

Champions Are Made in the Off Season

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TRAININGPEAKS™

Software solutions to help coaches and motivated individuals achieve their health, fitness & performance goals.

Preparing in the off season sets the stage for the upcoming year



“It's not the will to win, but the will to prepare to win that makes the difference.”

— Paul William “Bear” Bryant (1913-1983)

“The pain of discipline is far less than the pain of regret.”

— Sarah Bombell

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Three areas for Champions to address during the off season

Training

Nutrition

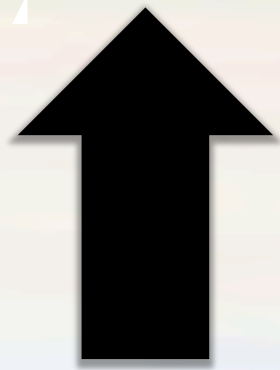
Planning

Three areas for Champions to address during the off season

Training

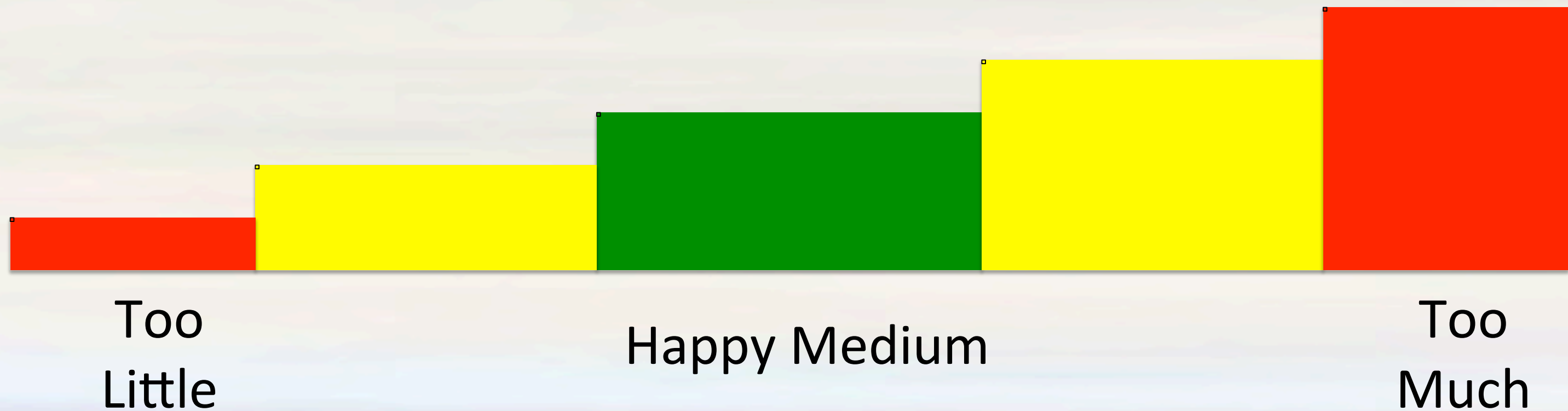
Nutrition

Planning



How to approach training over the winter?

Volume & Intensity of Training



Key point: An athlete's word choices can be an indicator of "too much"

Think of training like a funnel (principle of specificity)



