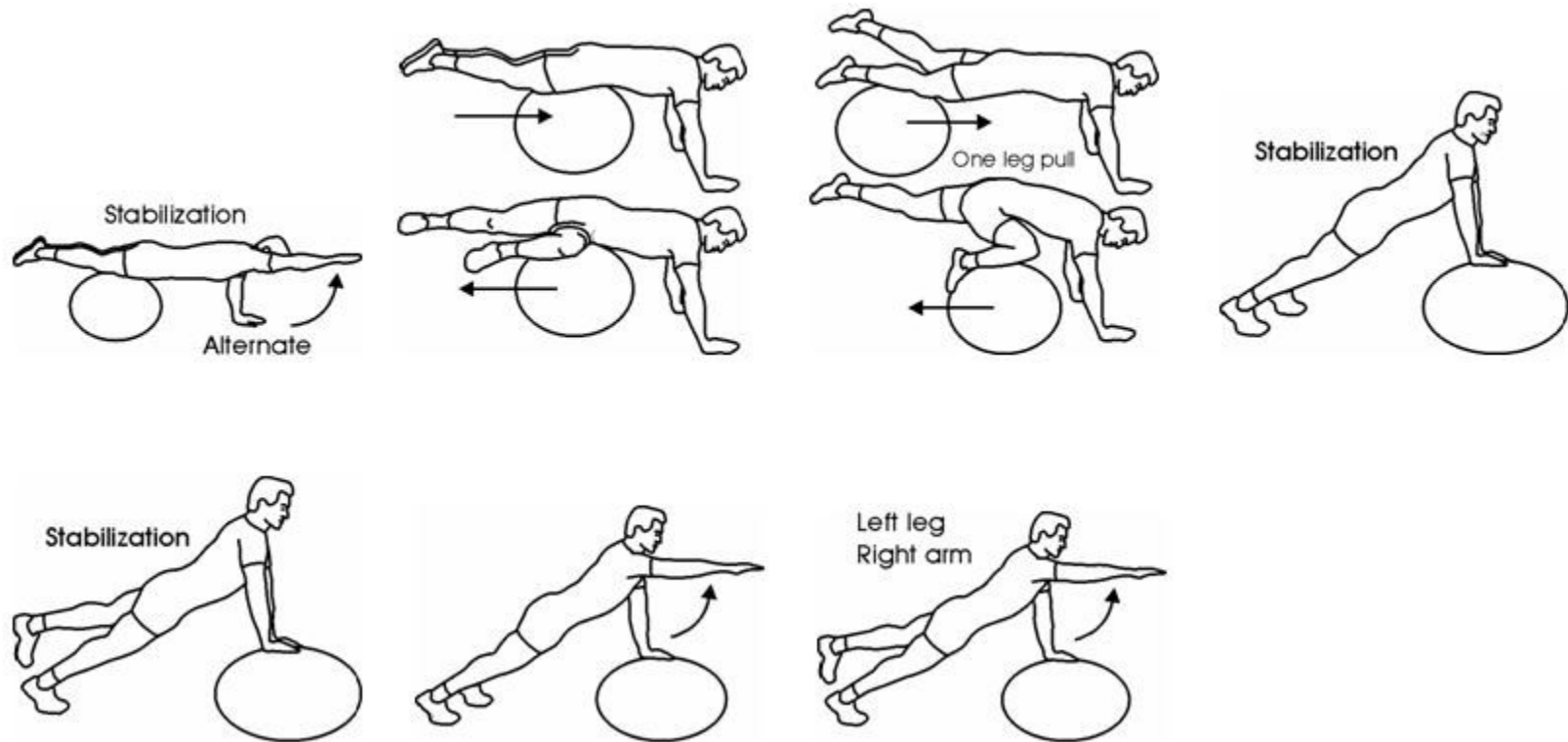


Crunch on Pulley

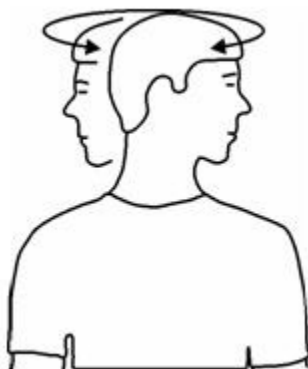


Swiss Ball Reverse Crunch.

