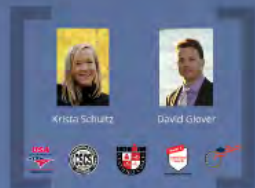
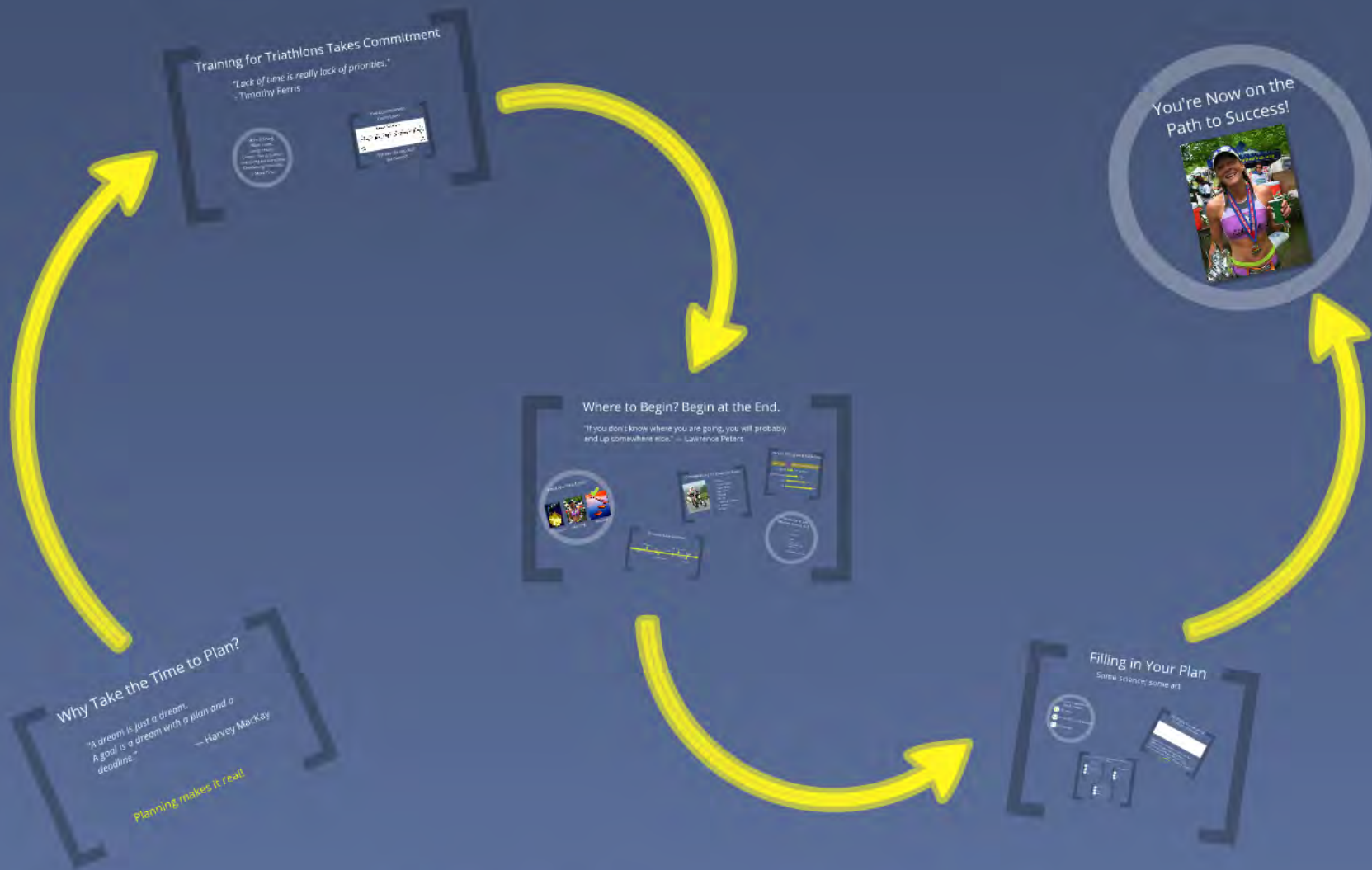


# Strategically Planning Your Triathlon Season for More Success



David Glover & Krista Schultz

# Strategically Planning Your Triathlon Season for More Success!



David Glover & Krista Schultz



Krista Schultz



David Glover



# Why Take the Time to Plan?

*"A dream is just a dream.  
A goal is a dream with a plan and a  
deadline."*

— Harvey MacKay

Planning makes it real!

