



*If you don't know where you are going, you'll end up someplace else.*  
 Yogi Berra

Are you logging your training with as much detail as possible? But with enough simplicity to go back and review to compare? GOOD! I am so happy to hear that! You know where you are going, do you know when you get there?

**Athlete Question:** *But Martha, I am confused! You told us Base Phase was about going easy! Do we go EZ during our Marker Sets or hard? And why do do torture us at spin class? That is NOT an easy training!!*

**Coach Answer:** *It depends!*

**Base Training vs. Marker Sets!**

During Base Phase, your training is going to be EZ for the most part. However, we need to get some baseline numbers for the season to see where you are.... And more importantly..... begin to track your progress! Is it enough to just go faster? Just longer? The answer to that depends upon two (2) things:

1. Your fitness level right now (only you know the honest answer to that for each sport)
2. Your primary goal in the next 8 - 12 weeks (Your “A” Race is in this time-frame.... Not!)

**Real World Example: 1500 TT Swim Marker Set**

Athlete “A” with a 2016 Olympic goal has not been swimming since... well... she can hardly remember. September? She should do her Marker Set easy – just going the distance and feeling accomplished that she GOT IT DONE!

Athlete “B” with a 2016 Olympic goal has attended Swim Velocity all winter! She should lay it on the line to see if she can attain her fastest pace. She has both base in swim and advanced training. (plus... Martha had them on an off-season training designed to prevent burn-out and included lower-intensity, longer training in the right amounts).

**GOAL:** Most trainings nice and easy, with 1 chance to build speed or strength in 1 sport. (like cycle class or swim). This way, you have enough low-intensity work to make the hard work really settle in and be targeted.

**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.

2	OFF	Swim	Cycle	Run	Cross Training	Brick: Swim +Cycle	Run
Base		1-hour continuous. 25% with buoy/paddles. Intensity low. Practice breath-control drills	1.5 hours or (1 hour w/Martha!)  Seat Time! Rolling course, thinking about upper-body form, smooth pedal strokes, evenly balanced pedaling. Explore a new route!	3 miles nice and easy!  MOD: 6 miles Easy  Always now: 1:1 after 3 miles! YES!	30-60 min  Good day to do a strength, stretch, yoga routine  Or... elliptical, beach walk, something FUN!	45 minute Swim Open Water-Lake  30 mile Cycle Santiago  Try to keep intensity low on hills. Spin your wheels! Ignore the boys. You’ll get-em later.	10-12 miles  Run 10 if hilly/rolling, or you haven’t been running.  Run 12 if flat-ish.  *Easter No Team Training
		SMS	SMS	SMS	SMS	SMS	SMS