7 Core & Stability Exercises:



10 Flexibility Stretches
(Hold each position for 30 secs)



Neck



Shoulders



Hamstrings



Hips

Leg



Trunk



RACE DAY CHECKLIST:

TRANSITION AREA:

- Large Towel to dry off from swim
- Smaller towel to lay transition Bike & Run items
- Sunscreen
- Sports Drink
- Nutrition (e.g powerbars, gels)
- Bike Floor pump
- Photo ID
- Money
- Post Race wear
- Recovery food/drink

SWIM:

- Wetsuit
- Swim Suit or Race Suit
- Goggles (Clear/Shaded)
- Backup Goggles
- Race Swim Cap
- Body Glide
- Sun Screen

RUN:

- Run Shoes
- Visor/Cap
- Race Belt w/Race Number
- Socks

BIKE:

- Bike
- Helmet
- Bike Shoes
- Bike Jersey
(with or without race number)
- Socks
- Water Bottles
- Gloves
- Arm Warmers
- Bike Jacket
- Spare Tubes
- CO2 Cartridges & Valves
- Bike Lever
- Sunglasses
- Road ID
e.g emergency contact; medical info.
- Bike Tools



TriathlonGeek.com is pleased to provide to you a complimentary section on Performance Nutrition by Dr. Clyde Wilson. Dr. Clyde Wilson is the Director of the Center for Nutrition at the Sports Medicine Institute (a nonprofit) in Palo Alto, CA, teaches nutrition courses in the Medical Schools at UCSF and Stanford and teaches nutrition and human movement courses in Athletics at Stanford. Dr. Wilson is a research fellow in the Cardiovascular Research Institute at UCSF investigating the mechanisms of muscle fatigue and metabolism. This work is carried out in the Department of Biochemistry and Biophysics. He received his Ph.D. from the Department of Chemistry at Stanford and previous to this worked in the area of nuclear engineering on an aircraft carrier in the US Navy. To read more about Dr. Wilson please see his web site: www.DrClydeWilson.com

Athlete Nutrition by Dr. Clyde Wilson

Cardiovascular Research Institute, School of Medicine, UCSF Department of Athletics, Stanford University
Center for Nutrition, Sports Medicine Institute
Contact Clyde@DrClydeWilson.com

Optimum Health is central to performance.

Health requires balanced nutrition meeting all your body's needs: Protein for tissue building, carbohydrate for energy, and fats for increased metabolism and nerve recovery after exercise. But simply eating healthy foods in balance is not enough; caloric pacing and hydration play critical roles as well. Caloric pacing involves eating moderate amounts throughout the day rather than skipping breakfast and eating a large dinner. Caloric pacing is also the fundamental principle behind proper pre-, during and post-exercise nutrition. Hydration requirements are determined primarily by how much you eat, perspiration losses during exercise and electrolyte needs.

Meal Composition

Dietary fat: Eating less than 20% of total calories as fat or consuming more saturated fat than unsaturated fat (regardless of the % calories) reduces health and performance significantly. Eating more than 30% (up to 50%) of total calories as healthy fat has been shown in several cultures to be the healthiest approach to eating in the world, but that approach will not leave enough room in your diet for carbohydrate and protein to support high levels of exercise training.

Guidelines: Around 25% of total calories as dietary fat, less than 1/3 of these saturated. Include some omega-3 fat each day (1 serving low-mercury fish e.g. salmon or sardines, 1 Tbsp flax seeds, 1 Tsp flax oil, 3 Tbsp canola or soy oil, or a couple servings of tofu).

