



Soles Inspired Triathlon Club

MAY 2014

ISSUE 4

PEAK TRAINING IS HERE!

The video below should give you some idea on what to focus on for race day nutrition. The time to start trying different nutrition and hydration strategies is *now*, not race week.

Visit the following link for a video about Performance Nutrition tips:
<http://solesinspired.com/blog/>

If you're asking strategy questions come race week it will be waaaay too late.

Also, please please please come to the **Race Strategy presentation at 6:30 on Thursday, May 8.**



GET IN TOUCH

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TRAINING DETAILS–BASE GROUP/SPRINT DISTANCE

Week 15 – Beginning May 5

M – Off

T – 3 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim

Th – **RACE STRATEGY PRESENTATION @ 6:30** South Yuba Clubhouse, Nevada City

F – Off

S – **MOCK TRI @ 8:00** am FOLSOM RACE COURSE meet at the State Park and make sure you know the race course <http://www.usaproductions.org/events/Folsom-Sprint-Triathlon#course> \$10 per car entry fee

S – Off

Week 16 – Beginning May 12

M – Off

T – 3 mile run/walk at Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim including 2 x 400 yard continuous swim

Th – 30:00 of your discipline that needs the most work

F – Off

S – 15 mile bike + 1 mile run, 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – Off or 30:00 exercise of choice

Week 17 – Beginning May 19

M – Off

T – 3 mile run/walk at Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim including 800 yard continuous swim

Th – 30:00 of your discipline that needs the most work

F – Off

S – 15 mile bike + 2 mile run on your own, **no club practice today**

S – Off

Week 18 – Beginning April May 26

M – Off

T – 3 mile run/walk at Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – Off

Th – club swim practice at Scott's Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – 15 mile bike + 1 mile run, 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – 30:00 run/walk

Week 19 – Beginning April June 1

M – Off

T – 3 mile run/walk at Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – Off

Th – club swim practice at Scott's Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – Off

S – FOLSOM SPRINT TRIATHLON

Week 20 – Beginning June 8

M – Active Recovery: Walk or swim or very easy bike ride for 10:00 to 30:00 minutes then stretching or Restorative Yoga like this <https://www.youtube.com/watch?v=IQqbt-oUHV4>

T – 20:00 to 30:00 recovery run at 6:30 Old Republic Brewery. Running optional.

W – Off

Th – whatever you feel like

F – See Thursday

S – See Friday

S – Off

TRAINING DETAILS–BASE GROUP / OLYMPIC DIST

Week 15 – Beginning May 5

M – Off

T – 6 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim

Th – **RACE STRATEGY PRESENTATION** @ 6:30 South Yuba Clubhouse, Nevada City

F – Off

S – **MOCK TRI** @ 8:00 am FOLSOM RACE COURSE meet at the State Park and make sure you know the race course <http://www.usaproductions.org/events/Folsom-International-Triathlon#course> \$10 per car entry fee

S – 3 mile run/walk

Week 16 – Beginning May 12

M – Off

T – 6 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim

Th – 30:00 swim or 1:00:00 bike depending on what needs the most work

F – Off

S – 20 mile bike + 3 mile run 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – 3 mile run/walk

Week 17 – Beginning May 19

M – Off

T – 6 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 40:00 swim

Th – 30:00 swim or 1:00:00 bike depending on what needs the most work

F – Off

S – 20 mile bike + 3 mile run, with last 15 miles of bike and first 2 miles of run done at the effort you think you do on race day – **no club practice today**

S – 3 mile run/walk

Week 18 – Beginning May 26

M – Off

T – 6 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 30:00 swim or 1:00:00 bike depending on what needs the most work

Th – club swim practice at Scott's Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – 15 mile bike + 2 mile run; last 10 miles of bike and first mile of the run should be done at your perceived race pace; 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – Off

Week 19 – Beginning June 1

note: the sequence of activities this week is very important

M – Off

T – 4 mile run/walk at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – Off

Th – club swim practice at Scott's Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – 15:00 bike + 10:00 run with last 5:00 of bike and first 5:00 of run at race effort

S – FOLSOM INTERNATIONAL DISTANCE TRIATHLON

Week 20 – Beginning June 8

M – Active Recovery: Walk or swim or very easy bike ride for 10:00 to 30:00 minutes then stretching or Restorative Yoga like this <https://www.youtube.com/watch?v=IQqbt-oUvV4>

T – 20:00 to 30:00 recovery run at 6:30 Old Republic Brewery. Running optional.

