

## TRIATHLON TRAINING GROUP



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**Run week:** By this point in your training program, each of you should be settled into a structured training routine. With four more weeks remaining before the July 12 triathlon, it's time to start pushing yourself a little harder. During the next 2-3 weeks, you should be "going the distance" that you'll be racing and also adding in one or two faster workouts each week. You also need to be doing at least one "brick" workout per week. Here are some suggested variations on running workouts that you might try.

- **Slow endurance run with pickups:** This workout simply adds a little speed work into your weekly long endurance run. After warming up and getting settled into your easy endurance run pace, do 4-6 repeats where you speed up to a harder tempo pace for a 30 to 90 second period of time. After completing the interval, slow back down to a normal pace for a few minutes and then repeat. A variation on this is to simply pick out objects or landmarks as you run and speed up until you reach that point ("run faster until I reach the next telephone pole").
- **One on-one off intervals:** This is a good way to do some speed work during a shorter workout. After warming up for 10-15 minutes, do a series of intervals where you pick the pace up faster for one minute, and then slow down to a very easy pace for the next minute. Repeat this cycle 6-10 times during a run, and then do an easy 5-10 minute cool down jog.
- **Ups and downs:** Hill workouts are a great way to build stamina and strength. Find a hill that takes 1-2 minutes to run up. After an easy warm-up, run up the hill at a fairly hard tempo pace, and then jog slowly (or walk) back down. Start with 4-6 repeats and add 1-2 per week. If you have any type of knee problems, be sure to walk downhill or jog slowly on a soft surface.

**More on running:** There are some good on-line resources for running information. Check out the links below ... they might be helpful.

- [http://www.beginnertriathlete.com/Enrico%20Contolini/running\\_workouts\\_in\\_30\\_minutes\\_feb2004.htm](http://www.beginnertriathlete.com/Enrico%20Contolini/running_workouts_in_30_minutes_feb2004.htm)
- <http://www.howtobefit.com/running-training-articles.htm>
- <http://mytreadmilltrainer.com/>

**Bike to run transition:** You should do at least one "brick" workout each week from now until race day. This is a bike ride followed immediately by a short run (½ to 1 mile). The goal is to get more comfortable with running after the bike leg. This is a good workout to do mid week after a tempo ride and then again on the weekend after your long ride. Read the link below for more information.

- <http://www.active.com/triathlon/Articles/Learn-to-Master-the-Bike-to-Run-Transition.htm>

**Practice race day nutrition:** Start practicing your race day nutrition during workouts (i.e., don't try something new on race day). A good way to do this is to eat and drink the same items during hard workouts that you will use on race day. For example, if you plan to eat a banana an hour or so before the race and then drink Gatorade and have energy gel during the race, do this during workouts. Race day is not the time to find out that a certain food, gel flavor, or drink

upsets your stomach. As a general rule, you want to drink an energy drink before the race and possibly eat a gel or energy bar. You may also want to drink something like a 50/50 Gatorade/water mix while on the bike leg.

**Transition practice:** One short workout that you can do one rest days is practicing transitions. Set your bike on the driveway, lay out your bike and run equipment, and then go through the motions of swim to bike and bike to run. Think about and then practice the steps that you will go through, as follows:

- **Swim to bike:** (1) Run from the beach to your bike rack, (2) helmet on, (3) dry feet off with towel if needed, (4) socks on if needed, (4) shoes on, (6) Run with bike to mount/dismount line, get on, and pedal away.
- **Bike to run:** (1) Get off bike at mount/dismount line, (2) run w/ bike to rack, (3) put bike on rack, (4) helmet off, (5) change to running shoes if needed, (6) start out on run. You may want to wear a cap or visor on the run to stay cooler.

**What to wear:** You want to start doing some workouts in the same clothing that you will race in (i.e., don't try something new on race day). For most people, wearing a pair of triathlon short works best. These are bike shorts with a thinner pad that will not soak up much water during the swim, and so you can wear them for the swim, bike, and run. (see link below for an example). For the upper body, a sports bra works well for ladies and men can either wear a cycling jersey during the swim or pull on a shirt during transition. Don't wear baggy cotton swim trunks during the entire race – these will feel very uncomfortable during the bike leg. Some ladies may choose to wear a swim suit and then pull a pair of bike shorts over them for the bike and run legs.

Example triathlon clothing:

- <http://www.sportsbasement.com/istar.asp?a=6&id=WCTS9-09!DeSot>
- <http://www.sportsbasement.com/istar.asp?a=6&id=2056!Zoot>
- <http://www.sportsbasement.com/istar.asp?a=6&id=21060U%2DS09%21Sugoi>
- <http://www.sportsbasement.com/istar.asp?a=6&id=STJ9-09!DeSot>