



The whole is greater than the sum of its parts.

Who Knows, but it's an old saying!

The above phrase comes into my head often as I think about TriLaVie. This weekend we are doing a lot of racing and the team is at differing levels.

It's a metaphor. It means that a group of people working together can accomplish more than each working alone.

The technical term is 'synergy' and it means that working together to accomplish more than what you would expect from adding up what we can do separately.

Teamwork. People who work together routinely do more work than if their individual efforts were added together.

I've noticed over the past 2 months and 2 races a huge leap toward cohesion. We are only 2 months into the season! It only gets better from here. This weekend brings so much! New triathletes. New distances raced. New "personal best" records made. Old records fallen!! Podium finishes... of course that is not the most important... but nice!

We have learned that training together has great benefits. It's something about the energy of being together. It's something about the "Friendly" competitive nature of working "Against" each other. It's something about the sharing that takes place in a group setting. It all contributes to making us stronger athletes individually. As you enter this weekend – whatever your role on Team TriLaVie – recognize that we are stronger together. Help build that strength by accepting your role on the team, embracing the group energy and giving more than you receive. It will pay off with benefits you never imagined.

GOAL: Taper or Recovery week! Dial back intensity and volume. Allow your body to accept the work now.

NOTE: There are 2 plans on 2 pages. Find yours if you are tapering for racing or just on a recovery week.

TAPER RACING PLAN FOR LA TRI SERIES #3 – Championship Olympic Distance

8	OFF	Brick: Cycle/Run	Swim	Run	Cycle	RACE!!!	Fun Run! TriLaVie Mother's Day and Race Sharing!
R	or	45 minutes	1 mile Race Pace	4 miles	20 miles	LA TRI SERIES #3	
A	Swim Skills	Short, interval based, with easy recoveries.	Open Water or Pool	Easy, Flat	Easy	Olympic Distance	1 hour
E	or	OPTION: Spin Class at Full Psycle	Option: Swim Drills with team and Martha at Lake	Beach Run Option at HB	Gear and Bike Check	Fast and Furious!	Adventure run with boot camp!
T	Cross Training that is NOT bike or run	1 mile Run Hard	Race Prep!	*SMS	*SMS		*SMS
A							
P							
E							
R							



TriLaVie® Triathlon Training
Olympic + 70.3 Base Phase #8
 May 2, 2016
 Martha Szufnarowski, Founder & Head Coach



RECOVERY WEEK PLAN FOR NON-RACERS!

Enjoy!!

8 R E C O V E R Y	OFF	Brick: Cycle/Run	Swim	Run	OFF	Cycle	Run Fun Run! TriLaVie Mother's Day and Race Sharing!
	or Swim Skills or Cross Training that is NOT bike or run	1 hour Short, interval based, with easy recoveries. OPTION: Spin Class at Full Psyche 1 mile Run Hard	1 mile Easy but timed Open Water or Pool Option: Swim Drills with team and Martha at Lake Race Prep! *SMS	4 miles Easy, Flat Beach Run Option at HB *SMS	or Swim Skills or Cross Training that is NOT bike or run *SMS	30 miles Easy Fun Around the town or Camp Pendleton As few stops as possible, but an EZ pace! Social!	1 hour Adventure run with boot camp! *SMS