iTri Program – Kick-Off Session Information Sheet 1

Positive Thinking and Gradual Progress yields Long-Term Positive Results

"It never gets easier, you just go faster."

***Greg LeMond*, 3-time Tour de France winner**

As our body adapts and becomes fit, we can gradually make our activities more challenging. You might find, for example, that walking on a flat surface used to make you feel like you were working moderately hard – say at level 6 or 7 on a of 1-10 Intensity Factor scale. As you become fit, you might walk the same hill and feel like you're working at the same level, although you're probably doing more work. Later, you might find that you need to walk up an even steeper slope to feel that you are working at level 6 or 7.

Overloading our body with progressively increasing stress appears simple. Lift more, run farther, swim faster, ride harder, and your fitness will improve. Unfortunately, it's not quite that simple. The confounding element is that the body's cells are sensitive. They do indeed respond and grow stronger, but only when the proper amount of stress is applied followed by rest. Too much stress applied too soon and the cell is considerably weakened and struggles for days, perhaps weeks, merely to recover. For novice triathletes, almost any low-level stress provides an overload. The more fit an athlete is, the more difficult it is to apply just the right load of stress since the highly fit athlete has a narrowed overload threshold. Training builds up fitness by first tearing it down. Following a stressful workout, one in which the workload was high, you are in worse shape than before starting. If the workload was appropriate and rest follows, the body will respond in a few hours or a couple of days, and you'll be slightly more fit. This is called "overcompensation". (Friel, The Triathlete's Training Bible)

The principle discussed here is called "Progressive Overload". As Lemond implies in his famous quote, fitness improvements involve hard work. As a cyclist, he understood better than most that hard work on the bike resulted in faster times. And speed is exactly what it takes to win bicycle races. If your workouts are always easy, you'll never make improvements. Look at it this way, if it was easy everyone would be fit. And we know that's not the case.

