



*Endurance is one of the most difficult disciplines,  
 but it is to the one who endures that the final victory comes.*

*Buddha*

Our focus since March has been **Base Phase**. We've accomplished so much under that title! Marker Sets to determine our fitness for the 2016 triathlon season! Longer distances at slower paces. Focus on skill building. Variety of intensities from time-to-time. Most of you raced at least once to try out your fitness, strategies and race preparation. Early-season racing is not your best work – not your peak – not your “A” race! But my goodness... we have seen so much success so far that I get totally jazzed to see the amazing results to come!!

Our focus now is **Race Preparation**. Each athlete should have a race(s) on the schedule that satisfies either:

1. Your “A” race.
2. Your Prep race to refine your “A” race performance.
3. Several races that lead to your “A” race.

It was a nice taper/recovery week, and now we are back to work.

**HOWEVER...** please note that we are still early in the year. With that realization comes the freedom to do some trainings that combine **physical and emotional variety**. Specifically - fun-runs at the beach and on trails, playing in the waves at the ocean to gain confidence and have fun, riding routes that are beautiful and not-so-race-prep just because it's soul satisfying. You can choose that variety yourself or just follow my suggestions on the plans!

**GOAL:** High volume with variety of intensities. Increase water consumption dramatically and see how your body responds. Find the line between fully hydrated and having to pee too much! Watch your urine color: lemonade!!

**SMS:** Stays the same this week. 1 minute plank, 1.5 minute single leg drills, 1 minute squats. See Facebook Videos for refresher... even though you don't need it. ☺ BTW, President Obama referenced a “3-minute Plank” in his Correspondent's Dinner speech when he said his wife Michelle makes everything look as easy as her “3-min-plank!!”

1	OFF	Brick: Cycle/Run	Swim	Run *TLV Beach Run	Swim	Brick: Cycle+ Run	Run
<b>R A C E  P R E P</b>	or	1 hour	Swim Set #1		1 hour	40 mile Ride	8 miles
	Swim Skills	Hills or Hill Repeats!	You have base!	1 hour Run 15+ minute Stretch	Steady swimming, open water or pool	3 mile Run	Negative Split
	or	Push as hard as you can uphill. Total recovery on downhills	Swim these 2000 yards hard when indicated. Use controlled breathing when possible.	Hilly Run work the hills!	50% buoy work in pool.	TLV Ride Northwood 3 Quail loops plus Santiago Canyon	Hilly or a Trail
	Cross Training that is NOT bike or run	1 mile Run Timed		Find stairs and ramps – maybe – to increase challenge.	Practice breath control and complete exhalation	Run Quail Loop	Stretch for at least 15 minutes, roll and release!!
	*SMS	*SMS	*SMS	Stretch for 15 minutes minimum!	*SMS	*See Route Slip	*SMS
				*SMS		*SMS	