



Soles Inspired Triathlon Club

MARCH 2014

ISSUE 2

TRAINING 201—Performance Based Training

The Tri 101 presentation is available on YouTube and the blog at <http://solesinspired.com/blog/>

The following article was originally contributed by Jason Digman to the 2011 Team in Training Tri Team. Digman is Scott Beesley's first coach and mentor and is known nationally as one of the foremost power-based cycling coaches in the USA Cycling program.

A few weeks ago, I had the pleasure of running and talking with your group about triathlon training. I enjoyed the morning. For those who missed the event, or wanted some notes to compliment your recollections, I offer this recap.

First off, the key to performing well in a triathlon is for the event and the training associated with it to be fun. If you're not having a good time with this hobby, your training likely won't be as successful as it could be. While you have goals apart from just performance, or you wouldn't join (the club), you should be enjoying yourself a good bit, on the whole. The old cliché that every day isn't a party is surely true here but all in all, your training should not be a drudge. You will perform at your best when you focus first and foremost on doing what you enjoy!

When discussing triathlon training for performance, it is critical to think about what happens in your body while you're swimming, biking and running. The short answer is a lot of things happen,

as your whole body from the top of your head and the bottom of your feet is involved. Yet, when training is concerned, we don't focus on the whole body typically but hopefully the key parts. Should I worry about my head, my heart and lungs, muscles?

When you focus on increasing your body's ability to swim, bike and run well, you're asking your muscles to do a lot more than they have in the past. Muscles are the key to endurance sports performance. When I say the muscles are the key, we are not necessarily saying the muscles need to be strong, we are talking about asking the muscles to move in particular ways, over and over again for long periods of time.

The demands of endurance exercise, therefore are about training your muscles to do something well for a long time. That process is very specific to the movements that you're doing. Ask your muscles to ride a bike and they'll do something. Ask the same muscle to run, it'll be active but doing something differently. This fact lays behind a key part of understanding how training works. Ask your body to do something and it will do its best. Ask it again a few days later and it'll likely do it better. Keep up the pattern and your

COACH SPOTLIGHT Scott Beesley

Coach Scott Beesley has helped over 100+ athletes safely complete their first tri



and coached another 20+ triathletes to their first every podium spot, from first timers to competitive age groupers looking to return to the podium. He has produced many first-time Ironman finishers, first-time USAT AG National Championship and ITU AG World Championship qualifiers and first-time Boston Marathon qualifiers. The theme among his clients is that they are all busy professionals and/or family members with significant demands on their time that prevent them from being served by traditional "out of the box" training plans.



GET IN TOUCH

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body will continue to improve. That process feeds into a key part of your understanding of training -- the concept of "specificity."

In short, your body gets good at doing things it's done before and understands. As such, you want to perform well at a triathlon? Well, you should be good at swimming, cycling and running. That might seem basic but it challenges a lot of training advice you'll see out there. Does that mean you should only swim, bike or run? No, but those are the key for triathlon performance.

When thinking about training, it is critical to think about it as a process. You get better as an athlete by training today, tomorrow and the day after that. As noted above, the concept of specificity requires that your body get used to particular types of muscular movements at effort levels that make sense to it. Training super hard and then taking

many days off does not help nearly as much as it does to train in smaller amounts over and over again. It isn't glamorous, but training today to train tomorrow to train the next day isn't going to win you any who-does-the-hardest-workout contests with your training buddies. But since it does allow you to keep training, it's likely what'll take you across the finish line faster than them!

I have been emphasizing the importance of training to make you a faster athlete. And there are good reasons for it. But the most important thing about the process of

training to get faster, is allowing your body to recover from that training. If you are super tired and sore all the time, your body isn't recovering from its sessions and you are not getting good return on your training time. It is through the recovery part of the train and recovery cycle that you get faster.

Keep it fun and keep at it! See you at the races!

Jason Digman
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GEAR LIST

Swim Mandatory

- Goggles
- Cap
- Suit
- Towel

Swim – Recommended

- Water Bottle
- Waterproof Watch
- Sandals

Bike – Mandatory

- Water Bottle
- Sweat Towel
- Bike Clothes (comfortable, synthetic material)

Bike –Recommended

- Bike Shorts
- Bike Shoes with SPD cleats
- Heart Rate Monitor

Run – Mandatory

- Run Shoes
- Run Clothes (synthetic material, worn in layers)

Run – Recommended

- Heart Rate Monitor

CALENDAR ALSO AVAILABLE AT SOLESINSPIREDTRICLUB.COM



2014 KEY DATES

WINTER PRACTICES

- Tuesdays 6:40 pm cycling at South Yuba Club
- Saturdays 9:00 am run at locations



