

Clinic Topics

- Periodization
- Creating a Season Plan
- Online Training Logs
- Specificity of Training
- Planning Your Week

Bellingham Triathlon Club/Couterpart Coaching **TRIATHLON TRAINING CLINIC**

CpC Coaches use proven training protocols and methodologies. We subscribe to Periodization based training with a focus on adjusting frequency, duration and volume. Our training schedules are progressive in nature and designed with feedback from the athlete. We understand the importance of recovery and schedule rest periods to optimize adaptation. We also believe that increasing aerobic capacity and strength through aerobic work improves economy which in turn improves speed.

Upcoming events

Camps

February 2-11
Winter Sun Camp

March 23 - April 1
Ralphs Camp

July 6 - 15
Ironman Training Camp

Tacoma Center YMCA Triathlete Roundtable
Jan 25th 6:00 - 7:30pm

Tacoma Center YMCA
1144 South Market Street Tacoma 98402



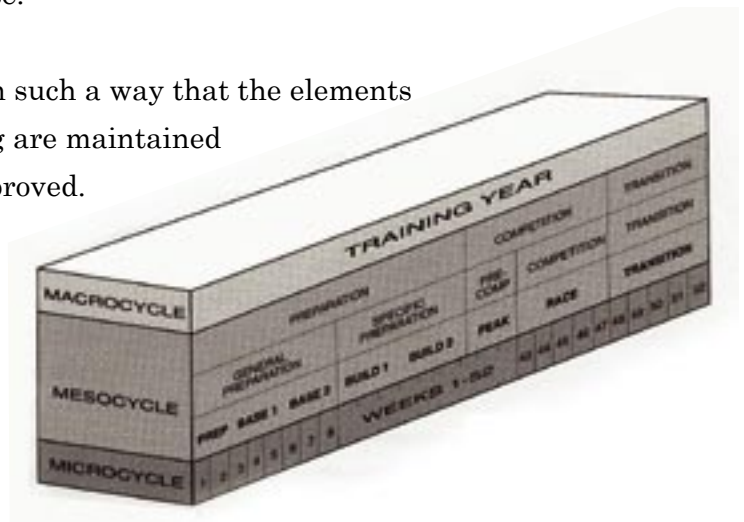
PERIODIZATION



Periodization is a training concept in which the year is divided into periods with each having a specific aspect of fitness to improve while maintaining the gains made in the previous period. Tudor Bumpka known as the “father of periodization” introduced Western athletes to this training system in the early 1980s. Periodization means more than simply dividing the year into periods. The basic premise of all periodization programs is that training should progress from general to specific, and always emphasize the unique needs of the athlete. Periodization also involves adjustments in the volume, frequency, and intensity of training as well as scheduled rest periods to achieve peak performance.

Periodization involves arranging the workouts in such a way that the elements of fitness achieved in an earlier phase of training are maintained while new ones are addressed and gradually improved.

Small changes are introduced into workouts typically during three- to eight-week periods. The targeted physiological system gradually becomes more fit with such a pattern of change and is then maintained as a new system is targeted.



NOTES:

PLANNING YOUR WEEK

Plan your weekly training schedule based on the specific goals and key sessions identified in your season plan. The best weekly training schedules have a focus on key sessions and an overall purpose. Each session within the week should have a specific purpose even if it's an easy active recovery session. Allow enough time to build into and recover from key sessions/breakthrough workouts. A basic weekly structure can be repeated during general training or in weeks with only a few key sessions. The basic 7-day week might not always work, and a 10- or 14-day cycle might be necessary.

