



# KAMLOOPS SPRING SPRINT TRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

## Athletes in Training

### The Training Plan

The next 2 weeks you will continue to build and add onto your base work.



### Question of the Week:

**While indoors, have you been practicing eating/drinking while spinning? Where are you putting your nutrition? Once you're outside biking, tell us where you plan to put any solid food you're carrying.**

Don't forget to tag @KamloopsTriathlonClub and use #springsprinttriathlon23 for a chance to win a \$25.00 gift certificate from Runners Sole!

Draws take place every Sunday.

### Training Gadgets

Where do you store your water on the race? You'll probably be thirsty when you exit the pool so keep a bottle of water in the transition area.

The Hydration Pack has become a great option to using a water bottle - particularly for use on the run.

The most popular packs are used around the waist and are designed for a non-slipping and bounce-free fit.

The belts are exceptionally comfortable, fully adjustable, and very easy to use.

The packs are also great for holding keys, money, energy bars and gels.

On your bike, ensure you have a cage(s) to put your water bottle(s).

There are a variety of choices and locations where a cage can be secured. It needs to be set up in a location where it is easy for you to grab while riding and . . .practice, practice, practice removing and replacing your bottle before Race Day.



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### What To Wear For Race Day

Weather conditions on race day range from 28 degrees and sunny to 3 degrees and almost snowing. For novice athletes looking to simply complete the event, comfort will be the biggest issue on race day. Be prepared for warm weather and a colder day by having tights, a full zip light weight jacket, toque/ear warmer, and gloves.

If the weather turns, it is best to be prepared with these items on hand either in the change area or at your bike transition (just in case). If it starts to warmup, you can opt to skip the extra layers.

Another strategy is to fully change into dry clothing when you exit the swim. One of the main reasons people get cold is not necessarily because of air temp, but from jumping on the bike in wet swim wear.

Having said that, if you are an advanced athlete who has raced this event in the past, wear the same gear for the whole race.

Keep a set of light arm warmers near your bike just in case and pick up that pace!!!

@kamloopstriathlonclub  
#springsprinttriathlon23  
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trytri.org

Our thanks to Maurice Maher for contributions to this training plan.



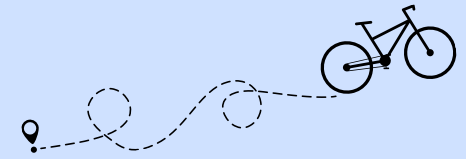
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## Swimming

**INTERMEDIATE:**  
6-7 hours/week, Swim 3x/week



**KTC Swims**  
Mondays and Thursdays  
6am to 7am  
Tournament Capital Center  
\*Members Only\*

1. 200m Free / 200m Reverse IM  
(50m free/50m breast/50m back/50m fly drill)  
3x400m Free with 40R/400m. Negative split the 400m's - 2nd half faster than the 1st half.  
*Goal is to swim your T100 Time x 4 + 15 sec. i.e. 151.2 x 4 = 604.8 = 10:04.0 + 15 sec = 10:19.0 then 40 sec/R*  
8x25m Breast or Backstroke with 15R/25  
6x25m Kick with 15R/25m  
200m Backstroke/Breaststroke or Free cont. cool-down

= 2100m total

2. 100m swim / 100m kick / 100m pull / 100m swim  
8x25m alternating 25m Back / 25m Breast with 15R/25m  
800m Continuous swim at 140 heartrate intensity  
200m cool-down (your choice)

= 1600m total

3. Repeat swim #1

**BEGINNERS:**  
4-6 hours/week, Swim 2x/week

1. 100m Swim / 100m Kick / 100m Pull / 100m Swim  
3x200m Free with 15R/200  
(Goal is T100 Time Doubled Pace + 15 Rest)  
i.e. Swim faster than (2:49x2 =) 5:46 plus 15 sec rest  
8x25 Kick with 10R/25m  
200m Backstroke or Breaststroke continuous

= 1400m total

2. 100m Swim / 100m Kick / 100m Swim / 100 Pull  
400m Continuous Swim  
8x25m Kick with 15R/25m

= 900m total

3. Repeat #1

## Set Formula

Time = (convert to seconds)

i.e. 14.06 = 14x60 = 840 sec plus 6 sec = 846 sec = T. T  
= 846 sec, 50 time equals - T/10 = 84.6/50 or 1:24,  
100 Time equals- T/5= (846/5) 169 or 2:49/100m

\* This is important for the next 7 weeks.



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## Biking

**BEGINNERS:**  
Bike 2x/week

1. 40 minutes easy
2. 60 min. with 2x15 min. at 85%, 5 min. easy spin between

**INTERMEDIATE:**  
Bike 3x/week

1. 50 min. easy
2. 60 min. with 2x20 min. of steady tempo (80-90%) in the middle. 5 min spin between
3. 15 min. warm up then 8x2 min all out 1:30 easy recovery between. Flat course.

1:30 easy recovery between, flat course.

## Running

**BEGINNERS:**  
Run 2x/week

1. 50 min. easy
2. 15 min. warm-up 3x6 min. at tempo (85%) 2 min. easy recovery between 15 min, cool down, flat course

**INTERMEDIATE:**  
Run 3x/week

1. 40 min. easy
2. 45 min. easy 20 min of tempo (85-90%) in the middle
3. 15 min. warm-up 10x2 min. 90-95% effort on the flats 3 min easy recovery between 5 min cool down.

3 min. recovery between, then 15 min. cool down.

### Thank you to our Sponsors!



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