

KAMLOOPS SPRINGSPRINTTRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

Athletes in Training

The Training Plan

Week 15 is the last week of the program where athletes should be putting the finishing touches on their training and start to mentally prepare for the race on Sunday.



Question of the Week:

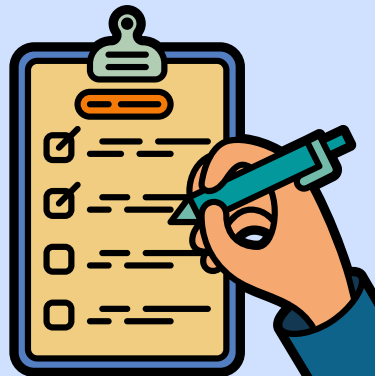
Send us a photo of your transition gear!

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

Another way to get ready and calm the nerves for race day is to prepare items you'll need in advance. Pretend you're in the transition area, consider the order of dressing to cycle and then run. Are there any items you're needing? Do you have a pack sack or container to carry your transition items? Runners Sole is there to support you.



Psychological Peaking

Psychological peaking is best achieved by eliminating, to the best of your ability, any and all negative influences, situations, or stimulus. It also involves objectively confronting and eliminating any race related anxiety (rational or otherwise). A positive mental state is also a function of correct unloading or tapering, as confidence comes with good physical conditioning.

This seems to be the more subjective or elusive area. Sports psychology is a discipline unto itself with elite athletes in all sports often seeking the expertise of a psychologist; in addition to a coach, to assist in day to day and race related mental strategies.

A small word of caution would be to view recovery weeks as both a mental and physical rejuvenation period (i.e. try not to use that extra spare time to work 60 hours, move into a new home, get married or help your brother at the farm).

Try to relax and spend a bit more time with family and some of your "non triathlon" friends. Remember, completing a triathlon is a journey you've been on. Take time to enjoy the ride!



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. 100m Swim / 100m Kick / 100m Pull / 100m Swim

4x25m Kick with 15R/25m

8x50m Free with 10R descend the 50m's 1 to 4 (2 times) each 50m gets progressively faster

300m easy loosen-out continuous swim

= 1200m total

2. 100m Swim / 100m Kick / 100m Pull / 100m Swim

4x50m with 15R/50m (25m Back/25m Breast)

400m Sim continuous at 140 heart rate

100m Kick / 100m swim loosen- out

= 1200m total

BEGINNERS:

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

1. 100m Swim / 100m Kick / 100m Pull / 100m Swim

8x50m Free with 10R/50 - steady pace (approx. 140-150 heart rate)

8x25m Kick with 10R/25m

200m Back or Breaststroke continuous

= 1200m total

2. 100m Swim / 100m Kick / 100m Swim / 100 Pull

8x25m Free with 10R/25 - steady pace

4x25m Kick with 15R/25m

200m Back or Breaststroke continuous

= 1000m total

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. 30 minutes easy
2. 30 min. easy
10 min. just under race pace (88-92%)
3. 20 min. easy
3x2 min. all out intensity
2 min recovery between

INTERMEDIATE:
Bike 3x/week

1. 40 min. easy
2. 50 min. easy with 2x10 min.
just under race pace (88- 92%)
5 min. easy between
3. 15 min. warm-up
3x1 min. all out
1:30 min. easy recovery between on flat course.

Running

BEGINNERS:
Run 2x/week

1. 20 min. easy
2. 35 min. warm-up,
2x4 min. race pace (88- 92%)
2 min. recovery between on flat course
3. 20 min. easy
3x1 min. all out intensity
2 min. recovery between

INTERMEDIATE:
Run 3x/week

1. 30 min. easy
2. 40 min. easy
3x4 min. just under race pace (88- 92%)
3 min easy between
3. 15 min warm-up
6x1 min. 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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