Planning Considerations

- Weekly Volume and Frequency Goals
- Key Sessions/Breakthrough Workouts
- Block Training
- Logistics
- Recovery
- Days Off

Key Sessions

- Long Runs
- Tempo/Aerobic Runs
- Long Rides
- Strength Based Bike Sessions
- Bricks
- Max Strength/Muscular Endurance Weight Sessions

| Date | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 |
|------------|--------------|--------------------|-------------|-----------|-----------|-----------|-----------|
| 12/5/2005 | Run 0:45:00 | Swim 3.0 km | | | | | |
| 12/6/2005 | Run 0:30:00 | Weights... | | | | | |
| 12/7/2005 | Run 0:45:00 | Swim 3.0 km | | | | | |
| 12/8/2005 | Bike 2:00:00 | LongRun... 1:30:00 | | | | | |
| 12/9/2005 | Run 0:45:00 | Weights... | Swim 4.0 km | | | | |
| 12/10/2005 | Bike 2:00:00 | Run 0:45:00 | | | | | |
| 12/11/2005 | Bike 2:00:00 | Run 0:45:00 | | | | | |

| Session | Duration | Time |
|------------------------|------------------|---------------|
| Bike | | 06:00 / 06:00 |
| LongRun | | 01:30 / 01:30 |
| Run | 1.9 mi | 04:15 / 05:45 |
| Swim | 10.0 km / 9.0 km | |
| Weights | | |
| Total Duration: | | 11:45 |

NOTES:

SPECIFICITY OF TRAINING

Specificity Principle

The specificity principle asserts that the best way to develop physical fitness for your sport is to train the energy systems and muscles as closely as possible to the way they are used in your sport. Thus, the best way to train for running is to run and for swimming is to swim. The training must be specific not only to your sport, but to your individual abilities (tolerance to training stress, recoverability, outside obligations, etc).

You must increase the training loads over time (allowing some workouts to be less intense than others) and you must train often enough not only to keep a detraining effect from happening, but to also force an adaptation. **Warning:** This principle can be taken too far. Ample evidence suggests that cross training, or doing another sport or activity, can help improve performance (the variation principle).

Theory Behind Specificity

If strength stimuli are applied, then only strength is improved; if endurance stimuli are applied, then only endurance is improved. The body adapts to adequately cope with the specific forms of exercise stress which are applied. The adaptive process does not include any capacity that extends beyond the specific training stress. Thus, there is no basis to expect training effects from one form of exercise to transfer to any other form of exercise. Training is absolutely specific (Noakes, 1986).

Training Principles

- Specificity Principle
- Overload Principle
- Progression Principle
- Diminishing Returns Principle
- Variation Principle
- Reversibility Principle
- Individual Differences Principle
- Moderation Principle

NOTES:

CREATING A SEASON PLAN

I. Determine Season Goals

Goals provide the motivation behind a training program by pinpointing events you want to focus on and train for. Clearly defined goals improve one's ability to achieve them. Dreams take longer than one season to accomplish. Limit yourself to three goals.

II. Prioritize Races and Identify Training Objectives

The purpose of training is to peak for A races. Schedule A races for the second half of the season when your fitness is likely the highest of the year. Consider "training through" C races. As you become more experienced, C races become less important. Training objectives usually address limiters that are required to obtain your goals and are specific. (see Fig. 5 on next page)

III. Design Your Periodization Cycles

Begin with your A race and work backwards. Design your periodization cycle with races, training objectives and rest periods as focus points. (see Fig. 3)

NOTES:

Friel's Four Principles:

- Principle 1. Your goals must be measurable
- Principle 2. Your goals must be under your control
- Principle 3. Your goals must challenge you
- Principle 4. Your goals must be stated in the positive

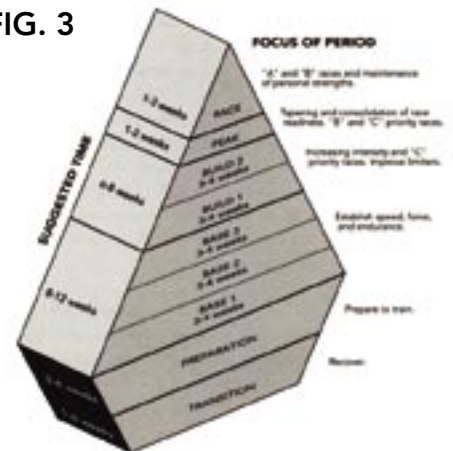
Week Types

- Transition
- Base
- Build
- Peak
- Race
- Rest

Other Week Types

- Off Season
- Focus
 - swim, bike or run
- Sustainment

FIG. 3



CREATING A SEASON PLAN (continued)

