

# KAMLOOPS SPRING SPRINT TRIATHLON

RACE DAY: MAY 14, 2023

## Athletes in Training



### The Training Plan

This is your third week of training. The emphasis with this week's training is maintaining a consistent training regiment. By using the information in the heartrate training guide, we will focus on the different types of intensity and zones. We are still in the base training phase for one more week.

### Personal Target Zones

Take your heartrate for three mornings in a row, before getting up from bed. The average of those numbers in your MRHR (morning resting heartrate.)

$220 \text{ minus your age} = \text{HRMX}$  (estimated maximum heartrate)

$\text{HRMX minus MRHR} = \text{Multiplier}$ .

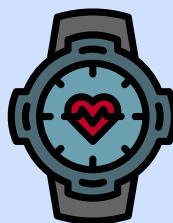
Now find your personal target zones.

$\text{Multiplier} \times 0.60 = \text{---} + \text{MRHR} =$   
60% Limit Number.

### Training Gadgets

You can use a heart rate (HR) monitor. A HR Monitor is an electronic device which enables you to monitor your HR while training. It includes a watch and often a heart rate strap or transmitter. The watch can be adjusted to monitor your HR, distances, and speed; to name a few functions. If you're thinking of buying one, consider what your primary use(s) will be. There is a watch for everything and it can be a considerable investment.

HR monitors are available through Runners Sole.



### Heartrate Training

To reach your goals, you need to exercise at the right intensity. Too hard and you'll quit too soon. Too easy and you won't get the most from your efforts. Heartrate is the only accurate measure of your intensity or your effort level. There is a target zone that's right for each day's workout. For example, if you want to build endurance, exercise at 60-70% of your maximum heartrate. This is called exercising in your target zone. Here are three target zones: 60-70% building endurance or losing weight; 70-80% improving aerobic conditioning or weight management; 80%+ interval workouts (intense). If you're a beginner, 60-70% is a good starting point. You can determine how hard you're working also by how you "feel" or your perceived exertion (1-10), with 10 feeling the hardest.

Registration is now live!

Visit our website for more details.



### Question of the Week:

How do you gauge how hard you work while training? Watch? Perceived Exertion?

Like and comment on our social media posts for a chance to be entered in a draw to win a \$25.00 gift certificate from Runners Sole! Draws take place every Sunday.

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



TRIATHLONBC

KAMLOOPS RUNNING STORE

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## Athletes in Training

### Swimming

#### BEGINNERS:

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

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

= 1100m total

- 300m continuous, any stroke  
6x25m kick with 15R/25m  
4x40 freestyle with pull-buoy 20R/50m

= 750m total

#### ADVANCED:

8-10 hours/week, Swim 3x/week

- 100m swim/100m kick/100m pull/100m swim  
8x50m free with 15R/50m (+/- 3 sec. from 1st 50 to 8th 50m)  
8x25m kick with 10R/25m  
200m backstroke or breast stroke continuous

= 1200m total

- 50m swim/50m kick/50m pull/50m swim  
4x25 free with 15R/25m  
500m timed swim (must get your time) Time = T(Fast)  
5x50m kick with 15R/50m  
200m continuous alternating 25m backstroke with 25m breast stroke

= 1250m total

- Repeat swim #1

### Biking

#### BEGINNERS:

Bike 2x/week

Indoor: 45 min.:

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

#### ADVANCED:

Bike 3x/week

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

### KTC Swim's

Monday's and Thursday's  
6am to 7am  
Tournament Capital Center

\*Members Only\*

### Running

#### BEGINNERS:

Run 2x/week

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

#### ADVANCED:

Run 3x/week

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

### Set Formula

Time = convert to seconds i.e. 12:36.00 = 12x60 = 720 sec plus 36 sec = 756 sec = T.  
50m 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 100m

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