



TriLaVie® Triathlon Training
Olympic + 70.3 Base Phase #1
 March 14, 2016
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The time for plan-hopping is over. Pick a distance goal. Bring focus to each training. Quality counts.
 Martha

Use this plan if You are training for OLY races on May 7th, June 7th or June 26th and/or Vineman 70.3
Use this plan if You are an experienced triathlete with base mileage of 1 mi swim, 25 mi bike, 6 mi run
Use a modified distance (MOD) if You have a greater base from Nov-Feb training and are not injured. I am crafting these plans to accommodate athletes who were in the Trail Run program and/or did 13.1 race in 2016.
DO NOT ADD (MOD) DISTANCE IF..... You haven't done that distances since November ... or ever!

This is **BASE PHASE**. A variety of training for oxygen and fuel adaptation while reintroducing some skills and strength-building. Even pro-triathletes re-create plans when they re-start a new training phase. Build a new foundation if you want a new house. Dialing back distances does not equate to dialing back fitness or race preparation. **Trust me.**

WEEKLY GOALS:

- Plan your trainings for maximum success including fueling, nutrition and time-management.
- Stretch & self care are just as important as the actual training. Yes. Just as important.
- Appropriate warm-up, goal-focused workouts, lengthy cool-down, stretch and self-care work.
- Marker Set completion. Get those done by the end of the week. Replace training for them if necessary.

FUELING REVIEW: Yawn. Read the *Nutrition & Fueling* and *Hydration & Fatigue* postings and plan fuel for each training. **PLAN.** Pack your food and fuel, track your water intake and observe your pee-pee! This is the perfect time of the season to test new products and delivery systems. **Keep it simple. Keep it simple. Keep it simple.**

GOAL: Base phase and Marker Sets. Please prioritize your Marker Sets to complete by the end of the week.

NOTE: Always 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/self care. For example, if you only have 30 minutes to train, be sure only 20 minutes is hard work. Plan for 10 minutes of WU/CD into your time line.

SMS = Strength Marker Set for 5-10 minutes. See postings with video clips for variety, but do your 3-minute plank with each SMS. Option to do Inch-Worms (video coming) that are stationary for 3 minutes or with a distance goal.

1	OFF	Cycle	Swim	Run	Swim	Cycle	Run
Base		1 hour Cadence Focus, low gear, fast pace	1-mile or 1500m Time Trial	3 miles nice and easy!	45 minutes Open Water or Pool	30 mile Cycle MOD: 50 for PCRF	6 miles TLV Run is trail + park, or 10k at PCRF.
		Indoor or outdoor. Target 85-100 RPM on flats. Don't know your RPM? Pedal beyond comfort zone for as long as you can. Don't bounce on your seat! Find balance between speed and power.	If you are using a yard pool, do 1700 yards. Warm-up with at least 200. *SV Tuesday or Wednesday	MOD: 6 miles Easy 1:1 after 3 miles! YES! SMS	Continuous, easy swimming. EZ! *buoy use 25% of time if pool. SMS	TLV Group Ride from Irvine to Santiago. Safety is #1. Ride hard with focus. SMS	MOD: 8-9 miles, trail + park at TLV. SMS
		SMS	SMS				