



KAMLOOPS SPRING SPRINT TRIATHLON



RACE DAY: MAY 14, 2023

Athletes in Training

The Training Plan

This is the start of a three week build which will incorporate more intensity as the weeks go on.

When incorporating hard workouts into a training program, it is important to space them by at least 48 hours.

Some advanced athletes may reduce the period to 36 hours.

Ex. A hard swim on Wednesday morning followed by a hard run workout on Thursday evening.

Question of the Week:

Are you noticing a difference in the intensity of your workouts?

Post a photo during one of the training sessions, tag

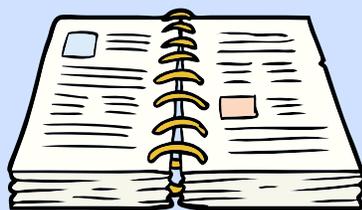
@KamloopsTriathlonClub and use #springsprinttriathlon23 for a chance to win a \$25.00 gift certificate from Runners Sole!

Draws take place every Sunday.

Training Gadgets

A high-quality reference book on triathlon is an invaluable resource for both amateur and veteran athletes.

An excellent example is the "Triathlete's Training Bible", by Joe Friel. This comprehensive manual will help you attain your goals, provide volumes of information, and will complement the training found in these weekly features.



Several resources are also available online through various sports companies, which focus on athlete training; for example: Training Peaks or MyProCoach.

Incorporating Intensity

Intensity is the primary stimulus in training; in other words, too much intensity or hard workouts and you will likely get injured - too little intensity before key races and you are likely to under perform.

The idea is to find the balance between workouts which are hard enough to elicit a training response (the physiological side effects which make you go faster), but at the same time allow you to recover and train the next day.

For beginner or intermediate triathletes it is recommended that they only do one hard workout per week in each sport. Be especially careful with running as it is the major cause of injury in more than 50% of new triathletes.



REGISTER HERE





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Swimming

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



- 200m free/ 200m reverse IM (50m free/50m breast/50m back/50m fly drill)
3x400 free with 40R/400m. Negative split the 400m's; that is, 2nd half faster than the 1st half.
Goal is to swim your T100 Time x 4 + 15 sec. i.e. $151.2 \times 4 = 604.8 = 10:04.0 + 15 \text{ sec} = 10:19.0$ then 40 sec rest
8x25m Breast or Backstroke with 15R/25
6x25m Kick with 15R/25m
200m Backstroke/Breakstroke or Free continuous warm-down

= 2100m total

- 100m swim / 100m kick / 100m pull / 100m swim
8x25m alternating 25m Back / 25m Breast with 15R/25m
800m Continuous swim at 140 heartrate intensity
200m warm-down (your choice)

= 1600m total

- Repeat swim #1

BEGINNERS:

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

- 100m Swim / 100m Kick / 100m Pull / 100m Swim
5x100m Free with 20R/100m
4x50m Kick with 15R/50m
200m Backstroke or Breaststroke continuous

= 1300m total

- 400m continuous [4 x's (25m Free/25m Back/25m Free/25m Breast)]
6x25m Kick with 15R/25m
4x50m Freestyle Pull (with Pull Buoy) 20R/50m
100m Backstroke or Breaststroke continuous

= 850m total

- Repeat #1



@kamloopstriathlonclub
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trytri.org

TRIATHLONBC

BASE MET X LABS

CLUB PILATES
KAMLOOPS

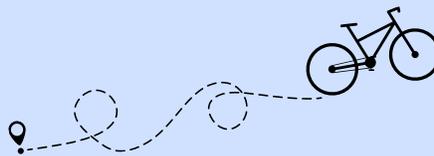
T-CSC
TOURNAMENT CAPITAL STRENGTH & CONDITIONING

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

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Biking



BEGINNERS:
Bike 2x/week

1. 45 minutes easy
2. 50 min. easy with 4x2 min. at 75-85%
2 min. rest between

INTERMEDIATE:
Bike 3x/week

1. 30 min. easy
2. 50 min. with 15 min. steady tempo
(80-90%) in the middle
3. 60 min. easy base ride

Running

BEGINNERS:
Run 2x/week

1. 40 min. easy
2. 15 min warm-up
3x2 min. hill repeats (80-90%)
3 min. easy recovery on the downhill
15 min. easy cool down

INTERMEDIATE:
Run 3x/week

1. 30 min. easy
2. 45 min. easy with 10 min tempo in the middle
3. 15 min. warm-up
5x2 min. hill repeats (85-90%)
3 min. easy recovery on downhill
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.