IV. Determine Your Training Volume

Throughout the season there is a stair-step pattern of increasing and decreasing volume and intensity as you build towards a peak. The purpose of this pattern is to make sure your endurance is maintained, but to permit increases in intensity without overly stressing your body. Your training volume should support key training sessions. (see Fig. 4)

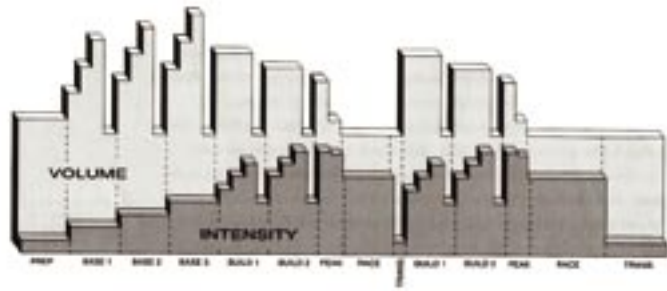


FIG. 4

V. Identify Your Weekly Key Training Sessions

Key training sessions are long runs, long rides, bricks and any other workout that prepares you to achieve your goal. Your key training sessions should be identified in the season plan.

FIG. 5

| Week | Coach Note | Bike | LongBike | LongRun | Run | Swim | Total Target Duration |
|---------------------------|----------------------------------------------|-------------------|------------------|------------------|-------------------|--------------------|-----------------------|
| 12/05/2005 base | Changes in priority of work: ... [edit] | 0.0 mi 10 : 08 | 0.0 m 03 : 00 | 0.0 m 01 : 40 | 0.0 mi 07 : 00 | 12.0 km hh : mm | 21:40 |
| 12/12/2005 base | Changes in priority of work: ... [edit] | 0.0 mi 12 : 08 | 0.0 m 04 : 00 | 0.0 m 01 : 50 | 0.0 mi 07 : 00 | 12.0 km hh : mm | 24:50 |
| 12/19/2005 base | Changes in priority of work: ... [edit] | 0.0 mi 12 : 08 | 0.0 m 04 : 00 | 0.0 m 02 : 00 | 0.0 mi 07 : 00 | 12.0 km hh : mm | 25:00 |
| 12/26/2005 base | Changes in priority of work: ... [edit] | 0.0 mi 14 : 08 | 0.0 m 05 : 00 | 0.0 m 02 : 20 | 0.0 mi 07 : 30 | 16.0 km hh : mm | 28:40 |
| 01/02/2006 base | Changes in priority of work: ... [edit] | 0.0 mi 16 : 08 | 0.0 m 05 : 00 | 0.0 m 02 : 20 | 0.0 mi 08 : 00 | 16.0 km hh : mm | 31:20 |
| 01/09/2006 rest | < none > [edit] | 0.0 mi 08 : 08 | 0.0 m 03 : 00 | 0.0 m 01 : 00 | 0.0 mi 04 : 00 | 16.0 km hh : mm | 16:00 |
| 01/16/2006 Sustainment | Weights: Maintenance Brick: ... [edit] | 0.0 mi 16 : 08 | 0.0 m 04 : 00 | 0.0 m 01 : 30 | 0.0 mi 08 : 00 | 16.0 km hh : mm | 31:30 |
| 01/23/2006 Sustainment | Run: One 60/60 session [edit] | 0.0 mi 16 : 08 | 0.0 m 04 : 00 | 0.0 m 02 : 20 | 0.0 mi 08 : 00 | 16.0 km hh : mm | 32:20 |
| 01/30/2006 Sustainment | Brick: 5/2:00 [edit] | 0.0 mi 16 : 08 | 0.0 m 04 : 00 | 0.0 m 01 : 30 | 0.0 mi 08 : 00 | 16.0 km hh : mm | 31:30 |
| 02/06/2006 rest | < none > [edit] | 0.0 mi hh : mm | 0.0 m hh : mm | 0.0 m hh : mm | 0.0 mi hh : mm | 0.0 yd hh : mm | |
| 02/13/2006 race | < none > [edit] | 0.0 mi hh : mm | 0.0 m hh : mm | 0.0 m hh : mm | 0.0 mi hh : mm | 0.0 yd hh : mm | |
| 02/20/2006 race | < none > [edit] | 0.0 mi hh : mm | 0.0 m hh : mm | 0.0 m hh : mm | 0.0 mi hh : mm | 0.0 yd hh : mm | |
| 02/27/2006 race | IMU2 [edit] | 0.0 mi hh : mm | 0.0 m hh : mm | 0.0 m hh : mm | 0.0 mi hh : mm | 0.0 yd hh : mm | |

