

Bi-Weekly Time Trials

A very effective training tool is to use weekly or bi-weekly time trials (TT) to measure your progress. With heavy training, you will often feel tired and think you need a day off. We will use the weekly time trial in conjunction with your resting heart rate to find out if you really do need time off. As long as your resting heart rate does not rise and you do not slow in your TT then you are handling the training fine.

- Swim TT: 500 or 1000 yards

- Bike TT: 10 miles

You will want to find a stretch of road without too many hazards. Avoid heavy traffic and too many houses along the course. The course should be out and back.

- Run TT: 3-5 Miles

There are enough running races that you can use 5k race as your TT. You can also set up a 3-5 mile run on road or trail.

Make your TT courses in areas that you like to workout. The goal here is to make these workouts convenient and as fun as a TT can be (and they will suck!). You will need to do these whether or not you feel 100% ready to do them – after all, they are workouts not races.

Your average HR for the TT will can be used as your lactate threshold for that sport.

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