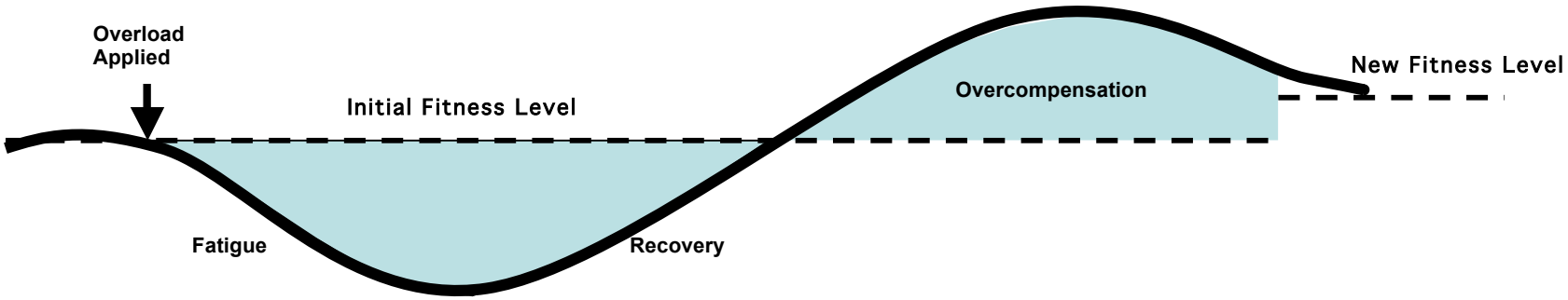
TRAINING PRINCIPLES

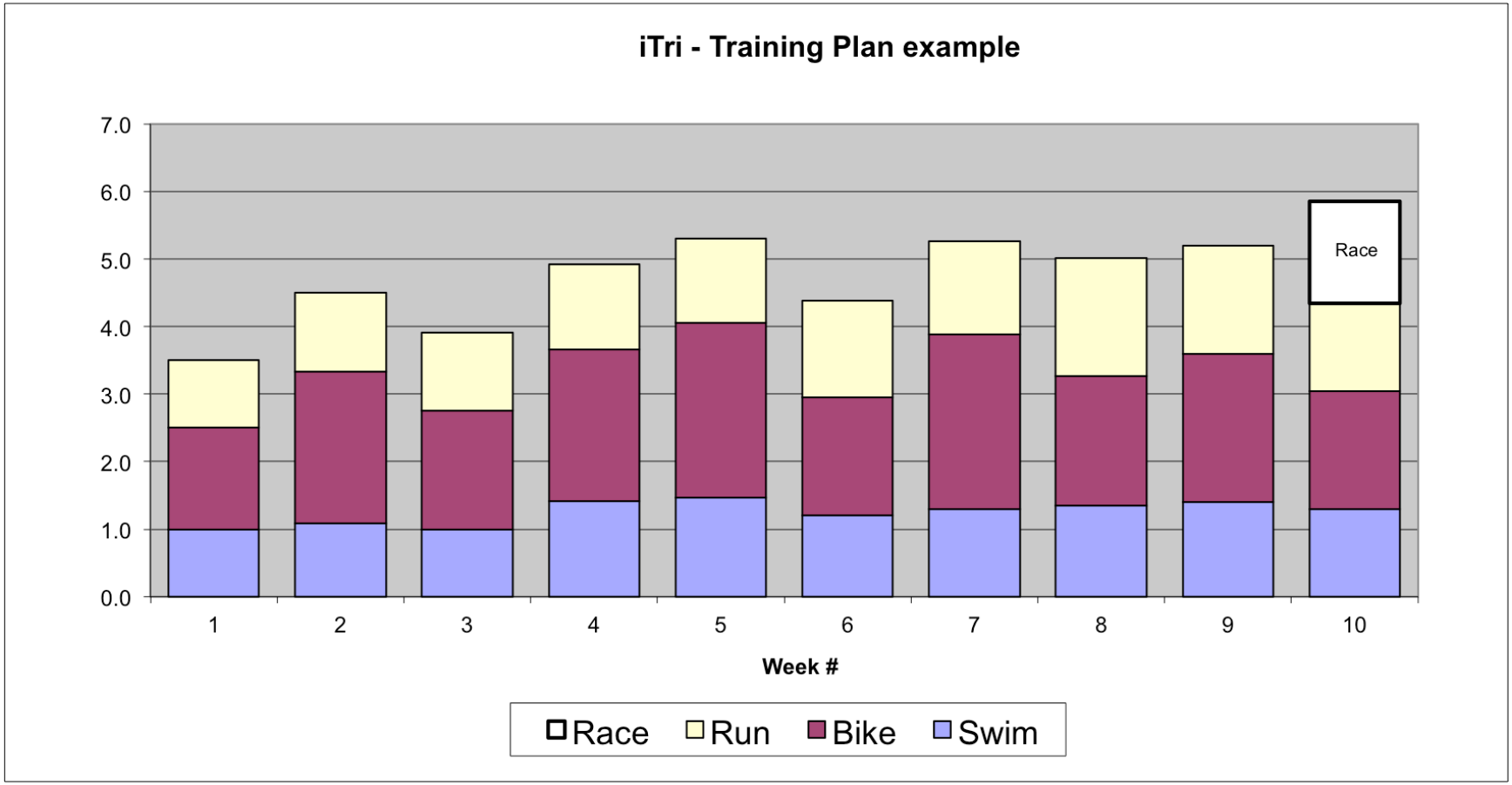
PROGRESSIVE OVERLOAD
Apply appropriate Training Load, Rest & Recover, Repeat

SPECIFICITY
Training must be specific to the sport and induce specific levels of stress.

REVERSIBILITY
Rest is Good! "Undeserved" time off is counter-productive.

INDIVIDUALITY
Everyone reacts differently to training.





