



# KAMLOOPS SPRING SPRINT TRIATHLON

RACE DAY: MAY 14, 2023

## Athletes in Training



### The Training Plan

This is your fourth and final week in the base training block. You should now be in a consistent regimen, with regular workouts in the three different disciplines.

The effort at this point is easy, amp, and comfortable. Next week, you will start to see a change in the program regarding intensity.

The importance of base training is that it is important to swim, bike and run well before you try to swim, bike and run A LOT.



**Registration is now live!**

Visit our website for more details.



### Base Training & Fat Burning

When exercise is performed at a low intensity, the slow twitch muscle fibres produce energy aerobically using fat as a primary energy source. After just four weeks of performing low intensity base workouts, you can transform your metabolism and become a “better butter burner”.



Fat burns clean and produces more energy per gram than carbohydrate or protein. Since fat is the body's preferred energy source for low intensity workouts, a balanced post-workout meal of protein, fat and carbohydrates would start the replenishment process off well.



### Training Gadgets

Protein plays a big part in your recovery and is recommended within 20 minutes to 2 hours after exercise. Recovery drinks such as Scratch, Naak, or Tailwind contain an effective mixture of protein and carbohydrates (1:4). There are a variety of recovery drinks available at Runners Sole.



### Question of the Week:

What is the primary source of energy for slow twitch muscle fibers? Fats, carbohydrates, or protein?

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.

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### Swimming

#### BEGINNERS:

6-8 hours/week, Swim 2x/week

1. 100m free/100m kick/100m freestyle  
4 (1x50m free with 15R/50m; 2x25m kick with 10R/25m  
8x25m kick with 15R/25m  
200m backstroke or breast stroke continuous

= 1100m total

2. 300m continuous, any stroke  
6x25m kick with 15R/25m  
4x50 freestyle with pull-buoy 20R/50m

= 750m total

#### ADVANCED:

8-10 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

= 16000m total

3. Repeat swim #1

### Biking

#### BEGINNERS:

Bike 2x/week

1. 10 min. warm-up  
20 min. steady spin - 70-80%  
15 min. cool down - 60%
2. 40 min. easy spin 60%

#### ADVANCED:

Bike 3x/week

1. 10 min. warm-up  
30 min. steady 70-80%  
10 min. cool-down 60%
- Repeat in three intervals



### Running

#### BEGINNERS:

Run 2x/week

1. 10 min. warm-up  
15 min. leg turnover 70-80%  
5 min. cool-down
2. 40 min comfortable pace 60%

#### ADVANCED:

Run 3x/week

1. 45 min. easy on flat course 60-70%
2. 40 min. temp 70-80%
3. 50 min. on hilly course 60%

