

## First Wave Tri Club – June 23, 2008

### Olympic Distance Training and Racing

#### Goal?

- Finish your first Olympic distance race? Break 3 hours, or 2:45 or 2:30?  
Place in your age group? Qualify for Nationals?
- Time availability must match your goals.

#### General Thoughts:

- Combination of speed and endurance. Pacing is important.
- Need to be pretty good at all three disciplines due to length of race.
- Reasonable – distance, training time, effort, nutrition, etc.

#### Training:

- Key Workouts – LSD workout, and, the intensity/speed workout.
- HRT – Zone 2 training for the long haul. Speed training for short-term.
- Minimum of 2 workouts each discipline/week, plus weights and core.
- Core training is also important.
- Daily Nutrition – carrying 5-20 less lbs. around the course makes a difference.  
Race Nutrition – Pre-race, during race, post-race. Same – workouts  
Training – 250-300 cal. / hour. Racing – protein if over 2:15
- Swim – SSS needed along with intervals, and time trials – get coaching.
- Bike – Long Zone 2 ride, plus time trials, plus hills. Work on technique.
- Run – Pretty much same as bike...Also, use Sprint races for speedwork.