



***I can't change the direction of the wind, but I can adjust my sails to always reach my destination.***  
*Unknown*

We are on the homestretch to Vineman Half Ironman (70.3). The longest phase of your training is behind you. One more week of a PEAK plan and it's time to refine your time goals, fueling plans, race preparation clothing, transition gear, general mind-set that will bring success. Plan your life around this reality.

You can't predict how you will race with any certainty. You can predict that there will be "shifts" in your approach as unexpected challenges confront you. Don't fall apart. Don't give up. Adjust your sails!

The most important aspect of a great race is a well formulated and executed nutrition plan. Your current nutrition plan is still a work-in-progress. Make adjustments as necessary. Try new formulas on your shorter training days to assess your body's ability to use and enjoy products and flavors. For those who submitted a nutrition plan, I appreciate that you took the effort. This is an important task for your own thought process as well as sharing!

All-liquid nutrition is my preference. Why? In 16 years of triathlon training with several teams in OC and following the stories of thousands of athletes, I find one striking comment: the solid food nutrition they used in training did not work in a race. If that happens to you, it is a sad moment. It has happened to me. I find that athletes who adapt to all-liquid can easily assimilate solids on the run as they feel attracted to them. For instance, the aid stations on the run will have a plethora of food: bananas, oranges, cookies, pretzels, bars, gels, blocks, cola, chicken broth. Though many of us do not use these in training, a glance across the aid station table at 5+ hours into the race signals what the body wants, needs or is capable of digesting.

EXCEPTION!! What we often don't intuit is our FLUID intake. We may not feel like drinking, but we must be VIGILANT about the amount of water we ingest. By the time we realize we are parched and dehydrated, it's too late for the best race of our lives. It is better to make a couple of potty stops than suffer from dehydration. As you train in this next cycle, please continue to push the limits of your fluid intake.

GOAL: Refinement into the last couple of hard weeks, focused on race preparation, fitness and fueling plans!

<b>7 R A C E  P R E P</b>	Active Recovery Rest Restorative	<b>Brick: Cycle/Run</b>	<b>Swim</b>	<b>Run Speed Set #3</b>	<b>Swim</b>	<b>Brick - Challenge</b>	<b>Long Run/Walk</b>
		Strength Hills/Steady 1.5 hrs	<b>Open Water Time Trial 1.5 Miles</b>		<b>Marker Sets 5x500s</b>	<b>56 miles</b>	13.1 Miles Race Style!
		Indoor Cycling or Cycling Hilly Ride or Hill Repeats	Lake is best		Alternate between EZ and HARD with 1 minute rest between.	<b>Run 5 miles neg split HEAT TRAIN!</b>	Rolling Course
		Run 3 miles Hard and Steady!	NO WETSUIT		#1 EZ #2 HARD #3 EZ #4 HARD #5 EZ	2x Santiago Canyon is your best route here.	Run 3 miles then start 1:1. Negative split the run. Start out annoyingly easy.
			Mental training as well as physical training. Minimal stopping, please.			<u>GOALS:</u> Best effort non-stop or minimal stop ride carrying most of your fuel and water	Finish with 6 successively faster miles.