



Coach-Athlete Q&A

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

Subject: intensity

Q: I have decided that due to time constraints and past race results that I will only be racing sprint and olympic distances this year. HEY M.....I'LL MAKE A NOTE OF THIS ON YOUR RACE-TARGET INFO.

I feel I may be losing some of my bike speed as a result of low intensity training. AT THIS TIME OF THE YEAR (DEC/JAN) THAT IS CERTAINLY A POSSIBILITY.

A: THE PHASE THAT WE'RE IN IS FOCUSED ON ****METABOLIC**** EFFICIENCY 1ST AND FOREMOST.....BUT NECESSARY IN ORDER TO HAVE A FOUNDATION TO SUPPORT FUTURE INTENSITY WORK. IF THE BASE ISN'T BUILT.....THEN THE ***COST*** OF THE INTENSITY (higher hr) WORK IS HIGHER @ GIVEN SPEEDS, LATER ON IN THE YEAR WHEN IT COUNTS.

THE PERIODIZATION OF YOUR PLAN TRAINS YOU TO GET THE BEST "RETURN-ON-INVESTMENT" OF YOUR INTENSITY @ THE TIME OF THE YEAR WHEN IT'S MOST CRUCIAL.....THE RACE SEASON.

With this in mind, I am wondering if the second quarter of training will focus more on speedAND POWER, AND THE ABILITY TO PROCESS BLOOD-LACTATE (that which limits us @ race-type hr's). IN FACT.....YOUR SESSION THIS THURSDAY (BIS-2.4) IS THE 1ST STEP TOWARDS JUST THAT. BUT EVERY PROGRAM.....(mine included) BEGINS W/ LAYING A BASE-SPECIFIC, METABOLISM FOCUSED FOUNDATION.

rather than endurance.....NO, WE'LL NEVER FOREGO A SOLID DOSE OF "ENDURANCE" AS LONG AS SPRINT TRI'S AND OLYMPIC TRI'S REMAIN 90 TO 180MINUTES.....KNOWING THAT GLYCOGEN LEVELS DEplete IN 60-90MINUTES.

or will I get faster by going slower?.....NO, YOU WILL NOT GET FASTER BY GOING SLOWER.

.....BUT YOU ****WILL**** BE ABLE TO **SUSTAIN YOUR FASTER PACES FOR LONGER DURATIONS** BY TRAINING THE METABOLISM TO PROVIDE YOU A CONSTANT STREAM OF ENERGY (USEABLE CALORIES) FOR LONGER PERIODS AND BE ABLE TO INCREASE YOUR MPH SPEED @ LOWER HR'S.

THAT'S THE DEFINITION OF "EFFICIENT".....GETTING MORE (SUSTAINABLE SPEED), FOR LESS (CALORIES & HR BEATS).

PATIENCE, YOUNG GRASSHOPPA.

JUNE/JULY RACES ARE WON ON THE COLD DAYS OF JAN/FEB. YOU ADOPT THIS, YOU'RE AHEAD OF 95% OF ALL TRIATHLETES WHO ASSOCIATE "NO-PAIN" W/ "NO-GAIN".

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