Protein: Less than 10% of total calories coming from protein will result in reduced recovery, whereas over 25% induces many negative health effects as defined by the American Heart Association (fatigue, bone demineralization, kidney concerns, gout, arthritis, high blood pressure, increased chances for cancer, obesity and diabetes).

Guidelines: 10-25% of total calories, choose protein sources that are low in saturated fat.

Carbohydrate: Carb sources includes whole grains, fruits and vegetables. Vegetables are much higher in fiber and phytonutrients (including anti-oxidants to help with recovery) than any other food. Therefore, any diet not high in vegetable intake requires a greater number of total calories to achieve the same levels of nutrients. Supplements can not replace vegetable intake because the



active nutrient profile of a mixture of vegetables, such as in a dark-green salad with other vegetables on top, is much greater than any powder or tablet can contain. The type of starches (whole grains) you should include in your diet include high-fiber cereals, breads, pastas, rice and yams. Sometimes it is not practical to eat whole grains, such as when in a restaurant or if your meal goes better with white pasta or potatoes. In such cases just reduce the amount you consume a bit relative to the amount of whole grain/high-fiber starches you would eat.

Guidelines: 50-60% Carbohydrate where fully 1/3 of those carbohydrate calories are vegetables. Note that this amount of vegetables corresponds to 20% of your total caloric intake, which would take up a full 1/3 of your plate since vegetables are low in calories compared to their volume. Lunch and dinner should have extra vegetables on sandwiches or both a side of vegetables and a salad when possible. Breakfast should include vegetables when eating eggs (spinach, tomato, etc go well in eggs), but when eating cereal fruit can be used instead. Dark and orange fruit is the healthiest (berries, plums, papaya, passion, guava, red grapes) whereas bananas are relatively high in sugar and digest quickly (which is fine in moderation). Eat at least as many vegetables as fruit, and do not replace fruit with fruit juice (which is essentially sugar water).

Summary: Of your total calories in the day and preferably per meal, 25% fat (less than 1/3 of that saturated), 1025% protein, around 50% as carbohydrate. Emphasize vegetables, whole grains, protein low in saturated fat and ensure that your fat intake is both sufficient and not excessive.

Caloric Pacing and Hydration

The body can store fat incredibly well, but does not do such a good job at storing carbohydrate, protein or fluids. Within a few hours after a meal, blood sugar levels, available essential amino acids, and your hydration levels start to slowly fall. For this reason, a healthy snack should come between your main meals and water should be consumed on a regular basis throughout the day. Your main meals should be made smaller to accommodate the addition of 2-3 healthy snacks so that your total calories for the day stay the same. The amount of water you need through the day is 1 Liter or Quart for every 1000 Calories that you eat. For example, if you eat 2000 Cal/day you need 2 L of water, which is about 8 cups. If you only eat 1500 Cal, then you need 1.5 L or about 6 cups. This does NOT include fluid needs to make up for perspiration losses during training (see "Exercise Hydration").

Weight loss

Often, endurance athletes are interested in reducing body fat and increasing performance simultaneously. The only way to achieve this goal is to minimize how many calories go to fat and increase how many go to muscle. A diet containing healthy fats, high-fiber foods (whole grains, vegetables, some fruit) and moderate (no greater than 25% of total calories) in protein intake dramatically increases muscle fueling and reduces the fueling of fat cells. This is as opposed to diets high in saturated fat, added sugar or refined carbohydrate (e.g. white bread, white rice, white pasta). The types of fats and carbohydrates, as well as the total amount of protein you eat, have a dramatic impact on muscle fueling regardless of how many calories you eat. In other words, reducing calories to lose weight without improving the composition of meals usually results in reduced health and performance. There is no need for this to occur; simply follow the general guidelines in this handout and, equally important, measure out some of the foods you eat. Use a Tbsp measuring device to determine the amount of peanut butter, salad dressing or any other fat source you add to your meals for at least one day (I personally do this almost every day). Use a 1/2 cup measuring device to put rice or pasta onto your plate or to put cereal into your bowl. Knowledge is power, and knowing how much fat and carbohydrate you are actually eating is critical to taking charge of your caloric intake.