TRAINING LOGS

Training Logs allow you to record the results of your training sessions with specific details. Recording the results of training sessions provides a detailed history to refer to when trying to determine the cause of why you feel fatigued or fresh, cause of injury or overtraining. The log will allow you to recognize patterns in training that resulted in good performances. The more information and details you include in your log entries the better reference you'll have for the future.

Details to Record

- Duration
- Intensity
- Perceived Exertion (PE)
- Heart Rate
- Power (if you use a power meter be sure to record all your power files)

- Resting Heart Rate
- Weight
- Sleep
- Fatigue
- Stress

Log >> Daily Log

Saturday, December 31, 2005

< Previous Day Today Next Day > Go to mm/dd/yyyy GO

Related Report - Select -

WorkoutLOG + Add New Workout Save Workout << basic log

 Bike Aerobic Title:

Duration: 05 :00 :00 - Route - - Gear -

Distance: 100 mi am

Pace: 5 - moderate

Description: Group Ride in Palm Springs. Moderately hard effort on hills, otherwise steady.

Comments: Great ride! 225w norm power with sustained sections at 320w

Heart rate Max: 165 Avg: 140

NOTES:

ABOUT COUNTERPART COACHING

CpC is a team of seven coaches each working with a limited number of athletes to provide personalized coaching. They develop detailed training plans for each athlete based on their goals, current abilities and available time to train. Coaches place no limits on communication with athletes, charge reasonable rates and develop long term relationships.



MITCH GOLD

As Mitch takes CpC into its second season of professional coaching, he's adding more coaching staff, training camps and upgrading the site to provide more resources for athletes. Mitch continues to work on his IM performance with a recent PR of a 3:12 IM marathon at IMB. Mitch is a two-time Hawaii Ironman Armed Forces Champion and has a personal best of 4:07 for the 1/2 IM and 9:33 for IM.

mitch@counterpartcoaching.com



BILL WAINWRIGHT

A five time All Marine Triathlete and three time All Marine Ultra Marathon Runner, Bill continues to get faster and more competitive.

bill@counterpartcoaching.com



BRENT LORENZEN

Brent has nearly 25 years of experience as an athlete and coach. As a swimmer he was a junior national finalist in high school and an All-Ivy first team selection at Harvard University.

brent@counterpartcoaching.com



BRIAN GRASKY

Brian's 15 years of experience as an athlete and coach encompasses all disciplines and distances. He is a semi-pro Mountain Bike Racer, lending credence to his off-road ability and propelling him to an amateur top 10 at the 2004 XTerra USA Championship.

brian@counterpartcoaching.com



LORI TRAVIS

Lori has 10 years of competitive racing experience from 5k/10k to the marathon and from sprint distance, Xterra to Ironman. All with numerous Age Group titles to her credit.

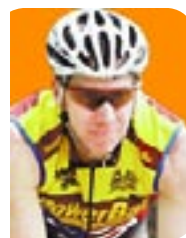
lori@counterpartcoaching.com



SCOTT JONES

Scott has over 7 years of experience competing in triathlon, marathon and duathlon. A two time All Navy Triathlon team member and 6 time Ironman finisher.

scott@counterpartcoaching.com



DOUG MAROCCO

Doug brings a wealth of experience as a triathlete, duathlete and marathon runner. His list of achievements is noteworthy and includes being a 9-time Hawaii Ironman finisher, as well as excelling at both the Olympic and Half Ironman Distances.

doug@counterpartcoaching.com