

Jackie G's Training Notes

In any basic program (for any endurance sport) you need three components:

1. Endurance sessions:

Purpose is to make you body efficient at a repetitive movement. Also make the body efficient at using energy and burning fat.

- Long **run** (90 mins)
- Long **ride** (3 hrs)
- Aerobic **swim** session (longer reps eg 10 x 300m, moderate - short recovery)

2. Speed sessions:

Purpose is "Speed" – good, effective technique, learning optimal motor skill, feeling free...

- **Run:** some short run throughs (10 x 80m) with walk back recovery - Incorporate this into a moderate run - so running 8-10k and stopping at a track or field at sometime during the second half of the run. Or short sprints during a run – but with good longer recovery.
- **Swim:** short reps, with longer recovery (sets (10) of 4 x 25m etc)
- **Bike:** shorter intervals – 1min with high cadence (110+rpm), out of the saddle sprints etc (esp. use this skill in triathlon races (draft legal) to sprint out of corners or bridge the gap to the pack.)

3. Speed Endurance sessions:

Purpose is "programming" your body to perform at its threshold – race speed. Efficiency of physical, physiological and psychological systems at race pace.

- **Run:** Longer intervals with short recoveries. So either a short rec track set (My favourite is 25 x 400 at race pace on 2:00 - A bit advanced for all but top runners, but can be moderated. Eg, 2 sets of 10 x 200 on 1:15). More appropriate for most people is a good fartlek session. The "Monaghetti set" is 2 x [90, 2 x 60, 2 x 45, 2 x 30, 2 x 15sec] with same time recovery. Or something like 10-20 x 30 sec on 30 sec off; or you can just do it totally unstructured and how you feel.
- **Swim:** Sets like 15 – 20 x 100 on the shortest interval you can hold. Reps of 50 to 200m with short rests of 5-10 secs.
- **Bike:** Again, moderate reps with shorter rests. Like 8 x 2k with 1k recovery

So, after a base phase of just unstructured mileage, if you did a program including these three components, you would be well on your way to significant improvement - in speed, endurance and *race pace*. The best programs incorporate these three types of sessions each week in each of the three sports. Most people don't do this well and don't have a real understanding of these basic concepts or don't know how to incorporate them together into a program...

Use easier sessions in between harder ones for recovery - Don't do two sessions of the same type (even in different disciplines) back to back. Balance out the types of sessions across the three sports.

The whole idea is to bombard your body with different stimulus, in order to make it more "resistant to fatigue". Your body adapts very quickly - It does what it has to do to make things easier for itself. If you run 10k everyday in 45mins, it will adapt to do *exactly that*, very efficiently. If you give it all types of running at all types of paces, it will adapt to be able to do whatever you want it to do!