For a 600-Calorie meal, choose 1 food item in the specified amount from each column:

Unsaturated Fats (100-150 Cal)	Moderate Protein (100-150 Cal)	Whole Grain Starch 100-250 Cal	Fruit, Vegetable (100-200 Cal)
<ul style="list-style-type: none"> • ½ Avocado • Nuts 12 large (almonds/walnuts) 18 small nuts (peanuts) 1-2 Tbsp nut butter • Seeds (¼ cup) flax, sunflower • Vegetable Oil (1-1½ Tbsp) • Fish (4 oz serving) • Tofu (4 oz serving) 	<ul style="list-style-type: none"> • 3 egg whites (optional 1 yolk) • 4 oz chicken, lean beef • 1 cup legumes, beans • 1 cup nonfat milk, yogurt or soy milk • Fish (4 oz serving) • Tofu (4 oz serving) 	<ul style="list-style-type: none"> • 1-2 slices Bread <p><u>1/2 – 3/4 cup of</u></p> <ul style="list-style-type: none"> • Pasta • Rice • Cereals <p><u>1/2 – 1 cup of</u></p> <ul style="list-style-type: none"> • Oats • Bran cereals 	<ul style="list-style-type: none"> • Fruit (50-100 Cal/piece) • Vegetables (20- 60 Cal/piece, lots of fiber & nutrients!!) • Salad (10 Cal/cup)

Grocery list: If you don't buy it, it won't be at home and you therefore won't eat it. Pre-planning is key. Print this out, circle what you are going to buy, and take your list with you to the grocery store for a super healthy week.

Unsaturated Fats	Moderate Protein	Whole Grain Starch	Fruit, Vegetable
<ul style="list-style-type: none"> • Avocado • Nuts: Walnuts, almonds Nut butr: PB, almnd, soy • Seeds: Flax, pumpkin, sunflower • Vegetable/Legume Oil: Olive, Canola, Safflwr, Soy, Sunflower, Corn • Fish: Salmon, Sardines • Tofu: Soy products 	<ul style="list-style-type: none"> • Eggs (limit yolk intake) • nonfat milk nonfat plain yogurt low-fat cottage cheese • soy milk (healthy fat) • Tofu products (full fat) • chicken (free range) • turkey (don't eat skin) • lean beef (top round) • Venison, buffalo, ostrich • legumes, beans no lard • Fish: Salmon, sardines Tilapia, freshwater trout • Shrimp, clam, oyster • See FDA fish mercury sight for other low mercury marine sources 	<p>All Whole Grain</p> <ul style="list-style-type: none"> • Bread, bagels • Cereal with bran • Oatmeal • Hot cereal w/bran • Brown, Wild rice • Pasta • Some potato • Yams • Crackers <p>All Whole Grain with NO PARTIALLY- HYDROGENATED OILS</p>	<p><u>Dark fruit</u></p> <ul style="list-style-type: none"> • Dark plums, grapes, berries • Citrus, Grpfrt • Apricot, cherry • Apple, Mango • Small bananas • Passion, Guava <p><u>Main focus of diet:</u></p> <ul style="list-style-type: none"> • Bag spinach, beets • Kale, chard, mint • Broccoli, parsley • Red Leaf, tomato • Red cabbage • Cauliflwr, carrot • Onion, garlic • Zucchini • Try new things



Fueling and hydrating your body during exercise

Fuel type

Glucose is the sugar your body burns as fuel. Any other sugar, such as fructose, sucrose or galactose, must be converted into glucose by the liver before it can be used by muscle; this occurs at a maximum rate of 1 Cal/min or 60 Cal/hr. You can ingest and get to muscle about 4 Cal/min or 240 Cal/hr of glucose; about 3 times the rate at which you can use non-glucose sugars. For this reason, use primarily glucose sources to fuel your workouts. Look at the label of what you are using. If it does not list maltodextrin (chains of glucose) or glucose itself as the primary ingredient, switch to another product. There are many maltodextrin products on the market, including e-Gel, Hammer Gel, Power Gel, Gu, Carboom, Sustained Energy, Complex Carbs, etc.

