



*We must not, in trying to think about how we can make a big difference,  
ignore the small daily difference we can make which, over time,  
add up to big differences that we often cannot foresee.*

*Marian Wright Edelman*

Is it all feeling a bit big right now? The plan, the goals, the volume, the big picture! How will this race(s) go? It is so easy to get distracted or try to take several paths hoping they'll lead to the same place. Perhaps. Perhaps not. I do believe there is a value to going "off plan" in life! Getting out of the mainstream can have wonderful results! When a new challenge forces us to adjust our path, let's just be sure that we are still doing the daily work that needs to be done.

This journey is very personal. YOU take it on your own, despite a little help from your friends. YOU ultimately know what works for you. At this juncture, you may be open minded to small adjustments in your plan. Resist the temptation to get caught up in chatter that clouds your bigger vision. When you hear another athlete's plan and it doesn't resemble yours, don't panic. If things are going well for you, rejoice. If things are not going well, get to the root of it. Below are some typical training experiences and my comments on them. "Normal" is a varied range. These are just signs!

Over training/under resting: deep fatigue, lack of joy, performance decline, elevated resting HR, inability to raise HR appreciably during training, zippidee doo da is gone. In this case, take 1-3 days off. Do something that restores your vitality or just rest. Release the guilt or that will just take the place of training fatigue!

Slowing times/declining performance: feeling good generally, working hard, can't seem to get to previous times even in short trainings. OH! This is totally natural and normal!! When your training load increases significantly, your general times tend to slow. If your mind is strong, get over it! Think about all you ARE doing now!

Race Anxiety: can't stop feeling inadequate about impending performance, can't visualize the race properly, building up the experience to an insurmountable goal. Well, how can I help with this? If you complete the plan – or 75% of it – you are doing great! You will be VERY well prepared. The swim is simple-simon, the bike is much easier than Santiago Canyon and the run is about digging deep and moving forward no matter what.

During these shaky and uncertain days, keep your aim on the big goal but execute the daily activities on a smaller scale. Each training matters, but so does rest and rejuvenation. Manage the days and the month will take care of itself!

**HOMEWORK:** Submit a *Nutrition and Fueling Plan* to Martha by Thursday, June 9th.

It can be in your own format, but it must be detailed and well-organized so all the parts of the plan can be identified clearly. (You'll find the *Nutrition and Fueling Planning Guide* in the Tool Box)

REVIEW:

- *Peak Preparation Summary*
- *Fueling Guidelines* and make adjustments
- *Hydration and Fatigue*



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PLAN: Race goals, it's time! See *Race Execution and Goals*, look at past Vineman 70.3 Race Results

NOTE: Rest, recovery nutrition and self care are still emphasized!

SELF CARE: stretch, roll, massage. Plan some into each training session

STRENGTH: Strength work only on Thursday as part of the run.

<b>5</b>	<b>OFF</b>	<b>Brick: Cycle/Run</b>	<b>Swim</b>	<b>Run</b>	<b>Swim</b>	<b>Brick: Cycle/Run</b>	<b>Long Run/Walk</b>
	or	Interval 1.5 hrs	Swim Set #5	*Track w/ <b>TLV</b>  Speed Set #2	Open Water Lake preferable	Cycle 60 miles Negative Split Rolling Course Pendleton Ideal	8 miles Flat/Rolling TLV=Windrow
<b>R A C E</b>	Swim Skills	Hilly Ride or Hill Repeats or Spin Class with heavy gearing!		Stretch for 15 minutes minimum!	1.5 miles Time Trial Best Effort!!	Run 8 miles Flat/Rolling 1 <sup>st</sup> mile strong Then.... 3mi EZ Then.... Get a bit faster each of the 4 miles remaining 1:1	2 miles EZ 4 miles STRONG! 2 miles EZ
	or	Run 3 miles 1 mile HARD 1 mile MOD 1 mile HARD		*SMS	<b>NO WETSUIT</b>	Use 1:1 after 1 <sup>st</sup> 2 miles	Yes, your last 2 miles are EZ. That is not a typo! <b>YES!</b>
<b>P R E P</b>	Cross Training that is <b>NOT</b> bike or run	1:1 run/walk  Stretch for 15 minutes minimum!				Stretch for 15 minutes minimum!	
						Stretch for 15 minutes minimum!	