TriLaVie® Triathlon Training
Olympic + 70.3 Base Phase #6
April 18, 2016
Martha Szufnarowski, Founder & Head Coach

You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things.

Nate Berkus

NEW! **TriLaVie Triathlon Team Facebook page!** This is a member-only, coach-moderated group where I will post videos, photos and other information. More importantly, you can use it as a team communication system to find training partners, ask questions about the plan or anything related to triathlon training. So… you aren't on Facebook? Camille will help you set up an identity that will protect your identity! This enables you to join the conversation but not have the intrusion of Facebook in your life!! This group is totally optional and all essential information will still arrive by email to you. Want to get started? Like me on Facebook or contact Camille for help to create an account: camilletlewis@gmail.com

Electrolytes: It's getting warmer and these supplements are important. Experiment with amounts, but always have the minimum requirements of 200mg of sodium each hour. If it's warmer, use up to 500 mg/hour. Email Martha your product choices for electrolytes and how much you use as a target for your long bikes and runs. Refer to handout!

Strength: NEW, streamlined, SMS! I cannot make this any simpler!

- TLV Coach's strength Challenge for April! 1-minute work, once a day, every day.
  - 1 minute single-leg stands (:20 weak - :20 strong-:20 weak) Close your eyes!
  - 1 minute plank
  - 1 minute squats (hold, lift and lower or pulse low)
- Videos provided on the TriLaVie Triathlon Team Facebook Page (new page!!)

Host a training! Email details to Martha to post on calendar

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.

GOAL: High volume with variety of intensities. Follow the plan. Trust the plan. Send requested feedback to Martha.

6 **Base**	**Swim** **Skill** **Focused** Foundation Swim Skills 20 minutes plus 40 minutes of continuous swim practice using buoy 25% of time only! ***SMS**	**Run** 7 miles Easy-to-moderate pacing. As steady MM as possible. Send Log to Martha: 3 miles pace 4 mi pace 5 mi pace 6 mi pace 7 mi pace Total Time & Pace ***SMS**	**Swim** 1 hour Open Water or Pool Pool: Play in the water with breath control, bi-lateral breathing, skills. Drills OW: Continuous, easy 1 hour ***SMS**	**Brick: Cycle/Run** 1 hour Flat or rolling!! Keep a steady resistance, adjusting gear rather than your effort. 1 mile Run, fast Timed ***SMS**	**OFF** or Swim Skills or Cross Training that is NOT bike or run ***SMS**	**Cycle** 35 miles Easy intensity, seat time. Not on Santiago Canyon! Ride Pendleton or SART or anywhere that has minimal stopping. ***SMS**	**Run** Track work and skills clinic plus 30 minute run *Guest day at TLV Option: 2 miles run EZ, 1 mile TT, 5 miles EZ ***SMS**