



Forward

"In the absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia."
- Unknown

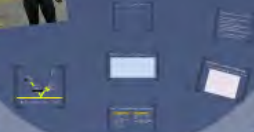


What are your goals next year?
What do you need to do in order to achieve them?
Your race schedule and goals drive off-season and start of training

Now



"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



How Best to Approach the Off-Season?



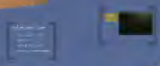
"Adapt the pace of nature: Her secret is patience."
— Ralph Waldo Emerson



Backward



"Failure is success if we learn from it."
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Off-Season Training for Triathletes: Maximize the Transition Between Seasons

David Glover & Krista Schultz
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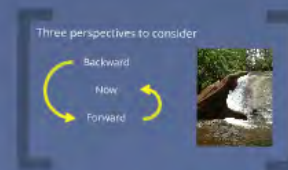


How Best to Approach the Off-Season?



*"Adopt the pace of nature:
Her secret is patience."*

— Ralph Waldo Emerson



Do Nothing



Risks: loss of fitness
and muscle mass,
weight gain

Keep Racing



Risks: injury,
burnout, staleness,
over training

Two Extremes

Do Nothing



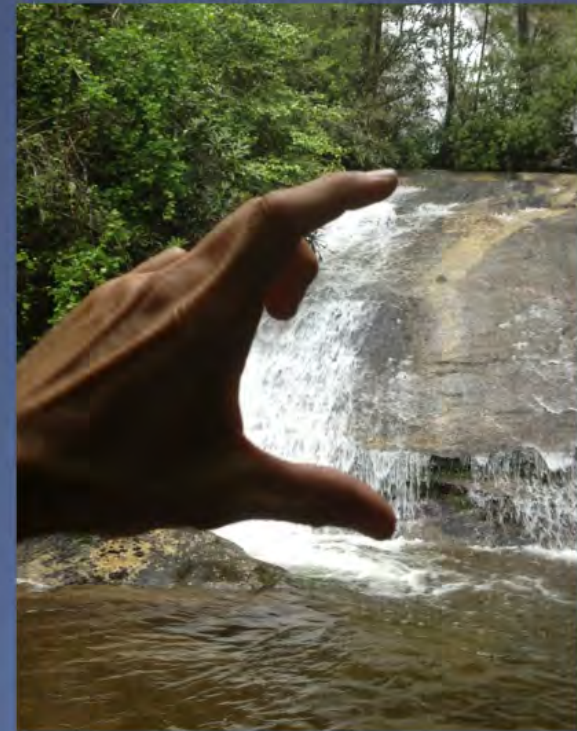
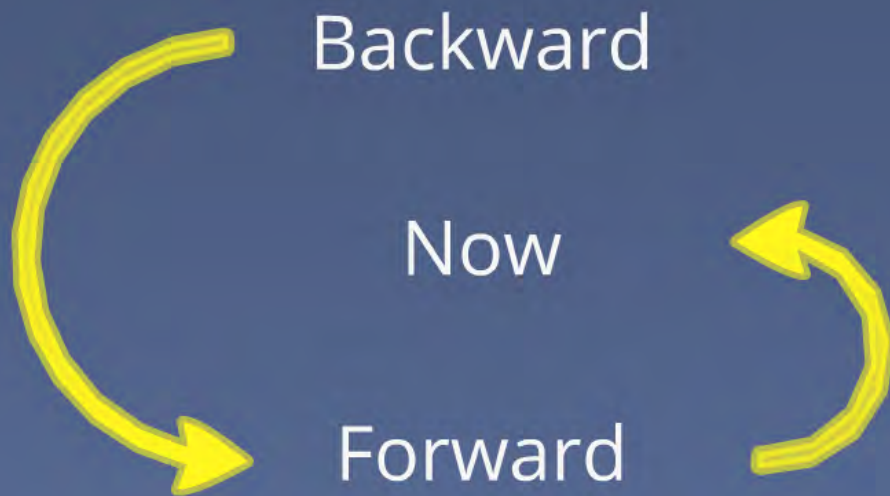
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Keep Racing



Risks: injury,
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Three perspectives to consider



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Evaluate your season

- Did you achieve your goals?
- What worked well?
- What didn't work so well?
- What do you need to do differently?