The off season involves a shift in mindset

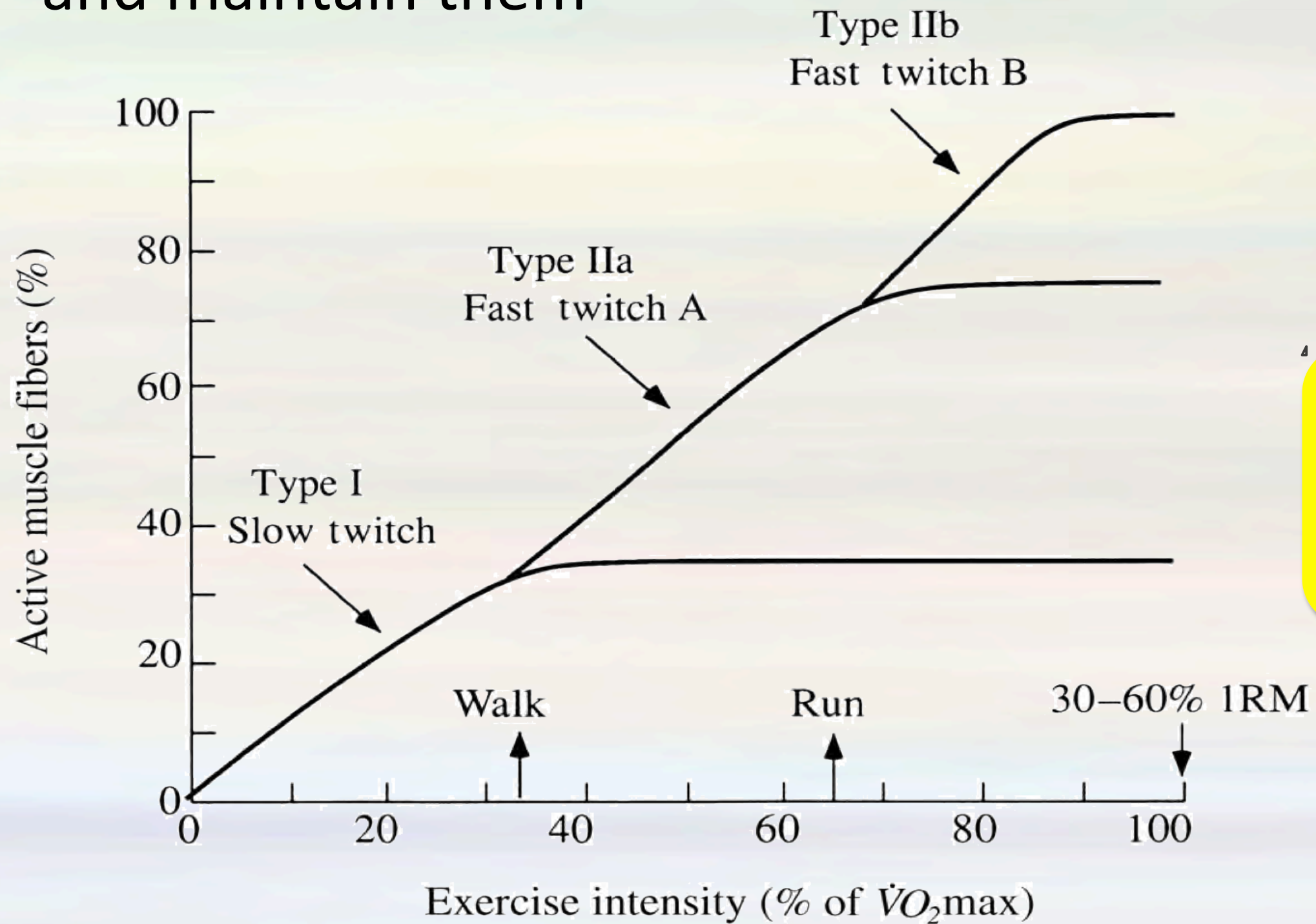
Example “I have to” exercise week:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Off	Swim	Trainer	Swim	Swim	Bike	Run
	Run	Strength	Run	Bike	BRICK	Strength

Example “I feel like” exercise week:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Off	Pilates	Spinning Class	Yoga	Swim	Strength	Trail Run
	Swim	Strength	Run	Spinning		

Necessary to stimulate fast twitch muscle fibers in order to train and maintain them



Fast Twitch vs. Slow Twitch

- 5x contractile force
- 5x fatigue rate

Takeaway: Strength train and include intervals to train fast twitch fibers

Chart: Coyle E F, "Physical activity as a metabolic stressor." Am J Clin Nutr 2000;72:512S-520S

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Example swim interval progression

Week	Interval Sets
Week 1	4 x 25 (½ length head up BR pull / ½ length FR), RI 10" 4 x 50 (35 fast then 15 stretch), RI 5" 6 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 2	6 x 25 (½ length head up BR pull / ½ length FR), RI 10" 5 x 50 (35 fast then 15 stretch), RI 5" 8 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 3	6 x 25 (2x head up BR pull, 2x25 free, 2x head up BR pull), RI 10" 5 x 50 (35 fast, 10 stretch, 5 fast), RI 5" 10 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 4	6 x 25 (2x head up BR pull, 2x25 free, 2x head up BR pull), RI 10" 6 x 50 (35 fast, 10 stretch, 5 fast), RI 5" 12 x 25 kick fast (alternate back dolphin, back flutter), RI 10"

Key:
' = minutes
" = seconds
RI = Rest Interval
FR = Freestyle
BR = Breast Stroke

Example bike interval progression

Week	Interval Set
Week 1	8 x 45" (30" seated LG, 15" stand & shift every 5-6" while maintaining cadence)
Week 2	8 x 60" (30" seated LG, 30" stand & shift every 5-6" while maintaining cadence)
Week 3	8 x 75" (30" seated LG, 45" stand & shift every 5-6" while maintaining cadence)
Week 4	8 x 90" (30" seated LG, 60" stand & shift every 5-6" while maintaining cadence)

