

# KAMLOOPS SPRINGSPRINTTRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

## Athletes in Training

### The Training Plan

Week 13 is the start of a 2 week peak where athletes should be putting the finishing touches on their training and start to mentally prepare for the race in 3 weeks time.



### Question of the Week:

Are you wearing socks during the bike and run portion of the race?

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

Some triathletes like to save a bit of time by not putting on socks after the swim and slip their cycling shoes directly onto their feet. Others prefer to wear socks. Your feet will probably remain a bit damp after the swim so if you're considering going without socks, remember to try it out first. You don't want to be entering into the run portion with blisters.

If you choose to wear socks, Coolmax socks may be something you want to consider. Coolmax offers superior moisture management and a cool mesh instep that assures maximum breathability. This lightweight material wicks moisture away and channels it upward from the bottom of your foot, which is great to wear both cycling and running. Coolmax also assists in protecting your feet against blisters and friction.

They are available at Runner's Sole.

### Physical Peaking

For the most part, the rate of physical adaptation or absorption of training loads is based on the previous years or months of cumulative training and is individual to each athlete and their circumstances.

However, regardless of previous history, individual physical condition can and should be maximized in the last 1-2 weeks before a key "A" race.

Peak physical conditioning is achieved through correct unloading (tapering) or reductions in training volumes and especially intensity as it is the primary variable or training stimuli for triathlon. Tapering allows the body to recover and super compensate (become stronger) and hopefully peak before your main competition. Proper and complete recovery and the use of recovery techniques have a direct correlation to absorption of training loads and the supercompensation associated with peaking.

An athlete who is in peak or close to peak shape usually demonstrates a high capacity for work and an ability to recover quickly. This is the time to train smarter not "harder"!!



REGISTER HERE

@kamloopstriathlonclub  
#springsprinttriathlon23  
kamloopstriathlonclub@gmail.com

trytri.org

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



# KAMLOOPS SPRING SPRINT TRIATHLON

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**KTC Swims**

Mondays and Thursdays  
6am to 7am  
Tournament Capital Center

\*Members Only\*

**RACE DAY: MAY 14, 2023**

## Swimming

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

1. 200m Free / 200m Reverse IM (50m free/50m breast/50m back/50m fly drill)  
5x100 free pull w/pull buoy high & small paddles 15R/100m  
5x100m free swim at T100 time (ie. hold 2:31.02/100 with 15 sec. rest)  
8x25m kick with 15R/25m  
200m back or breast cont.

= 1800m total

2. 100m swim / 100m kick / 100m pull / 100m swim  
12x50m with 15R/50m (25m back/25m breast)  
400m swim continuous at 140 bpm heart rate  
100m kick/ 100m swim

= 1600m total

3. Repeat swim #1

## Set Formula

Time = (convert to seconds)

i.e.  $14.06 = 14 \times 60 = 840 \text{ sec} + 6 \text{ sec} = 846 \text{ sec} = T$ .  $T$   
= 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.

### 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



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## Biking

**BEGINNERS:**  
Bike 2x/week

1. 30 minutes easy
2. 60 min. easy with 30 min. just under race pace (88-92%)
3. 40 min. easy with 5x2 min. at all-out intensity with 2 min. recovery between

**INTERMEDIATE:**  
Bike 3x/week

1. 50 min. easy
2. 80 min. easy with 2x25 min just under race pace (88- 92%), 5 min. easy between
3. 15 min. warm-up  
10x3 min. all out  
1:30 min. easy min. recovery between on flat course.

## Running

**BEGINNERS:**  
Run 2x/week

1. 30 min. easy
2. 15 min. warm-up, then 3x6 min. race pace (88-92%)  
2 min. recovery between on flat course
3. 30 min. easy with 5x2 min. all out intensity  
2 min. recovery between

**INTERMEDIATE:**  
Run 3x/week

1. 40 min. easy
2. 50 min. easy  
3x10 min. just under race pace (88- 92%)  
3 min easy between
3. 15 min warm-up  
6x4 min. above race pace (90- 95%) on the flats  
2 min. easy recovery between  
15 min. cool down

## Thank you to our Sponsors!



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