



Your 1st mission is simple.... But not easy! Complete a Marker Set in 4 areas:

- Swim
- Bike
- Run
- Strength

What do I do?

1. Read the Marker Set Descriptions and view the strength video for planks (on pages 2 & 3)
2. Choose a race distance goal that corresponds with your next race.
 - New to TriLaVie Express and Sprinters will do Sprinters
 - Olympians who are doing only sprint from now to June 25th, do sprint
 - Olympians who are doing Championship on May 7th, do Olympic
 - 70.3 who are doing an Olympic before Vineman, do Olympic
 - Ironman trainers do 70.3 – Half Ironman
3. Go and do the Marker Set!

How do I do this? No, really.... How?

That's a question that I am going to let you answer *at this time*. If you are not fit or trained, take every distance easy. If you can't make some distances, don't fret. It's just a baseline report of where you are!

*** Everyone document what intensity you used when you completed the set. Put it in your notes/log

Log:

Please use the additional log (provided) to document your Marker Sets.

Are you going to help me?

Yes and no!

New to TriLaVie may do these as part of our training together in the coming weeks or you can try on your own. If you can do the sport, I recommend you give it a try. Then you will know if the skills we are teaching you are working when you try it again with us!

Deadline:

Please complete Marker Sets by **March 14, 2016**.

If you are not on a plan at this time, you can do them all this week.

Detailed training plans and more descriptive handouts about are coming after orientation.



Triathlon and Strength Marker Sets – Spring 2016

Marker sets are training goals that establish your level of fitness, speed, endurance or strength for a particular sport at a particular time. Throughout the season, you'll repeat marker sets to verify your progress.

It's time for baseline marker sets for the 2016 Triathlon Season! Data collection. No pressure. Conduct a marker set from below for each sport using the effort level designated. ***Not all Marker Sets are hard!***

The most important aspect of repeatable marker sets is a fair comparison from trial-to-trial. Try to use the same routes, pools or general locations on these occasions. It is desirable to do repeat sets at the same time of day. Choose the marker set for your distance goal this season. If your fitness is not at the level of the starting place for your goal, modify as necessary in both distance and intensity. ***Not all Marker Sets are hard!***

NOTE: For ALL marker sets, warm-up for about 10 minutes in your sport (low intensity or skill focused), conduct the set, and include 10-15 minutes of cool-down and stretch. Plan that time into your training.

LOG: time, distance, intensity goal, location/route, time of day.

LOG: how you FEEL during/after the set. ***Not all Marker Sets are hard!***

SPRINTER

Swim: 800 meter/880 yd swim steady/strong in the pool (32x25 meters or 35x25 yards lengths). Continuous!

Bike: 15 miles at hard intensity on a flat route with no/minimal stops. Ideal cadence at 85-95 rpm.

Sample routes: SART, Back Bay-Irvine Bike Trail, San Clemente State Beach/Pendleton

Run: 1 mile time trial, maximum effort after warm-up. Treadmill or track is optimal. Walking is OK too!

Strength: 3-minute planks Ex: :30 hold-:30 rest or 1:00 hold-:30 rest. Total time = 3 minutes OR Max Push-ups!

OLYMPIAN

Swim: 1500 meter/1 mile swim steady/strong in the pool (60x25 meters or 72x25 yards). Continuous!

Bike: 20 miles at HARD intensity on a flat route with no/minimal stops. Ideal cadence at 85-95 rpm.

Sample routes: SART, Back Bay-Irvine Bike Trail, San Clemente State Beach/Pendleton

Run: 1 mile time trial, maximum effort after warm-up. Treadmill or track is optimal.

Strength: 3-minute planks Ex: :30 hold-:30 rest or 1:00 hold-:30 rest. Total time = 3 minutes OR Max Push-ups!

70.3 HALF IRONMAN/ IRONMAN

Swim: 1500 meter/1 mile swim steady/strong in the pool (60x25 meters or 72x25 yards). Continuous!

Bike: 30 miles at MODERATE intensity on a flat route with no/minimal stops. Ideal cadence at 85-95 rpm.

Sample routes: SART, Back Bay-Irvine Bike Trail, San Clemente State Beach/Pendleton

Run: 1 mile time trial, maximum effort after warm-up. Treadmill or track is optimal.

Strength: 3-minute planks Ex: :30 hold-:30 rest or 1:00 hold-:30 rest. Total time = 3 minutes OR Max Push-ups!



TriLaVie® Strength Exercises – Basic

Martha Szufnarowski – Founder & Head Coach

www.TriLaVie.com



SMS- Strength Marker Sets! TriLaVie Triathlon Training incorporated some very basic strength work this season:

- Planks (3-5 minutes)
- Single Leg Stands (:30 on each side, starting on your weak side and doing weak/strong/weak)
- Squats
- Lunges

Simple, time-efficient, subtle-but-effective and require no special equipment.

Strength work is important, but should not take the place of your key workouts or skill training. Train the sport to improve the sport. When you are at a point where you are either stagnant or bored, feel free to add more strength.

In the off-season, feel free to add more strength work. Below are some examples with video. The first time you do these, do one set of each exercise with attention to doing them slowly and with good form.

- Be stable and focused.
- As you progress, add an additional set for each exercise.
- Advanced athletes do each exercise for 3 sets.

Review the videos prior to doing each exercise. Access these by phone and refer to them on site!

Squats – 3 sets of 8 (3x12) with :30 RI between sets.

How to Do a Squat | Boot Camp Workout for Women

<http://www.youtube.com/watch?v=UXJrBgI2RxA>

Push-Ups – 3 sets of 5 (3x5) with :30 RI between sets. Either kneeling or on toes, work at your level.

Plank: Use the push-up form and hold it for 3 minutes, or take breaks as needed within 3 minutes.

How to Do a Push Up | Boot Camp Workout for Women

<http://www.youtube.com/watch?v=Q7cPaJZoOng>

Abs and Obliques – 3 sets of 8 (3x8) with :30 RI between sets.

How to Do Oblique Exercises | Boot Camp Workout for Women

<http://www.youtube.com/watch?v=jzZP5hcn7IE>

Walking Lunge – 3 sets of 12 lunges (3x12) with :30 RI between sets

How to Do a Walking Lunge | Boot Camp Workout <http://www.youtube.com/watch?v=7mDWDIzFobQ>

Tricep Dip – 3 sets of 5 (3x5) with :30 RI between sets.

How to Do a Tricep Dip | Boot Camp Workout <http://www.youtube.com/watch?v=6kALZikXxLc>

Back Extension – 3 sets of 4 (3x8) with :30 RI between sets

How to Do a Back Extension | Boot Camp Workout <http://www.youtube.com/watch?v=DDJtB8Zgyow>