KEY:

Low Gear (LG)

Big Gear (BG)

Time Trial Gear (TTG)

SEATED RPM

96-110

68-76

86-94

STANDING RPM

No Standing

56-62

68-72

Example run interval progression (hill repeats)

Week	Interval Sets
Week 1	WU: Include 6 x 15-20" strides Interval: 6 x 30" up hill Tempo, jog down
Week 2	WU: Include 6 x 15-20" strides Interval: 6 x 45" up hill Tempo, jog down
Week 3	WU: Include 8 x 15-20" strides Interval: 6 x 1' up hill Tempo, jog down
Week 4	WU: Include 8 x 15-20" strides Interval: 8 x 1' up hill Tempo, jog down

Key:
' = minutes
" = seconds
WU = warm up

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Be mindful of reduced training volume and impact on dietary needs

What Happens

- Less exercise – body does not need as many calories
- Tendency to maintain in season eating habits
- Holiday parties and more dining out

Better Eating Tips

- Eat protein with every meal
- Limit alcohol (moderation)
- Cut back on simple carbohydrates (especially fructose)

Be conscientious – read labels and make *better* choices

Instead of...

Do this...

- Glass of orange juice → Drink water and eat an orange*
- Raspberry Yoplait yogurt → Raspberries in plain Greek yogurt
- Cookie, cake, pie → Whole grain cracker with cheese
- “Low Fat” salad dressing → Balsamic vinegar & olive oil
- Balance Bar, Zone Bar → Make a shake (see Appendix)

**Note: Choose raw fruits for the nutrients, antioxidants and fiber*

Example of off season meal plan

Meal	Food Examples
Breakfast:	½c organic granola, 1c Greek yogurt or 2 eggs, ½c avocado or tomato, ½c brown rice w/seasoning
Snack	Shake (almond milk, ice, mixed berries, chocolate whey protein, vanilla) or 1/4 th c almonds & apple or turkey wrap
Workout	Gels or sports drink (as needed); post exercise recovery drink or shake
Lunch	1-2 small burritos (whole grain tortilla, egg, sweet potato, ground turkey, onions, tomatoes, liquid amino acids) or tuna, mustard & ½c brown rice
Dinner	Chicken or fish (barramundi or salmon), large mixed green salad, 1c lentils or soup w/veggies and beans

Example of how 2,400 kcal might be *distributed* during the day

	Carbohydrates (g)	Protein (g)	Fat (g)
Breakfast	70	30	20
Mid-Morning Snack	20	15	10
Lunch	70	30	20
During Exercise	20		
Post-exercise Meal	60	15	
Dinner	60	30	20
Nighttime snack		10	5
Total:	300 g (1,200 kcal)	130 g (520 kcal)	75 g (675 kcal)
% of Total Calories	50%	22%	28%

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Why set goals?

“If you don't know where you are going, you will probably end up somewhere else.”

