



We have nothing to fear but fear itself! -- Franklin D. Roosevelt

With courage greater than your fears, you will jump into the unknown and fly! -- Some plaque I have

Conquering fear is very empowering. Each one of us in TriLaVie encounters fears. There are palpable fears around the risks of swim-bike-run and psychological fears of failure or inadequacy. Bringing a diverse group of women together is a double-edged sword, I think. On the one hand we feel safety in numbers! Our team mates encourage us, provide accountability, share the ups and downs of a rigorous training plan and balancing life demands. On the other hand, our own insecurities often blind us to the tapestry of our group. EVERYONE ELSE looks confident, skilled and fit. Do I belong and will I survive this madness? Why do think I can take on this enormous adventure? Is this you? It's 75% of TLV. Yes!

Fear can be motivating or paralyzing. A healthy desire to overcome our fear is powerful. Embrace your fears now and turn them into "calls to action!" "I fear swimming so I will _____." "I fear cycling on the road so I will _____." "I fear not finishing my event so I will _____." "I fear the other women's apparent competence so I will _____" (*suggestions from Martha.....get to know them, ask them for help, share my story with them, invite them to train with me!*)

You know what else is powerful? Completing a training plan in a given week. Enjoy the simplicity again this week. Relish your success during this orientation and sport-introduction phase. Attention to good form and the skills of the sport is our main goal.

WEEKLY GOAL: Skill-focused sport development in swim at all distances. Some speed work to gauge fitness along with the Marker Sets to determine your starting point for this magnificent season.

MARKER SET: Review the Marker Set summary and try to do 1 or 2 from this set this week.

NOTE: For all trainings, be sure to ADD warm-up (WU) for at least 5 minutes and cool down (CD) for about 10 minutes. WU consists of doing the sport at a very low intensity or walking. CD includes stretching. If you only have 30 minutes to train, be sure only 20 of them is the challenge.

New Triathletes/athletes:

Run: 30 minutes or 3 miles. Experiment with run/walk intervals to feel stronger during run.
*Sunday's training will include a Trail Run/Walk from 3-8 miles, depending upon your fitness.

Bike: Cycling: Indoor class (spin) and/or ride outside with variable pace and gearing 30 minute practice.

Swim: Short pool sessions on your own to practice skills for 30 minutes. 2x/week, 3 if you are highly motivated!
Exhale-focused breathing, relaxed pace, long reach and strong pull. Don't kick too hard! Use your buoy about 50% of the time in the water. Alternate your laps with buoy and without buoy. Don't get addicted to the BUOY!! It's easy to do!!

BONUS: Choose 1 or 2 marker set(s) in swim, bike or run to accomplish. See additional handout.

Experienced triathletes/athletes at all distance preparations

Run: 4 miles, 1 mile easy, 2x1 mile best effort w/3 minutes rest between, 1 mile easy cool-down
*Sunday's training will include a Trail Run/Walk from 3-8 miles, depending upon your fitness.

Bike: 1 hour Outdoor Cycling or Indoor Class or 60 minutes ride/trainer for some "seat time!"

Swim: Pool sessions on your own to practice skills for 30 minutes. 2x/week.
500 yard time trial. (20 laps in a 25yard pool) Steady and strong, not speedy and out of control!
Exhale-focused breathing, relaxed pace, long reach and strong pull.
Don't kick too hard! Use your buoy about 30% of the time in the water.

BONUS: Choose 1 or 2 marker set(s) in swim, bike or run to accomplish. See additional handout.

Calendar: Check the calendar for specific training sessions to meet your needs and training plan.