



Coach-Athlete Q&A

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

Q: When I asked you how to determine when to increase the stress in the weight room, I think you said that I should stick with the weight amounts, reps, and sets we came up with for the whole year, rather than increasing the stress as I adapt (I think you said it's better to increase the stress doing the triathlon sports instead.) On a yearly basis, then, how do I determine if and when I should increase the weight amounts over a previous year?

B.W.

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A:

This is pretty hard to determine and my gutt feeling would be to say that (unless STRENGTH is a limiter for you.....which it's not).....that we wouldn't need to keep adding weight annually. In the same vein as the phases.....the increases in training stresses should come (i think) from areas that ARE "limiters" for you.....The biggest (that I observed on friday) "frontier" for you to improve on is, in my opinion, in the area of neuromuscular skills.

EXAMPLES:

-swim stroke (& initiating the stroke w/ the hips and shrinking/diminishing the kick)

-pedal technique (& "rounding-out" your pedal stroke to eliminate any dead spots and assist your ease in increasing cadence)to spread out the wattage-output over a greater # of pedal 'turns'..... & economy.

-run stride mechanics (doing more of what you've already begun to experience w regard to foot-strike, knee lift, & heel raise.)

To me.....**for you**.....THESE represent the best "increase" in time or effort of your training.

If we were to continue a progression that focuses on 'strength' when you're already clearly strong (much stronger than I).....the "what we get" from it won't justify the "what it cost" in terms of recovery in an environment of normal life (limited training time, 2 kids, full-time job, etc...).

If we find strategies to focus on your "limiters".....we have a VERY high 'return' on the training time you invest.

Sonni