Fuel timing

If your muscles are fully stocked with fuel they will not allow more fuel to come in. This means that during the first 30-60 min of exercise or competition, there is little benefit from ingesting calories unless this training is first thing in the morning and you have not had time for breakfast. Also, sugar ingestion uses up a lot of water in the body, so if you are dehydrated (such as in the 3rd or 4th hour of a marathon) any calories coming into your body can result in gastrointestinal distress. Since muscle can effectively absorb 4 Cal/min of glucose and 1 Cal/min fructose or sucrose, ramp up your fueling from zero to 100-200 Cal/hour over the first hour and maintain this throughout your marathon. It is critical that the fuel enter your body slowly and continuously every time you drink fluid and that you do not to exceed 250 Cal glucose or 300 Cal glucose and fructose per hour even when fully hydrated. This set of recommendations (fuel type and timing during training or competition) helps athletes more than any other advice.



Exercise hydration

Perspiration rate averages 1-2 Liters/hr depending on running intensity and environmental conditions. However, every person perspires at a unique rate. Therefore, each athlete must measure the change in their body weight over a training session. Your body weight at any one time does not matter; it is the CHANGE in body weight that correlates to fluid losses. For every 2 lb (1 kg) that you lose on the scale over the course of a workout, you have perspired roughly 1 L of fluid. Any fluids you consumed during the training increased your body weight back towards normal by replacing some of your perspiration losses. Therefore, the total perspiration rate is your body weight change converted to a volume of fluid (2 lb or 1 kg = 1 Liter or Qt or 32 oz) added to the volume you drank during the training session. Divide by the number of hours you exercised to get the rate per hour. If the amount you drank during exercise is less than half of the total amount you perspired, you are replacing less than 50% of your losses you are reducing your performance significantly, particularly in the last 1-2 hours of your marathon. Determine your fluid losses before the race (during a training session) and practice replacing 50-100% of your losses. Less than this and you can induce muscle cramping, more than this and you can induce hyponatremia (the cause of 10% of all ER visits by marathoners during a competition).

Electrolytes

There is less salt in a Liter of sweat than there is in a Liter of fluids in your body, so the salts in your body concentrate as you perspire. This is the reason that dehydration contributes to muscle cramping. If you replace less than half of your fluid losses (see “exercise hydration” above), do not use salt (electrolyte) supplementation during exercise; instead, replace your salt losses after exercise when you replace all your fluid losses. If you replace more than 50% of your perspiration losses, using some electrolyte supplementation is fine (see below). If you replace all or close to all of your fluid losses during exercise, then replace all of your electrolyte losses during exercise to avoid hyponatremia. Each Liter or quart (32 oz) of perspiration contains roughly 600-1200 mg of sodium and 100-200 mg potassium, depending primarily on fitness level. The average marathoner (i.e. a person with a significant level of fitness) will lose about 700-800 mg sodium/L perspiration, which corresponds to just over ¼ teaspoon of table salt, and ~100 mg of potassium. This amount of potassium loss is relatively small, so potassium supplementation is optional (100 mg/L perspiration), and magnesium supplementation is even less, so supplementation is not warranted. My recommendations for sodium supplementation during exercise are as follows:

If, DURING exercise you replace	use mg sodium/L fluids	use teaspoons sodium/L fluids
50% or less of your fluid losses	none	none
75% of your fluid losses	350-400 mg	just over 1/8 Tsp
100% of your fluid losses	700-800 mg	just over 1/4 Tsp

For a detailed perspective on your exercise hydration, fill out the following for an exercise session

