



Coach-Athlete Q&A

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

Q: Wow! All looks awesome!

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>One small question for now: As was mentioned, Fridays are the

>best days to take off if need be. But how do we handle days

>when it's impossible to get a scheduled workout in. Such as a

>travel day, a business trip, or working overtime. For example:

>Saturday Dec. 22 I'm flying home for Christmas. My whole day is

>pretty much consumed with travel and I won't be able to get a 2

>hr bike/15 min run in before I depart. I don't mind moving the

>workout to a different day, but it will alter the hard/easy

>sequencing. What do you suggest for handling such days?

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>AH

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A: Our approach to 'schedule-shuffles' will be different in each different phase. In the initial Base.....since NO one single session is particularly hard (.....only long), two back-to-back days are no problem.....especially if you're on a plane or in a car (legs recovering) the following day.

So, for the 22nd, see if you can bump the endurance-brick to Friday, 12/21 (rather than a lesser value swim/lift).

I say "lesser value".....but a swim/lift may just be a lesser-value to you than the bike-w/-t-run. {For someone like me, on 12/21, I'd drop the lift and swim/run.....but I suck more in the water than on the bike.} Basically, we're just making sure that we always eliminate the session that will impact your game the LEAST in favor of the one that gives you the highest "return-on-training-time".

As the future RACE-specific phases arrive.....optimally, you'd plan in advance which day was to be missed and could either 'block-train' the week by going 2 days on.....2 days off (one as strictly 'active-recovery').....or simply abbreviate the quality session on the hectic, quality day to be missed. A 30-40minute version of the 'Wattage-brick-interval session" on your trainer (with a neighborhood loop nearby) is perfect for this and sometimes the best option for REALLY nasty weather days.

NEVER worry about missing a 'recovery-oriented' day or session. If you're stiff/sore or anxious about the blank space on the log or calendar.....a 30min. high rpm recovery spin will do the trick perfectly.
later,

Sonni