



The whole is greater than the sum of its parts.

Who Knows, but it's an old saying!

TriLaVie: a group of women working together can accomplish more than each working alone.

TriLaVie is a team of strong women. It is that very element that sometimes brings about insecurities at group or team training. In our minds, we want to be challenged and get better. In reality, we are uncomfortable when we can't perform to the level of our peers. This internal divide motivates some of us and deflates others. Most of us are very accomplished in our life outside of TriLaVie. Many of us are the queens of our domain (directors, managers, mothers) and it's hard to be middle or bottom at a training session. It's humbling to be in the "emergent phase" of a sport or just plain slower than we'd like.

So I started thinking, what happens outside TriLaVie (let's say in a company or family) if you want to get better at something? In addition to doing research, we usually reach out to others for help. Experts. For our purposes, let's think of "experts" as people who either know more than us or can do something better than us. We rarely feel shame at using "experts" to help improve our situation. We usually welcome it! I am inviting you to think about the totality of TriLaVie offerings as a basket full of expertise to draw upon when needed. It's easy to understand that in terms of coaching or training plans. Most importantly, think of your team mates as "experts" who can offer so much to improve your position. You will only get the full array of their experience if you call upon it whether by asking for it or by seeing their performance as a way to improve your own.

Individually we can do A LOT! Together, we can do MORE! TriLaVie as a whole is greater than the sum of its very, very valuable PARTS! Utilize the power of our team and our expertise to strengthen yourself. Getting to know one another is a journey and takes time. Seek opportunities to hasten that value-added!

TriLaVie Team Facebook Page: use this so that all members can be included in your trainings, questions, sharing.

GOAL: Race Prep phase! Increasing intensity, speed and strength!!! WOW!

4 R A C E P R E P	OFF Laguna Hills 13.1	Brick: Cycle/Run	Swim	Run *Track w/ TLV	Swim	KEY TRAINING Brick	Long Run/Walk
	Interval 1 hr or Swim Skills or Cross Training that is NOT bike or run *SMS	Spin class or outdoor. Flat or rolling course. Ride hard for 3 minutes, EZ for 3 minutes, keep going! Run 3 miles *SMS	Swim Set #4 *SMS	Speed Set #1 Stretch for 15 minutes minimum! *SMS	Open Water Lake preferable 1.5 miles Time Trial Best Effort!! NO WETSUIT *SMS	Cycle 56 (?) miles Hard 2x Santiago Add the hill just before Cook's Corner to the top and back. *From Lake Forest Sports Park is recommended by Martha *SMS	12 miles 3 miles EZ 7 miles MOD 2 miles HARD Use 1:1 after 1 st 3 miles *Racing OC? Do only 30 miles on Santiago Saturday or Rest if you did it on the weekday. No 12 miler for you! *SMS