



KAMLOOPS SPRINGSPRINTTRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

Athletes in Training

The Training Plan

Week 12 is a recovery week. This is time to absorb the build training in weeks 9-11, rest a bit and be prepared for the build periods in the upcoming weeks. The intent is for the week to be easy with just a bit of intensity to keep you sharp.



Question of the Week:

What is one thing you're doing to help recover after a hard week of training?

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

Tri Shorts. Pared down to meet the specific requirements of the bike and run-in triathlon, these shorts are made of a quick drying fabric which combines superior fit with optimal durability. A reduced chamois for comfort in the saddle and freedom of movement off the bike, combined with spandex leg grippers to hold them in place, make this the one short that does it all



Recovery

There are several methods to facilitate a faster recovery:

Contrast baths: Contrast bathing (mixing hot and cold baths) induces a pumping action within the muscle which facilitates the removal of waste products. This is best done after intense exercise, should start and end with cold, the ratio should be 3:1 hot to cold.

Massage: This is the specific manipulation of soft tissue to facilitate the removal of fluid and waste products. The key is to find a good local therapist who has a sport specific background.

Stretching: Stretching can be split into two categories, pre and post exercise. Pre exercise stretching should only be done if required and only after a 15 - 20 minute warm up before a hard interval session. This is light stretching which should not illicit a pain response and should last only 10- 20 seconds. Post exercise stretching usually involves a longer and deeper stretch 30-60 seconds and the session can last anywhere from 30-60 minutes.



REGISTER HERE

@kamloopstriathlonclub
#springsprinttriathlon23
kamloopstriathlonclub@gmail.com

trytri.org

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



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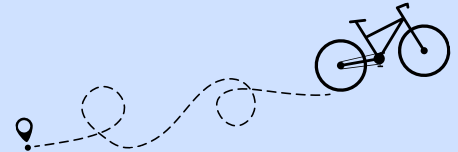
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Swimming

INTERMEDIATE:

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



Aerobic Threshold

1. 200m Free / 200m Reverse IM (with 50m)

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

6x50m Free with 20R/50

(Goal is T50 Time - 10 + 20 Rest) i.e. T50 time is 124.6; the goal is to hold 1:15s/50 + 20R

8x25 Kick with 10R/25m

200m Backstroke or Breaststroke continuous

= 1100m 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. 20 minutes easy
2. 40 min. with 3x2 min. at 85%
2 min. rest between
3. 30 min. easy with 5x1 min. at all-out intensity with 2 min. recovery between

INTERMEDIATE:
Bike 3x/week

1. 40 min. easy
2. 40 min. with 10 min steady tempo (80-90%) in middle
3. 40 min. easy.

Running

BEGINNERS:
Run 2x/week

1. 30 min. easy
2. 20 min. easy

INTERMEDIATE:
Run 3x/week

1. 30 min. easy
2. 45 min. easy
3. 15 min. warm-up
4x2 min. hill repeats 85-90%
3 min. easy recovery on the downhills
15 mins easy cool down

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