W – Off

Th – whatever you feel like

F – See Thursday

S – See Friday

S – Off

TRAINING DETAILS—PERFORMANCE GROUP

Week 15 – Beginning May 5

M – 50:00 swim

T – 7ish mile Run at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

Warm up: 10:00 to 15:00 warm up with striders

Main Set: 4 x [1 mile at race pace + .25 mile easy jog]

Warm Down: 5:00 to 10:00 easy

W – 1:00:00 swim including 5 x 300 (:30 rest) at race effort

Th – **RACE STRATEGY PRESENTATION @ 6:30**
South Yuba Clubhouse, Nevada City

F – Off

S – **MOCK TRI @ 8:00 am FOLSOM RACE COURSE** meet at the State Park and make sure you know the race course <http://www.usaproductions.org/events/Folsom-International-Triathlon#course> \$10 per car entry fee

S – 3 mile recovery run, keep effort low

Week 16 – Beginning May 12

M – 50:00 swim

T – 7ish mile Run at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

Warm up: 10:00 to 15:00 warm up with striders

Main Set: 4 x [1 mile at race pace + .25 mile easy jog]

Warm Down: 5:00 to 10:00 easy

W – 1:00:00 swim including 3 x 500 (1:00 rest) at race effort

Th – 15 mile bike with 20:00 in the middle at your Zone 4 effort

F – Off

S – 20 mile bike + 4 mile run; last 15 miles of bike and first 3 miles of the run should be done at your perceived race pace; 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – 3 to 7 mile run depending on how your body feels, if you are sore cut it short.

Week 17 – Beginning May 19

M – 50:00 swim

T – 6ish mile Run at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

Warm up: 10:00 to 15:00 warm up with striders

Main Set: 2 x [2 mile at race pace + .25 mile easy jog]

Warm Down: 5:00 to 10:00 easy

Warm Down: 5:00 to 10:00 easy

W – 1:00:00 swim including 3 x 500 (1:00 rest) at race effort

Th – 15 mile bike with 20:00 in the middle at your Zone 4 effort F – Off

S – 25 mile bike + 4 mile run; last 15 miles of bike and first 3 miles of the run should be done at your perceived race pace, **no club practice today**

S – 30:00 easy active recovery of either swim or bike

Week 18 – Beginning May 26

M – Off

T – 5k Marker Set run 6 mile run at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – 1:00:00 swim including 1500 at race effort – done either in open water or in a pool a “no wall” sets (i.e. no flip turns or hard push offs). If you can, add a 30:00 easy bike after this.

Th – club swim practice at Scott’s Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – 15 mile ride + 3 mile run with last 5 miles of bike and first mile of run at race pace, 8:00 a.m. Lemond Loop – meet at the corner of Bennett and Spring St in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – Off

TRAINING DETAILS–PERFORMANCE CONT'D

Week 19 – Beginning June 1

M – Off

T – 4 mile run with middle 2 miles done as 8 x [.25 sprint + .25 easy jog] at 6:30 pm Old Downieville Hwy and/or Deer Creek Trail – meet at the corner of Bennett and Spring St in downtown Nevada City

W – Off

Th – club swim practice at Scott's Flat Lake 6:30 pm, meet at the boat launch, \$3 per person entry fee

F – Off

S – 15:00 bike + 10:00 run with a few spin ups and striders

S – **FOLSOM INTERNATIONAL DISTANCE TRIATHLON**

Week 20 – Beginning June 8

M – Active Recovery: Walk or swim or very easy bike ride for 10:00 to 30:00 minutes then stretching or Restorative Yoga like this <https://www.youtube.com/watch?v=IQqbt-oUhV4>

T – 20:00 to 30:00 recovery run at 6:30 Old Republic Brewery. Running optional.

W – Off

Th – whatever you feel like

F – See Thursday

S – See Friday

S – Off