



*Start where you are. Use what you have. Do what you can.*

*Arthur Ashe*

**Where are you now? This is a question that you should answer with 3 elements considered:**

1. Physical fitness – endurance, distance/volume, speed and general health
2. Mental preparedness – motivated? sluggish? somewhere in between?
3. Life tapestry – work, family, community, obligations

I offer plans for optimal training for triathlon, aquabike, duathlon or some other combination of swim, bike run! At this time in the season, it's great to work toward achieving it all, but that may not be possible. It's going to take time for you all to be at the level of the plan that matches your racing goal. Take the next 2 weeks to aim for the distances and completion of a whole plan in a week!

**Here are some suggestions to use as benchmarks as we enter April (still very early in our season.....):**

1. **Physical:** did you finish the Marker Sets? Do you know your times/paces/distances intimately? **GOOD!**
2. **Mental:** motivated? Great! Not? Set your "A" race goal and a couple more between now and then. They can be seemingly small but powerful: Goal: I will train 5x this week regardless of the outcome. I will show up, I will train, I will log my work right away. Sometimes immediate logging kicks in motivation. If not, at least it gets you a document of your progress. Something is better than nothing. Doing well doesn't have to feel good.
3. **Life:** well, we are all juggling. Some weeks busier than others. Log your commitments and you'll see that you really DO accomplish a lot. Yes, use your training log. "I didn't swim because my boss kept me late at work." I didn't run because my husband wanted me to sleep late." You get the point. Over time, you'll see a pattern of life tapestry that defines your training gains (or losses). Start with honesty. Then craft a new plan.

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**GOAL:** Most trainings nice and easy, with 1 or 2 chances to build speed or strength in 1 sport. (like cycle class or swim). You'll have enough low-intensity work to make the hard work really settle in and be targeted. **REPEAT!**

3	OFF	Swim	Cycle	Run	Swim	Cycle	Run
Base		1 hour  3 or 4 x 500 1 min rest  For a maximum of 60 minutes Timed, but easy  TLV Group swim with mixed intervals but drills too! This is VALUABLE  SMS	1 hour Indoor or Outdoor  Seat Time! Rolling course, thinking about upper-body form, smooth pedal strokes, evenly balanced pedaling. Explore a new route!  SMS	6 miles nice and easy!  MOD: 8 miles Easy  Always now: 1:1 after 3 miles! YES!  SMS	1 hour  Open Water or Pool  Play in the water with breath control, bi-lateral breathing, skills. Drills, lots of rest!  SMS	30 miles  Hilly include Santiago if possible, Cannon even better.  This is essentially an "aerobic" ride with some spikes in HR for hills.  SMS	TLV Track Work + 3 miles or 6 -10 miles Mod or EZ  Your distance will depend upon goals: 13.1 in May? Do distance.  FAST OLY in May/June? Speed/track work.  SMS