

THE ISLAND EIGHTY™

1 MI SWIM * 66 MI BIKE * 13 MI RUN



MARCH 29, 2009

THE ISLAND FORTY™

1 MI SWIM * 33.5 MI BIKE * 5.5 MI RUN



TRAINING FOR THE ISLAND EIGHTY™

This section has been contributed by NCCP Certified top triathlon coach Steve Bentley, who was recently voted Coach of the Year by the Ontario Association of Triathletes

I've coached triathletes, runners, cyclists and swimmer for over 15 years now. Preparing people of all abilities to almost 300 Ironman races and thousands of shorter distance events. From my own personal racing experience (racing in triathlons, marathons, track running, cycling and Nordic skiing for over 25 years) and from the feedback and results of the athletes I've worked with over the years I've gained a wealth of knowledge about what works, what doesn't and what is most important in your training for any particular event.

Of course any training plan that you follow is going to depend on three main factors. What are you capable of doing when you start your training plan. What is your goal race and time goals (if any) for that event. And finally what time do you have available to train and what schedule restriction pertain to you specifically. Typically I develop training plans for my athletes that successfully take all these factors into account. As we move through an athletes plan we also work on critical factors such as pacing, nutrition and mental strength/strategy. For no matter how fit and fast you are on race day, if you don't pace yourself effectively, handle your nutrition and stay strong mentally, you will not be successful.

What I will try to do with this document is provide a generalized guideline for getting your ready for the Island Eighty Triathlon, actually taking place exactly 1 year from the date of writing this. March 29, 2008. If you would like to enquire about a more personalized and detailed plan to get you ready for the event please visit my website at www.bentleycoaching.com or contact me at steve@bentleycoaching.com. I would be happy to discuss options for your preparation. I also typically give a free 30minute coaching consultation where you can ask me any questions about training or how to prepare for an event. Good luck in your training.

Training Potential

Before I get into the focus for your training I want to bring up the very important topic of "Training Potential". It doesn't matter what training plan you follow. If you don't take care of your body in ways outside of the actual workouts then you are just wasting your time training. If you don't eat the right foods, get the right amount and type of recovery and keep your body hydrated then you are not going to realize your true 'potential'. Neglect your body and you will always have a lower quality output.

I always use to think of nutrition as carbohydrates, proteins and fats. The macronutrients. I never thought about the critical importance of micronutrients. Micronutrients are all those phytonutrients, vitamins, antioxidants, minerals, enzymes, etc that you find in fruits and vegetables. Getting proper nutrition into your body will allow you to recover from

workouts faster, sleep better at night and have more energy. The typical focus of triathletes on carbohydrates at the expense of everything else does not allow for proper functioning of your system. Phytonutrients are critical to allow the enzymes in your body to do their job and turn on and off various processes that you continually need to operate properly. Not to mention the importance of antioxidants for protecting you from free radical damage generated by your training. The oxygen carrying ability of your blood and the energy producing ability of your mitochondria are perfect examples of systems that benefit immensely from good nutrition.

With the recommended servings of fruits and vegetables being 9 to 13 a day you can imagine why no one eats properly. I eat really well and still only get on average 6 a day. And as an active male I should be getting at least 13 servings a day, probably closer to 15-17. Since no one eats enough fruits and vegetables, and certainly not a variety of fresh, ripe, raw fruits and vegetables, I recommend that all my athletes supplement their nutrition. However, vitamins do not work as effectively as real fruits and vegetables. Isolated, synthetic, fractioned vitamins just are not absorbed properly. I take and have my athletes take a whole food product called Juice Plus. It's not a juice but rather a powder in capsule form and contains the nutrients from 17 different fruits and vegetables. It's convenient and more economical than trying to eat a lot of produce. Juice Plus basically bridges the nutritional gap between what you're getting into your system and what you should be getting in. More information on Juice Plus can be found at <http://www.bentleycoaching.com/home.html> Just click the Juice Plus link on the right side of the page to get to more information or to order.