Date: _____ Weight change from before to after exercise: _____
Fluid volume corresponding to weight change (2 lb or 1 kg = 1 Liter or Qt or 32 oz): _____
Fluid volume consumed during the exercise: _____
Total perspiration = Fluid volume consumed plus fluid volume corresponding to wt change: _____
% perspiration losses replaced during exercise = Fluid volume consumed/Total perspiration = _____
Perspiration rate = Total perspiration / Total length of time of exercise = _____
Your notes, comments, or plans for future exercise hydration:



General Plan for Meal Timing and Hydration

Total hydration: 8 cups (2 morning, 4-5 during day, 1-2 evening, none in the ½ hr before bed) Total meals/snacks: 3 small meals, 2-3 snacks (including pre- & post-exercise if exercising)

Morning nutrition and preparation for your day

- Wake up: Drink 2 cups (16 oz) of water immediately, no more than 1 cup of this as coffee
- Critical: Eat breakfast within ½ hour of waking
- Make snack bag for mid morning and mid afternoon (nuts, whole-grain crackers, fresh or dried fruit)
- Take snack bag and either two 16 oz water bottles or one 1L water bottle for the day

Lunch, dinner and hydration throughout your day

- Lunch and dinner at convenient times 2/3 the regular amount you usually eat unless your meals are already less than 600-700 Calories, have about 1/3 of your plate as vegetables (salad, etc).
- Optional: If reducing your lunch and dinner size means not eating all of a meal that you buy or are served, you can eat the remaining 1/3 of the lunch or dinner 2 hours after the respective meals as your snack and save your pre-prepared snack bag for the next day
- Drink the 1 L water throughout your day, completing it before you go home
- If dinner is more than 4-5 hours before bed, eat a small healthy snack 1-2 hours before bed
- Critical: If dinner is less than 3 hours before bed make it the smallest meal of the day and eat a snack 2 hours before dinner
- Drink 2 cups of water (for a total of 8 cups) in the last 5 hours of your day
- Don't drink water in the last 20-30 min before sleep so you can equilibrate your internal fluid volumes and go to the bathroom to urinate out any excess fluid intake prior to sleeping

On days when your exercise training is low to moderate in intensity

- Eat a small healthy snack 30-60 min before and immediately after exercise
- Example snack: 150 Cal of whole grain bread with 50 Cal peanut butter, 1 small piece fruit
- Replace around ½ -1 Liter of water for each hour of exercise

On days when your exercise training is intensive early in the morning

If your body can handle solid food eat foods you normally eat for breakfast but have two smaller feedings 1 hr apart. Otherwise: Blend ½-1 cup uncooked oats (125-250 Cal), 1 piece fruit (40-80 Cal), 1-1.5 Tbsp peanut butter (80-120 Cal) and ¾-1 cup nonfat milk (75-110 Cal). Use the lower amounts if you weigh closer to 120 lbs (320 Cal), the higher values if you weigh closer to 200 lbs (560 Cal). Consume ½ of this shake ½ hour before exercise and the other ½ within 10 or 15 minutes after exercise. This is a healthy way to rapidly fuel your body without the energy drop that comes 20-30 minutes after consuming the equivalent number of calories of sports drink or bars. For particularly hard workouts or for the actual marathon, add ¼ cup of pure maltodextrin (100 Calories) instead of ½ of the oats you would normally put into the shake. This provides your body a small amount of fuel fairly quickly, but digestion is slowed down by the healthy fiber, protein and fat in the shake (a benefit you do not get from the sports drinks and bars). Pure maltodextrin is in complex carbohydrate (chains of glucose molecules).

The night before a competition

Eat a colorful salad with 1-2 Tbsp vegetable- or olive-oil based dressing, a starch source (whole grain bread, whole wheat pasta or brown rice), and a protein source containing healthy fat (tofu or salmon is the ideal). Split the dinner up into two portions. Eat half 1-2 hours before your regular dinner time and the other half 2 hours later. **Carb loading:** Double your carbohydrate intake for 1 day only before endurance competition! This process increases body fat stores. Since excess carbohydrate entering the bloodstream at any one time increases body fat, split your intake into 6 equally-sized meals instead of 3.