— Lawrence Peters

Three types of goals to consider

Outcome



Performance



Process

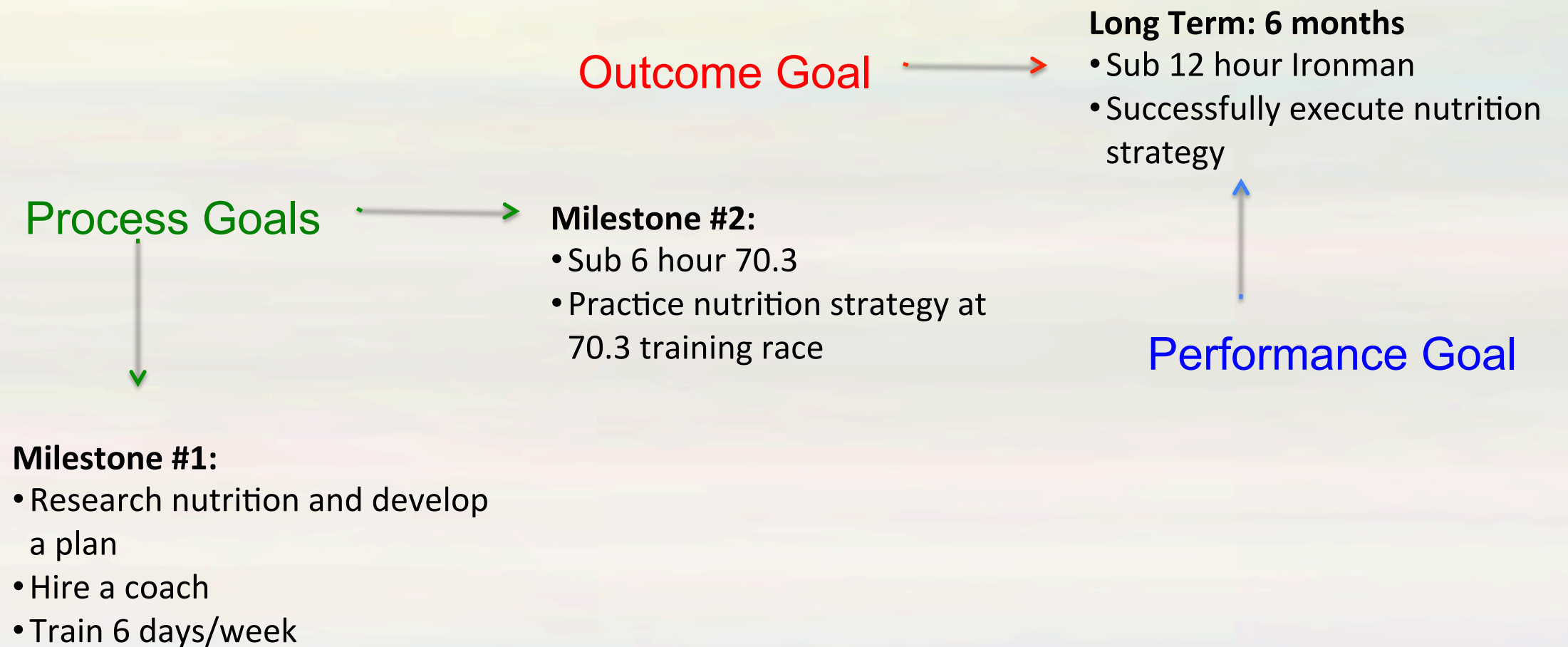


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Example tying together all three goal types – a road map

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Tips for setting goals



- Use “SMART” acronym:
 - S = Simple
 - M = Measurable
 - A = Achievable
 - R = Relevant
 - T = Time bound
- Focus on the positive – what you want to achieve (vs. avoid)
- Base your goals on past results and desired outcomes
- Set goals for practice and competition
- Write them down!!!

Create a “big picture” plan for next year (example)

Client: Jim
Profile: Experienced Ironman distance triathlete

Works full-time (1-2 hours available during week) with weekends available for longer sessions

- Goals:**
1. Start year injury free
 2. Finish races on schedule
 3. Qualify for Ironman 70.3 World Championships

	<u>Week of:</u>	<u>Period</u>	<u>Weeks to</u> <u>Race</u>	<u>Events</u>	<u>Priority</u>	<u>Goals</u>
<u>Run Focus</u>	3/14	Base	33			Build base + improve strength
	3/21	Base	32	3/27-3/29: Work Travel		Easier week due to travel
	3/28	Base	31			Build base + improve strength
	4/4	Base	30			Same
	4/11	Peak	29			Begin taper
	4/18	RACE	28	4/24: Half Marathon	B	Same
<u>Half Iron Focus</u>	4/25	Transition	27			Easy, easy week
	5/2	Build	26			More race specific training
	5/9	Build	25			Taper
	5/16	Build	24	5/22: 2-mile Swim	C	Bigger bike week
	5/23	Peak	23			Begin taper
	5/30	RACE	22	6/5: Eagleman	A	Race!

Finally, set your own agenda when it comes to training....

“Most of the time, if you ask someone about their agenda, it turns out that it involves doing what's on someone else's agenda.”

— Seth Godin

Thank you for your time today!

- Please contact us with any questions or feedback regarding this webinar.
- Need a training plan? Please visit: davescottinc.com/training-plans or enduranceworks.net/training-plans



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Appendix

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Need a healthy snack? Make a smoothie.

Dave's Smoothie

- 1 cup coconut milk
- 2-3 spoonful's of plain Greek yogurt
- 1.5 cups blueberries or mixed berries (fresh organic or frozen)
- 2 TBSP almonds or walnuts
- 2 scoops whey protein concentrate (15–28 grams)
- 5 ice cubes

Green Tea Protein Shake

- 1 large cup of green tea steeped from two bags
- 1 scoop of whey protein powder
- Small blended apple
- 1 tablespoon of ground flaxseed meal or chia seed
- Pinch cinnamon
- Ice cubes