I personally only take Juice Plus Orchard, Garden and Vineyard blend capsules as well as a high quality Fish Oil capsule (Genestra). Simple, economical and most importantly very effective. If you're unsure of your current nutritional regime please don't hesitate to contact me and we can quickly go over what you're doing and how you can make some minor changes to bring yourself in line with an effective strategy.

Fuelling properly for your workouts is also very important. If you restrict calories during your hard training sessions then you will not be able to push yourself as hard or go as fast and you will not improve your abilities optimally. Try different strategies out in training to see what works for you. Find out what is the maximum you can handle, what is the minimum you need and then do something in between. This applies to fuel, water and electrolytes. I try to keep things very simple in training and racing. I use CarboPro as my fuel source and Thermolyte Tabs as my electrolyte source. Drinking plain water for hydration. I get my CarboPro and Thermolyte tabs from The Fit Stop. Talk to Bob or Brent at 772-221-1225 and tell them I sent you.

Sleep is also critical for your training success. I don't care about your amount of sleep as much as your quality of sleep. If you're in bed for 9 hours a night but never get into a deep sleep then your sleep isn't very effective. However, you could get 5 hours of really deep good quality sleep and be ready to go. Believe it or not nutrition and your body's ability to repair itself has a huge impact on your sleep quality.

Finally DRINK MORE WATER. No one drinks enough water on a regular basis to allow it to function properly. Your muscles are 70% water and if you're even just 3% dehydrated you'll experience a 8% decrease in speed.

What you are trying to do in training is give yourself the best chance to work out to your ability so that you can adapt to that higher stress. If you continually restrict your training

ability through poor nutrition, not eating enough to effectively fuel your workouts, not sleeping well enough and by being dehydrated, then you will never realize your true training potential. If you continually train in this state then you will not be able to improve as quickly.

Developing your Macro Plan

With exactly one year to go before the Island Eighty triathlon there is plenty of time to develop the three areas of your training that you want your plan to touch on. Technique, Strength and Power. Of course it's unlikely that your reading this for the first time the day I'm reading this so you'll have to slot yourself into the training somewhere. Whenever you start just make sure that you follow the progression of technique, strength, then power. Without establishing your ability in one, it is a waste of your time to move onto the next. So your first order of business is to develop great technique and engrain those movements into your system as much as you can before moving onto the strength portion of the plan. If you were to break your training up into three 4 months builds then that will give us the start of a training outline. The first build (December 2006 to March 2007) should ideally focus more on technique and technique endurance. The second build (April to July 2007) will have more of a focus on strength and strength endurance. And the third build (August to end November 2007) will have more of a focus on Power and developing speed. Of course within each of these builds you're going to touch on all three aspects of your training (technique, strength and speed). However, each particular build will have more focus on one than the other. At the end of each of these builds you should allow your body to recover for a couple of weeks to allow it to prepare physically and mentally for the next build.

Getting More Specific

Once you have that outline for your training your next goal is to develop your specific focus. As I mentioned the first build is more focused on technique. I'm talking about being efficient here. If you are not moving efficiently then as you get fitter and stronger you'll just end up wasting more energy. This is critical for all three sports and you may find it useful to have an experienced coach look at your form in all activities and provide feedback on what you can do to improve. I coach people all over the world. Sometimes they come to me for technique assessments and correction and sometimes they have me come to them. Or sometimes my clients send me video footage of their performance and I provide feedback that way. Whatever you do, make sure you spend the money and time up front to ensure that what you are doing is right, or as close to right as you're going to get. It will not only get you faster, but will lessen your chances of injury and/or muscle soreness. If you want to send me video footage of your movement contact me and we can work something out.

I've provided technique ideas elsewhere in the Island Eighty website so please look those over and don't hesitate to contact me if you have any questions. One question you may have is how long to focus on this technical component of your training. You should ask yourself what your goals are (short and long term). If you're just getting into triathlon and you plan on racing and improving your performance for many years and aren't too concerned about your speed on March 29, 2008, then there is no rush to move too quickly through this technique component. Take your time and really work hard to develop as good a foundation of technique as you can. If you rush through this phase now then you will ingrain poor efficiency habits into your movement and forever restrict

yourself from realizing your full potential. There is lots of time over the final two builds to get fitter to handle the distance of the race. If however, you have been racing for a long time and have developed your technique as much as (you think) you can then perhaps you can get through your technique focus a bit quicker. Either way though, the more you focus on and develop your technique now the better the foundation you will build and the higher (and faster) you will be able to develop your power and speed later.

