



## Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

**Q:** Hey Sonni,

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> Sorry, but I meant to ask when and how to implement the info. in the  
> "Neuromuscular--Mind/Muscle" article into my training.

B.W.

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**A:**OK, here you go:

-your swim workouts (that I've written) are already structured to alternate drills w/ race-pace intervals.....Occasionally, on like a recovery swim day, just swim a straight 2500m of alternating a different drill (& one that makes the biggest impact on YOUR stroke) every 100m.

-for the bike.....go with one-legged pedalling for 8 x 2minutes each leg in the middle of a indoor-trainer-bike day.....and at fairly ez heart-rates.

OR.....sit in on the back of a fast moving paceline and gear UP, spinning faster and faster to stay on.

OR.....mtn. bike for your long rides, this will really teach you to spin.

-for the run.....finish every bike w/ a run (even if it's for just 5 to 8 minutes) I already have you do alot of this.

OR.....do form-strides after each run so that the last thing your body remembers is fast running technique (NO heel-strike, heels high towards the rear-end on each stride, & good knee lift.....you should feel like you're jumping rope one foot at a time, bouncing along when you stride. [My Czech training partner says that American's feet spend way too much time on the ground. And he's right. We've never been taught otherwise.]

Sonni Dyer