

STUDIO



## Coach-Athlete Q&A

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

**Ques:** Just a couple of more questions before we get started.

1. How do you feel about weight training before and during the season?

B.B.

**Answer:** I feel that it depends on an athlete's strengths/weaknesses.

[For instance: I coach a guy who played catcher for the Texas Rangers. He is your ultimate muscle-bound triathlete.....225 of sheer power. His weakness is certainly NOT strength-related. His hours each week are better devoted to work that sends 'spider-webs' of capillary beds out to the EXISTING muscle in order to oxygenate and USE that power.]

Now, of course, that's an example that's a little extreme in one direction.....However, I also coach Lori/Lisa James (the 'twins' as their known as). Petite @ 5'6" and 95lbs.....Their 'limiting-factor' is strength on the bike and in the water. I have them in the weight room 3x/week. It's a much higher 'return on investment' with their training time.

Most triathletes fall within this range and I adjust their lift-frequency, intensity, and lift-periodization based on THEM, individually.....and their goals and/or past injuries.

I believe in lifting in-season to the extent that it doesn't interfere with the "recovery sequencing" of their other 'breakthrough' sessions.

Sonni