Because you have a whole year I would encourage you to spend the next couple of months just working on technique. Nothing too hard. If you feel that you are a little heavier than you want to be then work now to drop that excess fat weight off your body. For a lot of people dropping weight later, when the training gets harder and you're eating like a horse all the time to fuel your workouts, becomes very hard. So get leaner now as you focus on technique. You'll feel like you aren't working hard enough to get you ready for the race but that's ok. Make it hard by working those systems that you find break down when you try to go harder. Typically this is a nice high and early elbow catch on the swim, pulling up across the back part of the pedal stroke on the bike, and keeping your cadence high on the run.

The Micro Plan – Strength and Power

Within each build you should try hard to gradually increase your intensity and duration through all of your workouts for a couple of weeks then take an easier week to recover. People will typically tell you to increase your workouts no more than 10% from one workout or week to the next. Generally that is a pretty good thought. However, realistically and specifically for you, you are going to have various stresses and other factors (see **Training Potential** above) that are going to work to increase or decrease your training potential. This is critical to how much you are going to get out of your body on any given workout. Despite what the "plan" says, if you really feel unable to get through a workout then there's likely a reason. Recovery is very important and deals as much with your quality of sleep, your nutritional status and your hydration levels as it does with your actual training. Again, please refer to the nutrition section as this portion of your training is crucial for success.

What I typically get people to focus on once they have developed their technique is strength. This is easy to do, but hard on your system. Strength focused workout would be things like pull and paddle work in the pool, low cadence work or hill repeats cycling, and hill repeat running. Getting into the weight room to gradually increase your lean muscle mass is also an effective way to help develop strength. However, the specific swimming, cycling and running strength workouts are by far the most important.

Whatever you do to work on your strength though you should go into it slowly and build through succeeding weeks to ensure your body adapts to the increasing stresses of this higher load work. This is why technique work is important to do first. Developing proper technique ensures you are moving properly and helps to reduce the chances of injury.

Your Power based workouts are differentiated from the strength workouts basically by the speed of activation. Pushing a big load with higher velocity will get you moving faster. Again, build through these slowly so your body adapts to the stresses (both aerobically and muscularly) of working at you maximum.

Specific Plan

You want to use your training to gradually prepare for the goal race. An easy way to do this is to work backwards from the race to where you are now. You know that on March 29, 2008 you are going to Swim 1 mile, cycle 66 and run 13. So simply work backwards from March 29 so that you break each leg of the race down making it gradually easier and easier, shorter and shorter till you get to the beginning of that final build starting in August 2007. Focus a bit on technique to make sure you're still good there and then kick into the strength component, working hard (but within your ability) to generate a lot of force to prepare yourself for the final power workouts over the last month and a half before the race. Sorry to not be too specific but the range of abilities of the people reading this will make it impossible to be able to write anything useful for the majority of people.

For your final taper you should try some options out through your training to see what works best for you. Some people need a really long easy taper, some people benefit from training much closer to the event and then backing off entirely for a few days. Try each in your training and see how you feel. If you feel flat with one option then try the other. Personally I train harder for longer, then do absolutely nothing for a week to completely recover. Then as the race approaches I build my training up again over the last 5-6 days. This keeps me from feeling flat on race day. Typically though your taper is going to maintain the frequency of your workouts but see an increase in intensity coupled with a decrease in duration.

Race day is a celebration of your fitness so just go out there and enjoy yourself.

Again, if you have any questions or are interested in discussing a customized training program feel free to contact me. www.bentleycoaching.com or steve@bentleycoaching.com.

[See for a sample of a customized training program.](#)

Cheers, Steve