Workout Scheduling Alternatives for 2x2x2 schedule:

	# Days/week	***Mon***	***Tue***	***Wed***	***Thur***	***Fri***	***Sat***	***Sun***
Alt. #1	3-days per week	Off	S + B	Off	S + R	Off	B + R	Off
Alt. #2	4-days per week	Off	S + B	R	Off	B	S + R	Off
Alt. #3	5-days per week	Off	S + B	R	S	Off	B	R
Basic Template	6-days per week	Off	S	R	B	S	R	B

- **Workout Rules & Recommendations:**
  - Do not attempt two consecutive days of training in any one sport without completing a minimum of 4 weeks of base training in that sport.
  - During weeks 1 & 2, exercise in Zone 1 and Zone 2 only.
  - During weeks 3 & 4, extend your exercise to Zone 3 and Zone 4.
  - Do not exercise in Zone 5 before completing a minimum of 4 weeks of consistent base training in that sport, including some Zone 4 workouts.
  - Do not exercise at Intensity Factor 10 during any portion of the TRI-FIT program.
  - Safety Rules:
    i. Always shower before entering the pool.
    ii. Always run facing traffic.
    iii. Always ride your bike with traffic.
    iv. Never ride your bike outdoors without a helmet!
- **Always Log your Training:**
  - If you want to improve in the future, record the present and review the past *(Sally Edwards, Triathlons for Women)*
  - Record the following measures for each workout:
    i. Duration
    ii. Distance (if known)
    iii. Intensity Factor (1=Low to 10=Maximum)
    iv. Post-Activity Comments (fatigue, injury, revelations, soreness, weight, heart rate)
- **In case of Injury:**
  - If you suffer a sprain, strain, pull, tear or other muscle or joint injury, treat it with *R.I.C.E.* -- Rest, Ice, Compression and Elevation. R.I.C.E. can relieve pain, limit swelling and protect the injured tissue, all of which help speed healing. For more information on the *R.I.C.E.* method visit http://sportsmedicine.about.com/cs/rehab/a/rice.htm
- **Celebrate Small Successes:**
  - Recall your successes every day and your attitude and belief in yourself will continue to improve.

Six Phases of a well-designed Training Plan

1. Preparation (Prep)
2. Base
3. Build
4. Peak (also known as Taper)
5. Race
6. Transition

Five Components of a Focused Workout

1. Warm-Up (WU)
2. Drills & Skills (D&S)
3. Main Set (MS)
4. Cool-Down (CD)
5. Stretch (St)

TRI-FIT Program – Kick-Off Session Information Sheet 4

Managing Training Load - Training Load is a function of frequency, duration, and intensity. Intensity is the most difficult to manage:

Use of Training Zones to Manage Intensity

ZONE	*COMMON NAME*	*% L.T.H.R*	*Intensity Factor (IF)*	*Description*
5	VO2 Max	>100%	9-10	Extreme Efforts, short duration, gasping
4	Threshold	94-99%	8-9	Hard with Anaerobic efforts, labored breathing
3	Tempo	89-93%	7-8	Uncomfortably Comfortable, somewhat labored
2	Endurance	82-88%	6-7	Moderate Aerobic efforts, increased breathing
1	Recovery	65-81%	4-5	Easy with Light Aerobic efforts, light breathing

Using a Heart Rate Monitor to determine your Lactate Threshold Heart Rate (L.T.H.R)

- Running: Go to a track and warm up for 10-15 minutes. Then start running slowly around the track. Every half lap, increase your speed slightly (about 2-3 seconds per half lap). Pay close attention to your breathing and effort. When you first notice the onset of rapid and deep breathing while experiencing a feeling of hard effort, look at your heart rate monitor. Your heart rate is pretty close to your LTHR for running.
- Biking: After warm up, ride a long, gradual hill or stretch of flat road without stop signs. Start riding easily and increase your effort every thirty seconds. When you first start to breathe rapidly and deeply, look at your heart rate monitor. This number is close to your LTHR for biking. You will have different threshold numbers for each sport.