




KAMLOOPS SPRINGSPRINTTRIATHLON

Presented by **Runners Sole**



RACE DAY: MAY 14, 2023



Athletes in Training

The Training Plan

Week 11 is your last week in this build period with a recovery period following in Week 12.

Training Gadgets

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.

Question of the Week:

Have you been practicing eating/drinking while spinning indoors? Where are you putting your nutrition? You may have started riding outside. Once you're outside cycling, tell us where you plan to put any solid food your 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.

What To Eat On Race Day

Eating on race day is one of the most important factors to consider when racing. If you are racing early a very light breakfast of plain toast or a high carbohydrate energy bar or both if you are a larger athlete should suffice. Pre-race foods which should be avoided are those that are high in fiber, protein or fats. High fiber foods are great way to start your day most of the time, however pre race they tend to digest too slowly and impede water absorption. High protein foods are good post race, but pre race they will impede carbohydrate absorption which is your primary fuel source in endurance sport. Foods that are high in fat should be avoided just about all the time.

Make sure you finish your last meal about 1.5 to 2 hours before the event start. Coffee is OK pre race, studies now show that there is no diuretic affect from caffeine when the consumption is followed by physical activity. For most athletes who are racing in 1.5 hours or less, race food should consist of water or a slightly diluted sports drink. When racing past 2 hours, a sports gel every half hour may provide the extra boost to finish the event strong. Always experiment with gels and sports drinks in training first. Don't try eating or drinking anything new on race day!



REGISTER HERE



ENERGY

@kamloopstriathlonclub
#springsprinttriathlon23
kamloopstriathlonclub@gmail.com

trytri.org

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



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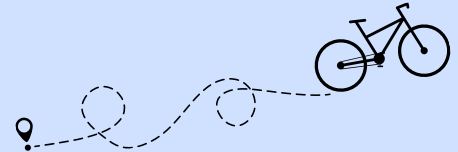
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Swimming

INTERMEDIATE:

6-7 hours/week, Swim 3x/week



KTC Swims

Mondays and Thursdays
6am to 7am
Tournament Capital Center

Members Only

Aerobic Threshold

1. 200m Free / 200m Reverse IM (with 50m)
(50m free/50m breast/50m back/50m fly drill)
6x25m Kick with 15R
5x(50m Free easy with 1:00R then 50m Fast with 15R)
Goal time with Fast 50 is T50 Time - 10 sec. or better i.e. T50 was 75.1 or 1:15.1: 1:15.1 - 10 = 1:05 or faster
6x50m Back or Breast with 20R/50m

= 1350m total

2. 100m swim / 100m kick / 100m pull / 100m swim
4x200m Free with 20R at 140 heartrate intensity
8x25m Kick with 15R/25m 200m warm-down (your choice)

= 1600m total

3. Repeat swim #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

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 Free Pull with 15R/25m

= 900m total

3. Repeat #1

* 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
3. 30 min. easy with 5x1 min. at all-out intensity with 2 min. recovery between

INTERMEDIATE:
Bike 3x/week

1. 50 min. easy
2. 100 min. with 3x20 min. of steady tempo (80-90%) in the middle. 5 min spin between
3. 15 min. warm up then 10x2 min all out 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%-90%)
2 min. easy recovery between
15 min, cool down, flat course
3. 30 min. easy with 5x1 min. at all-out intensity with 2 min. recovery between

INTERMEDIATE:
Run 3x/week

1. 40 min. easy
2. 50 min. easy
30 min of tempo (85-90%) in the middle
3. 15 min. warm-up
12x2 min. 90-95% effort on the flats
3 min easy recovery between
5 min cool down.

Thank you to our Sponsors!



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