Example:
Krisia at
Baro's Race



Evaluate your season

- Did you achieve your goals?
- What worked well?
- What didn't work so well?
- What do you need to do differently?

Example:
Krista at
Barb's Race



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What are your goals next year?

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Examples: Goal Setting

"My goal is to successfully finish my first sprint triathlon this summer."

"My goal is to qualify for IRONMAN Hawaii by earning an age group slot at Lake Placid next July."

Use SMART:

- Specific
- Measurable
- Achievable
- Results-oriented
- Time bound

Now



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Swimmer Prep Period Weeks for 75.2

Week	Swim	Run	Cycle	Strength	Other
1	1000	1000	1000	1000	1000
2	1000	1000	1000	1000	1000
3	1000	1000	1000	1000	1000
4	1000	1000	1000	1000	1000
5	1000	1000	1000	1000	1000
6	1000	1000	1000	1000	1000
7	1000	1000	1000	1000	1000
8	1000	1000	1000	1000	1000
9	1000	1000	1000	1000	1000
10	1000	1000	1000	1000	1000

- Relevant Tips for the Off-Season
- Reduce volume and intensity with decrease in time
 - Continue to maintain and fine-tune the body with low-intensity activities
 - Increase strength training frequency
 - Use the off-season to address any injuries or weaknesses

Example: Swim Interval Progression

Week	Swim	Run	Cycle	Strength	Other
1	1000	1000	1000	1000	1000
2	1000	1000	1000	1000	1000
3	1000	1000	1000	1000	1000
4	1000	1000	1000	1000	1000
5	1000	1000	1000	1000	1000
6	1000	1000	1000	1000	1000
7	1000	1000	1000	1000	1000
8	1000	1000	1000	1000	1000
9	1000	1000	1000	1000	1000
10	1000	1000	1000	1000	1000

Example: Run Interval Progression

Week	Swim	Run	Cycle	Strength	Other
1	1000	1000	1000	1000	1000
2	1000	1000	1000	1000	1000
3	1000	1000	1000	1000	1000
4	1000	1000	1000	1000	1000
5	1000	1000	1000	1000	1000
6	1000	1000	1000	1000	1000
7	1000	1000	1000	1000	1000
8	1000	1000	1000	1000	1000
9	1000	1000	1000	1000	1000
10	1000	1000	1000	1000	1000



Become Faster & Fitter in the Off-Season

Week	Swim	Run	Cycle	Strength	Other
1	1000	1000	1000	1000	1000
2	1000	1000	1000	1000	1000
3	1000	1000	1000	1000	1000
4	1000	1000	1000	1000	1000
5	1000	1000	1000	1000	1000
6	1000	1000	1000	1000	1000
7	1000	1000	1000	1000	1000
8	1000	1000	1000	1000	1000
9	1000	1000	1000	1000	1000
10	1000	1000	1000	1000	1000

Step 1: R & R (Rest & Relaxation)



- Purpose: Rest **physically and mentally**
- Longer, harder season = more R&R
- Completely off or light exercise

Step 2: Ease Back into Training

- Do something active almost every day
- More flexible "feel like" training - mix it up
- Include strength and flexibility to balance endurance training
- Best time for body composition changes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Off	Ride	Spinning Class	Yoga	Swim	Strength	Total Run
Swim	Strength	Run	Spinning			

Remember: February starts early in June

Step 3: Prep Period



- Training starts to become more specific to triathlon
- Increase fitness level & endurance
- Field or lab tests to establish baseline
- Begin consistency

