

Triathlete's Training Bible

by Joe Friel

Do the least amount of the most specific training that causes gradual improvement at the right times. Henry Ford said, "If you think you can or think you can't, you're probably right". What you believe you will achieve. Hard workouts (without going anaerobic) are quite effective in teaching the body to conserve glycogen while becoming more proficient at using fat for fuel. Power = force x distance/time. Power is expressed in watts (named after James Watt, who invented the steam engine).

The goal of improved fitness is to increase performance with less effort (heart rate). Clearly defined goals improve one's ability to achieve them. Goals must be written, positive, timely, measurable & clear. **Schedule top races and plan training to peak at it.** Rest every 4th week and after hard workouts (easy workouts, not inactivity). Half of our training should be on the bike since it takes half the time of the triathlon. Don't race within 12 weeks of an Ironman. Runners who completed a marathon are 6 times more likely to be ill in the week following the race.

80% of running injuries resulted from muscle weakness, muscular imbalance or lack of flexibility. Within 30 minutes after a workout eat 1g of protein with 4g of carbs for better recovery. The longer the race is the more important economy of energy becomes. **It can take 4x the energy to swim the same distance as to run.** (460 cal v. 115) since water is denser. Learn to reduce drag while swimming. Keep your head down so your hips and legs stay up. Swimming on your side lessons drag and increases propulsion. Reach-glide-stroke. See book for bike fit. Practice pedaling with one foot to become more efficient.

Weight-lifting improves swimming and cycling more than running. Stretching and strengthening muscles are important. World record times slow by 1% per year after 30. Adrenalin and excitement cause runners to go out too fast, causing lactic acid buildup. Our strength can become our weakness if we are not balanced. **Confidence grows when success is written down and remembered later.** Eat protein to satisfy sweet cravings. Dehydration thickens the blood and causes the heart to work harder.