# Training for Triathlons Takes Commitment

*"Lack of time is really lack of priorities."*  
- Timothy Ferris

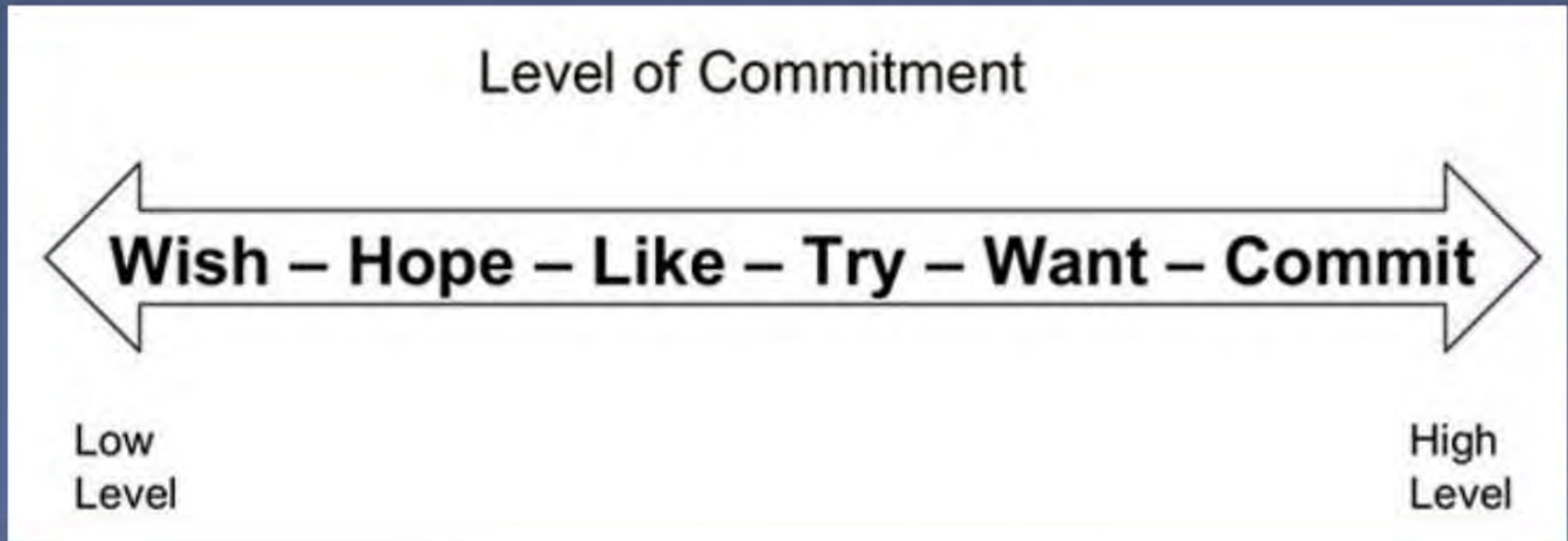
More training,  
More races,  
Longer races  
Longer racing season,  
Improving performance,  
Developing new skills  
= More Time





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# The Commitment Continuum



Where do you fall?  
Be honest.

# Where to Begin? Begin at the End.

"If you don't know where you are going, you will probably end up somewhere else." — Lawrence Peters



Considerations for Choosing Races

Consider:

- Time of Year
- Swim Start
- Race Size
- Course
- Locale
- Training Partners
- Weather
- Budget

Race to Race Spacing Guidelines

Race Type	Weeks Until Next Race
Sprint	1-4+ weeks
International	2-5+
Half	5-8+
Full	8+





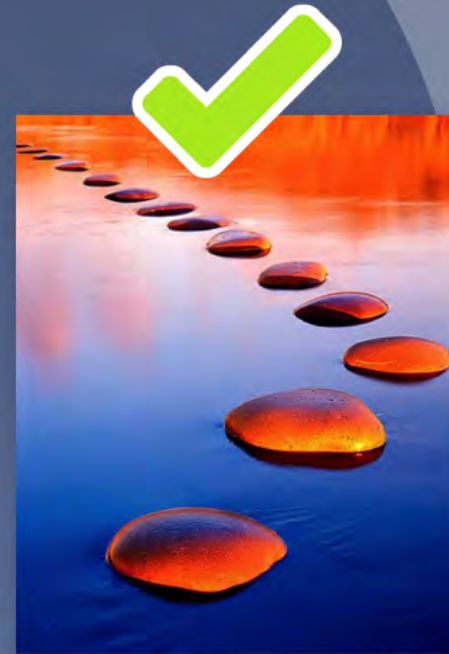
# What Are Your Goals?