Example: Working Backwards to Determine Off-Season Timeline

Assumptions:

- Finished last race this year in October
- Goal race is IRONMAN LAKE Placid next July

Example Timeline:

- IRONMAN Training: February to July (5 months)
- Prep Period: January (1 month)
- Ease Back into Training: December (1 month)
- R&R: November (1 month)



Three Steps in the Transition Season

Step 1: R & R (Rest & Relaxation)



- Purpose: Rest **physically** and **mentally**
- Longer, harder season = more R&R
- Completely off or light exercise

Step 2: Ease Back into Training

- Do something active almost every day
- More flexible, "I feel like..." training - mix it up
- Include strength and flexibility to balance endurance training
- Best time for body composition changes

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

Remember: February stars fade in June

Step 3: Prep Period



- Training starts to become more specific to triathlon
- Increase fitness level & endurance
- Field or lab tests to establish baseline
- Begin consistency

Example: Working Backwards to Determine Off-Season Timeline

Assumptions:

- Finished last race this year in October
- Goal race is IRONMAN LAKE Placid next July

Example Timeline:

- IRONMAN Training: February to July (6 months)
- Prep Period: January (1 month)
- Ease Back into Training: December (1 month)
- R&R: November (1 month)

Become Faster & Fitter in the Off-Season

Strength Training

- Improve muscle function, strength & power
- Increase lean muscle mass
- Decrease body fat
- Decrease risk of injury
- Counter-balance endurance training

Short Intervals & Drills

- Improve muscle fiber firing efficiency
- Train fast twitch muscle fibers
- Improve form and technique
- Add training variability

Example: Prep Period Weeks for 70.3

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Session 1	Off	Swim 45 [Z3]	Bike 45 [Z3]	Run 30 [Z2-3]	Swim 45 [Z2]	Bike 90 [Z2]	Run 60 [Z2]
Session 2		Run 30 [Z2]	Strength 45			Strength 45	

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Session 1	Off	Swim 45 [Z3]	Bike 45 [Z3]	Run 30 [Z2-3]	Swim 45 [Z2]	Bike 105 [Z2]	Run 70 [Z2]
Session 2		Run 30 [Z2]	Strength 45			Strength 45	Swim 30 [Z2]

Example: Swim Interval Progression

Week	Example Interval Set Within a Workout
Week 1	4 x 50 (35 fast then 15 stretch), RI 5" 6 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 2	5 x 50 (35 fast then 15 stretch), RI 5" 8 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 3	4 x 75 (25 fast, 35 stretch, 15 fast), RI 5" 5 x 50 kick fast (alternate back dolphin, back flutter), RI 10"
Week 4	4 x 75 (25 fast, 25 stretch, 25 fast), RI 5" 6 x 50 kick fast (alternate back dolphin, back flutter), RI 10"

Example: Run Interval Progression

Warm Up: Dynamic Stretches + 6 x 15-20" strides

Week	Interval Set within a Workout
Week 1	4 x 45" up hill Tempo, jog down
Week 2	6 x 45" up hill Tempo, jog down
Week 3	8 x 45" up hill Tempo, jog down
Week 4	6 x 1' up hill Tempo, jog down

Nutrition Tips for the Off-Season

- Balance decrease in expenditure with decrease in intake
- Eat enough protein and fiber
- Cut back on foods with little nutritional value (e.g. pasta, alcohol)
- Decrease simple sugar intake (e.g. sports drinks)
- Eat out less; be mindful of holidays
- Keep a food log for three days



Next Year!

Thank you for attending!

We'll post the recording at: <http://enduranceworks.net/resources/webinars>

Next webinars:

- 11/10: Strength Training for Runners & Triathletes
- 12/1: Planning Your Next Triathlon Season

Please contact us with any questions:

David Glover - david@enduranceworks.net

Krista Schultz - krista@enduranceworks.net



Thank you for ascending!

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