

Sample file

Triathlon Workout Planner

Sample file

John Mora



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Mora, John, 1964-
Triathlon workout planner / John M. Mora
p. cm.
Includes bibliographical references and index.
ISBN 0-7360-5905-9 (soft cover)
1. Triathlon--Training. I. Title.
GV1060.73.M674 2004
796.42'57--dc22

2005027060

ISBN-10: 0-7360-5905-9 (print) ISBN-10: 0-7360-8268-9 (Adobe PDF)
ISBN-13: 978-0-7360-5905-3 (print) ISBN-13: 978-0-7360-8268-6 (Adobe PDF)

Copyright © 2006 by John M. Mora

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The Web addresses cited in this text were current as of August 8, 2005, unless otherwise noted.

Acquisitions Editor: Martin Barnard; **Developmental Editor:** Amanda M. Eastin; **Assistant Editors:** Mandy Maiden and Christine Horger; **Copyeditor:** Kathy Calder; **Proofreader:** John Wentworth; **Indexer:** Nancy Ball; **Permission Manager:** C. W. Breeding; **Graphic Designer:** Fred Starbird; **Graphic Artist:** Tara Welsch; **Photo Manager:** Dan Wendt; **Cover Designer:** Keith Blomberg; **Photographer (cover):** © Human Kinetics; **Publisher:** Sheridan Books

Human Kinetics books are available at special discounts for bulk purchase. Special editions or book excerpts can also be created to specification. For details, contact the Special Sales Manager at Human Kinetics.

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

Human Kinetics

Web site: www.HumanKinetics.com

United States: Human Kinetics
P.O. Box 5076
Champaign, IL 61825-5076
800-747-4457
e-mail: humank@hkusa.com

Canada: Human Kinetics
475 Devonshire Road Unit 100
Windsor, ON N8Y 2L5
800-465-7301 (in Canada only)
e-mail: info@hkcanada.com

Europe: Human Kinetics
107 Bradford Road
Stanningley
Leeds LS28 6AT, United Kingdom
+44 (0) 113 255 5665
e-mail: hk@hkeurope.com

Australia: Human Kinetics
57A Price Avenue
Lower Mitcham, South Australia 5062
08 8372 0999
e-mail: info@hkaustralia.com

New Zealand: Human Kinetics
Division of Sports Distributors NZ Ltd.
P.O. Box 300 226 Albany
North Shore City
Auckland
0064 9 448 1207
e-mail: info@humankinetics.co.nz

Planning your triathlon training takes discipline, energy, and, most of all, passion.

Two people planning their lives together takes all that and more.

To Linda, who gives me more than I could ask for every day.

Sample file

Contents

Preface ix

Acknowledgments xi

PART I

Plan for Success 1

CHAPTER 1

Priority Checklist 3

CHAPTER 2

Tri-Time Management 19

CHAPTER 3

The Master Training Plan 29

PART II

Customized Training. 37

CHAPTER 4

Heart Rate Workouts 39

CHAPTER 5

Time-Based Workouts 51

CHAPTER 6
Key Workouts 67

CHAPTER 7
80/20 Workouts 85

PART III

Race Programs 101

CHAPTER 8
Sprint Training 103

CHAPTER 9
Olympic Training 109

CHAPTER 10
Half-Ironman Training 115

CHAPTER 11
Ironman Training 121

CHAPTER 12
Logs and Workout Tracking Tools 127

References 201

Index 203

About the Author 209

Sample file

Preface

Have you ever had the experience of striving for something and finding out down the road that you don't have the time, energy, or motivation to follow through? Or worse, have you killed yourself physically, mentally, and spiritually to accomplish a goal, only to realize that you didn't enjoy one single bit of it?

If you really want to get fit and accomplish your triathlon goals, you've got to be realistic and organized, and you've got to focus on the workouts that are going to help you cross the finish line with a strong sprint.

Realistic means something different to everyone. What may be realistic for one person is totally insane for another. All of us have unique responsibilities in terms of work, family, and social commitments. The trick is to determine a commitment level (and race distance and goal) that will contribute to—not detract from—a balanced lifestyle. Then you've got to put all the pieces together to make that happen. *Triathlon Workout Planner* is designed to help you do just that so that you can train intelligently and effectively within your personal time constraints.

Part I of this book provides you with some valuable information to help you get started. You'll find out how to determine the best race goal for you, manage your time and set priorities, find workout structures that will fit with your busy schedule, and create a master training plan that is uniquely suited to your training needs and goals. In addition, you'll be introduced to some key concepts that will significantly improve your chances of success, both in terms of making the most of what time you have and achieving your race goal.

