



Coach-Athlete Q&A

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

Q: I forgot to ask you about "making stuff up". I know as a general rule
>I shouldn't do that but... what would you prioritize as far as key workouts.
>Say I miss my long run or my drills or weights... (you get the point) should
>I try to exchange it for a not so important workout.
L.B.

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A: AS A GENERAL RULE OF THUMB.....WHAT I USUALLY HAVE SOMEONE DO IS ALWAYS PRIORITIZE THEIR "LIMITER". FOR YOU, THOUGH, THAT PRESENTS A CHALLENGE, BECAUSE THERE ISN'T AN "OBVIOUS" LIMITER.....SO YOU'LL HAVE TO MAKE A DETERMINATION ON WHICH TO MISS (AND WHICH TO SUBSTITUTE) BASED ON HOW TRAINING IS GOING IN ****one**** PARTICULAR LEG.

FOR EXAMPLE.....IF IT'S YOUR RUN THAT'S NEEDING ATTENTION.....LET THE RUN BE THE LAST THING THAT'S EVER MISSED.....GENERALLY, ****any**** SWIM SESSION CAN BE MADE UP, EVEN AT HALF THE VOLUME IS YOUR TIME PERMITS. IT'S TOUGH TO 'OVER-SWIM' BECAUSE WATER 'FEEL' IS SO KEY.

AS WE TRANSITION INTO THE HIGHER INTENSITY PHASES.....THE KEY SESSIONS TO ALWAYS MAKE-UP ARE THOSE THAT 'EXTEND' RACE-FITNESS, RATHER THAN SIMPLY 'MAINTAIN' IT OR EVEN 'RECOVER' FROM IT. I CALL THESE 'BREAKTHROUGH' SESSIONS.....AND THERE ARE ABOUT 2-3 EACH WEEK. THESE WILL BE SACRED.....TRY TO NEVER MISS THESE. AND IF YOU DO, STACK THEM BACK TO BACK ON FOLLOWING DAYS. ANY GOOD TRAINING PROGRAM WILL AUTOMATICALLY ALLOW FOR THESE TYPE OF TRAINING "BLOCKS".

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