



KAMLOOPS SPRING SPRINT TRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

Athletes in Training

The Training Plan

The next 3 weeks are your second to last build cycle.

At this time, it is a good idea to incorporate more intensity into the program as the base work in previous weeks has (hopefully) prepared you for this.



Question of the Week:

While indoors, have you been practicing eating/drinking while spinning? Where are you putting your nutrition? Once you're outside biking, tell us where you plan to put any solid food you're 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.

Training Gadgets

It's important that you carry fluids and some form of liquid or solid nutrition with you. Some people like to carry food in a container along the top tube, some attached to the seat or front of the bike on the handlebars.

Try carrying your food in different locations to see what works best for you to be able to remove the food easily. In addition, some also duct tape food onto the tube of their bike. The Bento Box is one example of a container that can be used. It is usually soft-sided to carry food or any other necessities and comes in different sizes and shapes. The size is dependent on the amount and type of food you want to carry with you.

These types of items can be purchased through Runners Sole. Whatever type you choose, ensure you practice eating and drinking while cycling.

Increasing Aerodynamics

The largest drag that contributes to decreased performance on the bike is rider positioning.

More than 70% of wind resistance while riding is created by the rider with the remaining 30% being the bike itself. One can dramatically reduce drag on the bike by changing what is called your front area (the profile of your body which the wind sees). Reductions in frontal area can be achieved by dropping your bar height, raising your seat, and moving it forward, and decreasing the area between your aero bars.

Changes in bike fit should be done with the help of someone who has a specialty in bike fitting.



REGISTER HERE



@kamloopstriathlonclub
#springsprinttriathlon23
kamloopstriathlonclub@gmail.com

trytri.org

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



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Swimming

INTERMEDIATE:

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



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

BEGINNERS:

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

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

8x50m Free with 10R (Goal is T50 Time Pace + 10 Rest)

i.e. Swim faster than 1:24; then 10 seconds rest

6x25m Kick with 10R/25m

200m Backstroke or Breaststroke continuous

= 900m total

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

400m Continuous Swim

8x25m Kick with 15R/25m

= 900m 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.



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Biking

BEGINNERS:
Bike 2x/week

1. 30 minutes easy
2. 60 min. easy with 2x10 min. at 85%
5 min. easy spin between

INTERMEDIATE:
Bike 3x/week

1. 40 min. easy
2. 40 min. with 20 min. steady tempo
(80-90%) in the middle
3. 15 min. warm-up
8x1 min. all out

1:30 easy recovery between, flat course.

Running

BEGINNERS:
Run 2x/week

1. 40 min. easy
2. 60 min.
2x6 min. at tempo (85-90%)
2 min. easy recovery between
15 min, cool down, flat course

INTERMEDIATE:
Run 3x/week

1. 30 min. easy
2. 45 min. easy
15 min of tempo (85-90%) in the middle
3. 15 min. warm-up
8x2 min. 90-95% effort on the flats

3 min. recovery between, then 15 min. cool down.

Thank you to our Sponsors!



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