SPRING & SUMMER PRACTICES

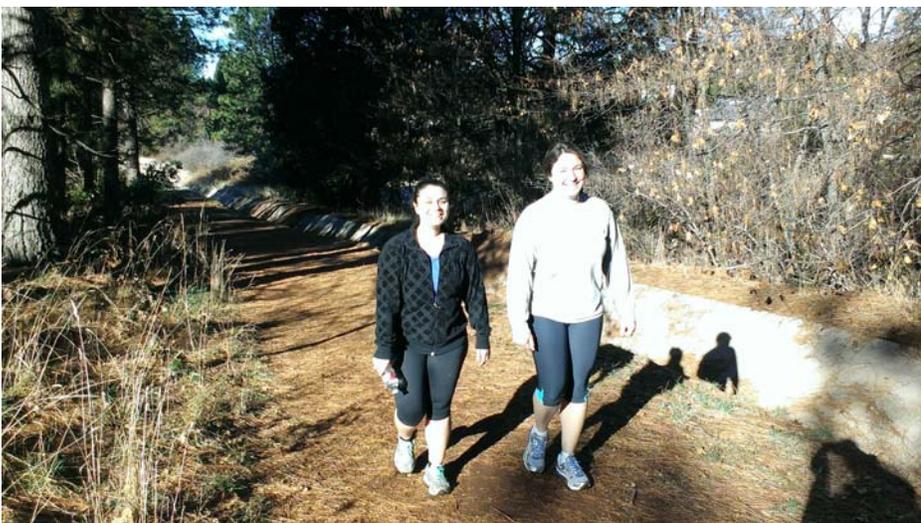
- Tuesdays 5:30 pm run at various locations
- Thursdays 5:30 pm swims at Scotts Flat Lake
- Saturday 7:00 or 8:00 am brick at various locations

Come if you can. Train on your own if you can't. See the monthly newsletter for details.

Thursday 3/6 6:30 pm – Strength Training for Cyclists @ South Yuba Club

Thursday 3/27 5:30 pm – Injury Prevention Presentation

From gear tips to preventative exercises, this session will help you stay safe in the water and on the road



Thursday 4/17 5:30 pm – Nutrition Clinic

Carbs? Protein? Raw meat & gun powder? This clinic debunks the myths and mystery around what you need to eat to compete

Tuesday 4/29 6:30 pm – Bike Maintenance Clinic @ Tour of Nevada City

Take off your rear tire and replace the flat – it's that simple, and so is this clinic

Thursday 5/8 5:30 pm – Race Strategy Presentation

Lock down all the fine details of your race strategy – pacing, nutrition, hydration, gear, and mental prep

Saturday 5/10 7:00 am – Mock Triathlon in Folsom

You will "practice like you race" to work out the kinks long before the actual event

Sunday 6/8 – Race Day @ Folsom Triathlon

The best day of your summer

Key dates for the second half of the season will be announced later. Training will be focused on the Oakland Tri Festival on 8/31 and BSM Tri on 9/!

TRAINING DETAILS—BASE GROUP

The focus for the Base Group will continue to be on the *frequency* of training. In a couple weeks the schedule will be cut back to 4 training days per week as distances and times grow.

Week 5 – Beginning February 24

M – Easy 30:00 run/walk

T – 1:00:00 indoor cycling at South Yuba Club with 4 x [2:00 hills + 5:00 easy spin]

W – 45:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at Litton Trail

S – 45:00 easy bike

Week 6 – Beginning March 3

M – Easy 30:00 run/walk

T – 1:00:00 indoor cycling at South Yuba Club with 3 x [2:00 hills + 2:00 sprint + 4:00 Zone 2 spin]

W – 45:00 Swim

Th 6:30 p.m. – Strength Training for Cyclists presentation at South Yuba Clubhouse, Nevada City

F – Off

S – 30:00 run/walk at NID at Red Dog Rd. ***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – 45:00 easy bike

Week 7 – Beginning March 10

M – Off

T – 1:00:00 indoor cycling at South Yuba Club with 3 x [2:00 hills + 2:00 sprint + 4:00 Zone 2 spin]

W – 45:00 Swim

Th – 30:00 easy run/walk

F – Off

S – 45:00 run/walk at NID at Red Dog Rd ***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – 45:00 to 1:00 easy bike

Week 8 – Beginning March 17

M – Off

T – 1:00:00 indoor cycling at South Yuba Club with 4 x [4:00 Zone 4 + 1:00 easy spin] As a reminder, Zone 4 work is an effort that caus-

es you to begin to breathe heavy and only be able to speak a few syllables at a time.

W – 45:00 Swim

Th – 30:00 easy run/walk

F – Off

S – 45:00 run/walk at NID at Red Dog Rd

S – 45:00 to 1:00 easy bike

Week 9 – Beginning March 24

M – 30:00 easy run/walk

T – 1:00:00 indoor cycling at South Yuba Club with 4 x [4:00 Zone 4 + 1:00 easy spin]

W – 45:00 Swim

Th 6:30 p.m. – Injury Prevention seminar at location T.B.D.

