



If opportunity doesn't knock, build a door.

Milton Berle

This quote defines my life. I am not naturally smart. I am not naturally strong. I am not naturally fearless. Not much would happen in my life if I let the closed doors I encounter define me. I am, at my core, a problem-solver. When I confront challenges, I see if I have the resources to overcome them. If not, it's time to create some.... Or build those doors – and find solutions! Can you see that in yourself? Of course you can!

TriLaVie is the product of a lack of opportunity for women in triathlon – as I saw it – since I entered the sport in 2001. Women are different. We care for others in various ways. We think about others incessantly – even when we are not with them. We are daughters, mothers, friends, siblings wives and community builders. This is our gift. TriLaVie is a chance for us to nurture ourselves with hard work that has a payoff for US! To enhance our lives, not hinder our lives.

Why am I using valuable training plan space to share the obvious? I want to release you from the pursuit of 100% perfection and let you appreciate each moment you can train and move your fitness (mental and physical) forward! Plan to train and come to each group event, but if it that opportunity doesn't pan out, build a new door to make **something** happen!! Modify your goal, but don't give up on it! Can't swim, bike or run today? Walk. Meditate. Stretch. Drink a glass of water. All doable in a fancy business suit! Do something, however small, to honor yourself. **Here's a suggestion:** add those moments to your training log. Document them. Be proud of them. Move forward!

Do you look at the training calendar and think...”OMG! I would love to do ALL OF THIS, but I can't find the time!!” The travel is the hardest, right? Well... if you are training locally, why don't you host an event and invite other TLV members to join you? This can serve 3 purposes:

1. Get the training done! You know you'll be more likely to do it if others are counting on you!
2. Meet new women who also find your area convenient or fun.
3. Feel the satisfaction that you built a door to a new opportunity that enhances your training.... And life.

The TriLaVie tag line is ***Life Through Triathlon.***

Not Life Consumed by Triathlon. Not Life IS Triathlon. Just Life Through Triathlon. An enhanced life.

GOAL: Adding some fast work to your overall endurance-focused plan. Follow the plan. Trust the plan.

4	OFF	Swim	Brick: Cycle/Run	Run	Swim	Cycle	Run
Base		Endurance					(or Mock Tri)
		WU 5 min Include Breath Control work! 1 min rest between intervals. 5 x 200 Easy 100 pull 1 x 200 Hard 100 pull 1 x 200 Easy 100 pull CD 5 minutes, Play!	1 hour Cadence Focus Flat Course Log RPM if possible. Steady pace, but highest RPM you can do to reach 100 average with moderate gear. 1 mile Run Fast	3 miles nice and easy! MOD: 6 miles Easy Always now: 1:1 after 3 miles! YES!	1 mile 1700 yds 1500 m Open Water or Pool *Can do Sunday Warm-up 10 minutes, breath control, pull, bi-lateral	25 miles Santiago Negative Split Out = EZ Back=HARD *It is also harder if you start at T2. Can you still Negative Split?	6 miles Negative Split 1 st 3 EZ 2 nd 3 HARD *TLV Mock Tri at Newport. You can Swim/Run or Run
		SMS	SMS	SMS	SMS	SMS	SMS