Outcome



Learning



Process

# Process Goals are the Path from A to Z



i.e. Your Plan

Weekly view

Include:

- Key events
- Key focus areas  
(limiters)

Re-evaluate periodically

# Considerations for Choosing Races



## Consider:

- Time of Year
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- Locale
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- Budget

# Race to Race Spacing Guidelines

Race Type

Weeks Until Next Race

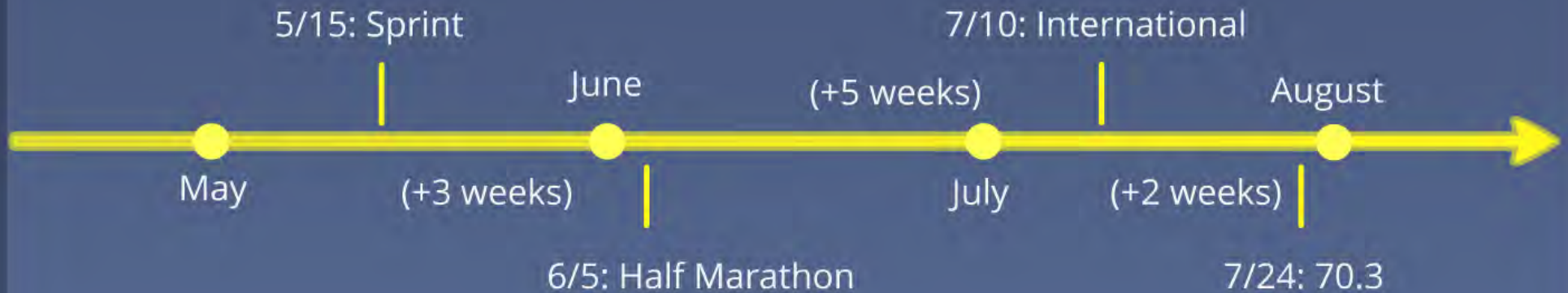
Sprint → 1-4+ weeks

International → 2-5+

Half → 5-8+

Full → 8+

# Example Race Timeline



# Filling in Your Plan

Some science; some art

Principle of Specificity =  
Specific Training

- 1 Off-season
- 2 Preparation / Base Building
- 3 Competition

Align Weekly Workouts to Your  
Schedule and Your Plan

Workout	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	Off	Swim					
Bike	Off						
Run	Off	Track	Bike	Swim	Swim	Long Ride BRICK	Long Run

- Figure out what works for your schedule
- Spread out workouts during week.
- Consistency from week to week is key.
- Aim to complete 75-85% of planned workouts.

Example Workouts by "Season" for a Half IRONMAN Distance Athlete

### Bike (Long Ride)

- 1 1-2 hours on road bike in "sweet spot" zone
- 2 1.5-2 hours on road bike in "sweet spot" zone
- 3 2-3 hours on road bike in "sweet spot" zone

### Run (Speed Workout)

- 1 10-15 min intervals at 10-15% faster than race pace
- 2 20-30 min intervals at 10-15% faster than race pace
- 3 30-45 min intervals at 10-15% faster than race pace

### Strength

- 1 2-3 sets of 8-12 reps of squats, deadlifts, lunges, etc.
- 2 2-3 sets of 8-12 reps of squats, deadlifts, lunges, etc.
- 3 2-3 sets of 8-12 reps of squats, deadlifts, lunges, etc.

Dynamic warm-ups at junction

# Principle of Specificity = Specific Training

- 1 Off-season
- 2 Preparation / Base Building
- 3 Competition

# Example Workouts by "Season" for a Half IRONMAN Distance Athlete

## Bike (Long Ride)

- 1 • 1 - 2 hours easy to moderate w/ 8 x 30" pick ups  
• Single leg drills, high speed spinning
- 2 2 to 3 hours with 2 x 15 min tempo
- 3 2 to 3 hours with 4 x 10' at threshold / last 30' race pace

## Run (Speed Workout)

- 1 30 to 45' with 6-8 x 30-40" pick ups
- 2 60' with 5 x 1 mile repeats (build to strong)
- 3 60' with: 4x 400, 2 x 800, 1 x 1600 at Race Pace

## Strength

- 1 • Back Squat, Dead Lift, Push Up, Row, Stretch  
• Pilates, Strength Class, Yoga
- 2 Split Squat, Single Leg Dead Lift & Push Up, Single Arm Row, Stretch
- 3 Front & Side Planks, Bridges, Dead Bugs, Glute Exercises, Single Leg Balance

Dynamic warm up - all periods!



# Bike (Long Ride)

1

- 1 - 2 hours easy to moderate w/ 8 x 30" pick ups
- Single leg drills, high speed spinning

2

2 to 3 hours with 2 x 15 min tempo

3

2 to 3 hours with 4 x 10' at threshold / last 30' race pace

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# Align Weekly Workouts to Your Schedule and Your Plan

Workout	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	Off	Swim		Swim	Swim		
Bike	Off		Bike		Trainer	Long Ride	
Run	Off	Track		Run		BRICK	Long Run

- Figure out what works for your schedule
- Spread out workouts during week.
- Consistency from week to week is key.
- Aim to complete 75-85% of planned workouts.

You're Now on the  
Path to Success!



Thank you for attending!

We'll post the recording at:

<http://enduranceworks.net/resources/webinars>

Please contact us with any questions:

David Glover - [david@enduranceworks.net](mailto:david@enduranceworks.net)

Krista Schultz - [krista@enduranceworks.net](mailto:krista@enduranceworks.net)



**SHE DOES**

