



# Coach-Athlete Q&A

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

**Subject:** Week of race

**Q:** My first triathlon is coming up in a few weeks and I was wondering how should I train the week of the race. I realize that different people have different things they like to do but I was just looking for a few opinions. I would appreciate the feedback.

J.M.

**A:** Hey Jeremy.....Sonni, here.

Basically what we do for the race-weeks depends largely on the priority of the race in the whole calendar of the season's events. If it's a **b** or **c** priority event.....we train straight through only altering the 2 days prior.

If, however, it's an **A-priority** event.....our taper includes cutting volume as much as 50% and intensity by as much as 50%, too. I rarely prescribe interval work for the week before the race.....instead using 'tempo' and 'reps'. You can see my intensity distinctions on the attached article that we published awhile back.

One of the things that our athletes find helpful, too, is to swim EVERY day the week prior to a race. This accomplishes a few key things:

- 1-it's gives a heightened "feel" for the water on race-day (so that you're not waisting energy thrashing about)
- 2-it keeps the metabolism high while bike/run workloads have been reduced by half.
- 3-it gives you heart-rate intensiveness with out having to be "on" the legs to do it.

Hope this helps.....let me know if I can further,

**Sonni**