



# KAMLOOPS SPRING SPRINT TRIATHLON



RACE DAY: MAY 14, 2023

## Athletes in Training

### The Training Plan

Week 5 is a recovery week (as are Weeks 8 and 12). This is time to absorb the base training in Weeks 1-4, rest a bit and be prepared for the build periods in the upcoming weeks.

The intent is for the week to be a easy with just a bit of intensity to keep you sharp.



### Rest and Sleep

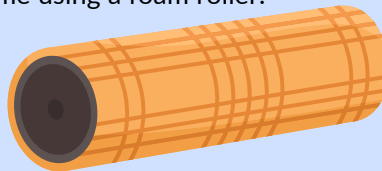
Most adults typically get between 6-8 hours of sleep a night which is usually enough to get by if you are not exercising.

When starting a training program, it is important to get at least 8 hours per night to facilitate recovery. Studies also show that the largest release of growth hormone occurs 30-60 minutes after we fall asleep, so fitting in a couple of naps on your heavier weekend days will do wonders for recovery.

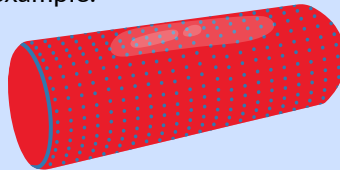
### Training Gadgets

You'll find there has been a lot of repetitive movements during your triathlon training. During recovery weeks, show a little love for your muscles since they've been working hard.

Treat yourself to a good sports massage. Some of the benefits of a sports massage can also be achieved at home using a foam roller.



Foam rollers come in various designs and firmness to facilitate myofascial release; that is, to keep the fascia (which sits over the muscle) flexible and gliding smoothly over muscle tissue. Try using the roller over the gluts and quad muscles on both sides for example.



Check out foam rollers at Runners Sole. They may have the right foam roller for you.

### Question of the Week:

**How is your body feeling? Are the muscles on one side a little more tender than the other?**

**What are you doing to benefit your body during the recovery week?**

**Like and comment on our social media posts for a chance to win a \$25.00 gift certificate from Runners Sole!**

Draws take place every Sunday.

### REGISTER HERE





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## Swimming

### BEGINNERS:

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

1. 100m Swim / 100m Kick / 100m Pull/100m swim  
4x100m Free with 20R/100m  
4x50m Kick with 15R/50m  
100m Backstroke or Breaststroke continuous

= 1100m total

2. 200m continuous [2 x's (25m Free/25m Back/25m free/25m Breast)]  
4x25m kick with 15R/25m  
200m continuous [2 x's (25m Free/25m Back/25m free/25m Breast)]  
200m continuous [2 x's (25m Free/25m Back/25m free/25m Breast)]

= 700m total

### INTERMEDIATE:

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

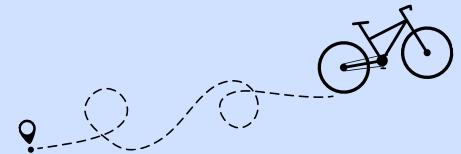
1. 200m free/ 200m reverse IM (50m free/50m breast/50m back/50m fly drill)  
5x100 free pull w/pull buoy & small paddles 15R/100m  
5x100m free swim at T100 time (ie. hold 2:31.02/100 with 15 sec. rest)  
8x25m kick with 15R/25m  
200m backstroke or breaststroke continuous

= 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 heartrate  
100m kick/ 100m swim

= 1600m total

3. Repeat swim #1



## KTC Swims

Mondays and Thursdays  
6am to 7am  
Tournament Capital Center

\*Members Only\*



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## Biking



**BEGINNERS:**  
Bike 2x/week

1. 20 minutes easy
2. 40 min. easy with 3x2 min. at 80-85%  
2 min. rest between

**INTERMEDIATE:**  
Bike 3x/week

1. 40 min. easy
2. 40 min. with 10 min.  
steady tempo (85-95%) in the middle

## 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 downhills
4. 15 min. easy cool down

## Set Formula

Time=convert to seconds

i.e. 12:36.00 = 12x60=720 sec plus 36 sec=756 sec=T

**50 pace training time is T/10**  
= 756/10=75.6 or 1:15.06 per 50 m

**100 pace training time is T/5**  
= 756/5 = 151.2 or 2:31.02 per 100 m.