F – Off

S – Blind 5k at NID at Red Dog Rd ***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – Off

Week 10 – Beginning March 31

M – Off

T – 1:00:00 indoor cycling at South Yuba Club with 10 x [1:00 spring + 2:00 easy spin]

W – 45:00 Swim

Th - 6:30 p.m. – 30:00 easy run/walk

F – Off

S – 45:00 run/walk at NID at Red Dog Rd

S – Off



TRAINING DETAILS—PERFORMANCE GROUP

Week 5 – Beginning February 24

M – 45:00 easy Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

MAIN SET

28:00 as 4 x [5:00 Zone 4 + :30 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, as you feel

F – OFF

S – Swim + Quality Run at location Litton

Trail:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 3 x [6:00 Zone 4 + 2:00]

WARM DOWN

5:00 to 10:00 easy jog

S – OFF or Make Up Day

Week 6 – Beginning March 3

M – 1:00:00 Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

MAIN SET

30:00 as 3 x [8:00 Zone 4 + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, with middle 20:00 as Zone 3 effort if terrain allows

F – OFF

S – Swim + Quality Run at NID at Red Dog Rd:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 2 x [9:00 Zone 4 + 3:00]

WARM DOWN

5:00 to 10:00 easy jog

***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – OFF or Make Up Day

Week 7 – Beginning March 10

M – 1:00:00 Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

MAIN SET

30:00 as 3 x [8:00 Zone 4 + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, with middle 20:00 as Zone 3 effort as terrain allows

F – OFF

S – Swim + Quality Run at NID at Red Dog Rd:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 2 x [9:00 Zone 4 + 3:00]

WARM DOWN

5:00 to 10:00 easy jog

***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – OFF or Make Up Day

Week 8 – Beginning March 17

M – 1:00:00 Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

5:00 build

5:00 with spin ups

MAIN SET

24:00 as 2 x [10:00 Zone 4 + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, with middle 20:00 as Zone 3 effort as terrain allows

F – OFF

S – OFF or Make Up Day

S – Swim + Quality Run at NID at Red Dog Rd:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 2 x [9:00 Zone 4 + 3:00]

WARM DOWN

5:00 to 10:00 easy jog

***Please meet down the hill at the main Nevada City parking lot at 8:45 and carpool up for a 9:00 start.

S – OFF or Make Up Day

Continued, Next Page

FAMILY TIME AND TRAINING TIME

After a decade in endurance sports, I am firmly convinced that the two most important factors to success are staying healthy enough to train year round and being in a supportive environment. This club is a big part of building that supportive environment around you. The other big part is your family. Here is how to get your fam' on board.

If you cannot clearly articulate why this triathlon season is important, you better believe your family cannot either. They do not care about the new neon tech shirt you'll get, nor that you can now comfortably speak fluent Tri Dork, using phrases like "brick," "spin ups," or "aerobic threshold."

Make sure they know why you are doing what you do and that it is a shared common goal like health, longevity, or having more energy. Then, make sure they can

see these results in action. Return from your workout in a better mood. Being an exhausted grump after your training does not incent them to support you the next time you want to sneak a quick run in before dinner.

Involve them as often as possible. Let them help pick your races (beyond what the club is doing). Turn a destination race into a week-end getaway in The Bay or in Wine Country. You can run a 5k anywhere, but your partner will be more apt to wake up early on Saturday and cheer you on if there are waffles or good wine in the post-race programing.

Make your fam part of the training too. Bring them for the cool down. Start and finish your long weekend brick at a local beach. Invite them to

join you on the Monday recovery ride. Something. Anything.

The bottom line is that you need to be in this together with your partner and kids. If no such family unit exists for you, just insert "best friends" into every line above. If it's not you and them, it will surely be you against them.

(continued) TRAINING DETAILS—PERFORMANCE GROUP

Week 9 – Beginning March 24

M – 1:00:00 Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

5:00 build

5:00 with spin ups

MAIN SET

24:00 as 2 x [10:00 Zone 4 + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, with middle 20:00 as Zone 3 effort as terrain allows

F – OFF

S – Swim + Blind 5k Run at NID at Red Dog Rd:

S – OFF or Make Up Day

Note: Week 9 kicks off a short-term training block dedicated to anaerobic training that will focus less on Zone 4 work and more on Zone 5 sprinting.

Week 10 – Beginning March 31

M – 1:00:00 Zone 2 jog

T – 1:00:00 indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

5:00 build

5:00 with spin ups

MAIN SET

30:00 as 10 x [1:00 Zone 5 sprint + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, with middle 20:00 as Zone 3 effort as terrain allows

F – OFF

S – Swim + Run at NID at Red Dog Rd, done as

WARM UP

5:00 easy

5:00 build

5:00 with striders

MAIN SET

15:00 as 15 x [:30 sprint! + :30 easy jog or walk]

WARM DOWN

10:00 easy jog and walk

S – OFF or Make Up Day