Part II introduces you to some important tools that will help you train more intelligently and more effectively, resulting in improved performances. You'll find out how to use heart rate training for your current fitness level and adjust your target zones for sport-specific triathlon training. Concepts like key workouts and abiding by the 80/20 rule will help you stay on track and make leaps-and-bounds progress toward your goal. I've provided descriptions of intervals, bricks, and a host of other key workouts to help you pick and choose what works best for you. These race-proven training structures will directly contribute to your success on race day.

The sample workouts in part III will give you a good indication of how you can structure your individual training plan. Customized for each of the four most popular triathlon distances, these sample workouts provide a snapshot of what typical training might encompass, as well as a tapering schedule that will help you recover and be fresh for that big day.

Part III also includes the workout planner log—your greatest resource to help you accomplish your goals. The weekly planning worksheets will help you begin each week by revisiting your goals and planning your day-by-day training in detail, thereby determining what the best use of your time will be over the next seven days. The daily training log pages are designed to help you document your workouts every day to ensure they are aligned with your goals and to give you valuable feedback for subsequent training. Besides the standard information about your workout, such as distance, time, and course, these log pages contain fields that help you stay in sync with your weekly planning and track your progress toward your long-term training goal. Each daily training log page will be a rung in the triathlon race ladder that will take you to new heights so that you can cross that finish line. Finally, the summary page helps you keep your training totals in one handy place.

Some say there are three reasons to race: to finish, to improve, or to win. No matter what your goal for racing, *Triathlon Workout Planner* can help you train more intelligently, more effectively, and more efficiently. All that, along with proven training techniques to boost your performance, will help you achieve your individual triathlon goals in no time.

Sample file

Acknowledgments

I'd like to acknowledge the following people for contributing their technical expertise to this book. Coach Mathew Luebbers gave me invaluable help with the swimming workouts and drills. Coach "S.T.," Steven Truesdale, shared his workouts and his vast training knowledge of all things cycling. Marti Schoenberg, certified massage therapist at the Oasis Day Spa in New York City, shared her knowledge of the benefits of massage. Certified nutritionist Lisa Cohn helped me with basic information about nutrition. Dr. Joe Caraccilo imparted his knowledge of the performance benefits of yoga, and Pilates instructor Michelle Peperone gave similar assistance.

Finally, I'd like to thank Martin Barnard at Human Kinetics for letting me share in his vision for this book, as well as for his veteran editorial skills and triathlon guidance.

Sample file

Sample file

Plan for Success

Setting your priorities, managing your time well, and creating a plan are the first steps necessary in achieving your triathlon goal. By learning how to plan and train well within your time constraints, you'll maximize the efficiency of your workouts while maintaining balance in your life. Most of all, these tools will bring greater clarity and focus to your training, giving you the best shot at achieving your triathlon goal, whatever it may be. So roll up your wet-suit sleeves, and let's get to work.

Sample file

Priority Checklist

Admit it. You've caught the triathlon bug. You're officially a tri-geek. If you're reading this book, chances are that you're pretty serious about training. But training for the sake of training can eventually lead to burnout, and triathletes have gone down that path far too often through the years.

What you need is a plan—a good plan that incorporates your personal goals within a realistic framework, while making the most efficient use of your time. As you set forth on your quest for personal triathlon glory, the first order of business is to determine where your heart is. Selecting your goals shouldn't be like shooting at random targets. It's a process of examining yourself to determine objectives that get your heart racing in more than the cardiovascular way.

The key to accomplishing what you want to accomplish in your triathlon training is simple. Like most things in life, it's a matter of setting your priorities and creating a smart and realistic plan around them. In this chapter, we'll begin our journey toward more efficient and effective triathlon training by determining your goals, assessing your current fitness on several levels, and looking at which race distances will suit you best. We'll also explore the benefits of two training tools: a seasonal racing calendar and a training log.

SETTING GOALS

I recently had an unpleasant experience while taking my weekly long run. After struggling both mentally and physically for the first 6 miles of my 12-mile run, I came to a disheartening conclusion: I didn't want to run. I kept going, mainly because I was 6 miles away from my house (which is the greatest benefit of out-and-back courses—you can't get home unless you finish the run). There was no physical reason why the run had been so hard for me. In the next few days I recovered well, faster than usual, in fact. But after looking over all the factors, checking my training log, and