

# KAMLOOPS SPRINGSPRINTTRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

## Athletes in Training

### The Training Plan

Week 14 is the second week of a 2-week peak. Athletes should be putting the finishing touches on their training and start to mentally prepare for the race in 2 weeks time.



### Training Gadgets

What do you need in transition?  
Water/food you plan to take with you on the bike, socks; to name a few. Don't forget a towel(s) and a plastic bag or two to cover your belongings and stand on; in order to keep your feet dry when changing shoes. Remember, space is limited in transition.  
Need ideas on how to carry or store your equipment?  
Check in at Runner's Sole!



### Neuromuscular Peaking

Voluntary muscle contractions start in the brain and end in the actomyosin cross bridges or the nerve muscle junction. Neuromuscular fatigue as it applies to endurance sport is usually described as low frequency or is the result of continuous long duration, low to moderate level activity.

It occurs on a cellular level and often results in reduced ability to fire or activate muscle groups completely.

It is important to note that complete nerve cell regeneration and supercompensation usually takes 7-10 days compared with 2-4 days for muscle cells, this is why the last "big" or "hard" workouts should be done 7-10 days before your main competition.

Extreme neuromuscular fatigue (CNS Fatigue) or overtraining will result in a reduction of several hormones including the following: adrenaline (epinephrine), noradrenaline, HGH, cortisol.

These hormones may sound familiar as there is increasing instances of illegal use and supplementation among endurance athletes.

### Question of the Week:

How long does it generally take for complete nerve cell regeneration?

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.



REGISTER HERE

@kamloopstriathlonclub  
#springsprinttriathlon23  
kamloopstriathlonclub@gmail.com

trytri.org

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



# KAMLOOPS SPRING SPRINT TRIATHLON

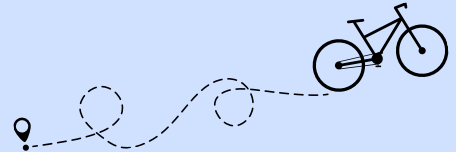
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## Swimming

**INTERMEDIATE:**

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



1. 200m Free / 200m Reverse IM (50m free/50m breast/50m back/50m fly drill)  
5x150m Free with 15R/100 (Goal is to have your heart rate at 150) Hold the same time on all 5 x 150's  
200m Backstroke or Breaststroke continuous (50m Kick/50m Swim)

= 1550m total

2. 100m swim / 100m kick / 100m swim  
600m Continuous Swim  
8x25m Free Pull with 15R/25m  
6x50m Backstroke to Breaststroke with 15 R/50m.  
Concentrate on streamline push-offs (25 back/25 breast)

= 1400m total

3. Repeat swim

**BEGINNERS:**

4-6 hours/week, Swim 2x/week

1. 100m Swim / 100m Kick / 100m Pull / 100m Swim  
3x150m Free with 30R/100 (Goal is to have your heart rate at 150) Hold the same time all 3 x 150's  
200m Backstroke or Breaststroke continuous (50m Kick/50m Swim)

= 1250m total

2. 100m Swim / 100m Kick / 100m Swim / 100 Pull  
600m Continuous Swim  
8x25m Free Pull with 15R/25m

= 1100m 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.



**KTC Swims**

Mondays and Thursdays  
6am to 7am  
Tournament Capital Center

\*Members Only\*





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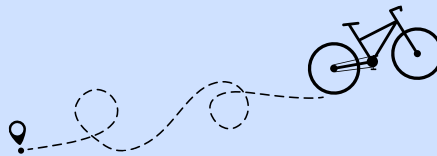
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## Biking

**BEGINNERS:**  
Bike 2x/week

1. 30 minutes easy
2. 60 min. easy with 40 min. just under race pace (88-92%)
3. 40 min. easy with 6x2 min. at all-out intensity with 2 min. recovery between



## Running

**BEGINNERS:**  
Run 2x/week

1. 30 min. easy
2. 15 min. warm-up, then 4x6 min. race pace (88-92%)  
2 min. recovery between on flat course
3. 35 min. easy with 6x2 min. all out intensity  
2 min. recovery between

**INTERMEDIATE:**  
Bike 3x/week

1. 50 min. easy
2. 90 min. easy with 2x30 min just under race pace (88- 92%),  
5 min. easy between
3. 15 min. warm-up  
8x4 min. all out  
1:30 min. easy min. recovery between on flat course.

**INTERMEDIATE:**  
Run 3x/week

1. 40 min. easy
2. 50 min. easy  
3x12 min. just under race pace (88- 92%)  
3 min easy between
3. 15 min warm-up  
6x5 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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