
Reaching your potential

FOCUSING YOUR TRAINING ON THE BIGGEST OPPORTUNITIES

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That which Is measured improves

Training should not be an act of faith, there is an objective, a current state, and a gap to conquer.

The coaches knowledge and experience together with the athletes will and self awareness determine the outcome.

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The objective

- Have an “A” race and a specific goal. Only one per season!
- Break it down into disciplines and targets
- Understand the key performance metrics required to achieve the targets
 - E.g. To run a 3:30 marathon, you should be able to nail a 42min 10k.
- Identify and correct prior race issues.
 - Reflect, correct and test.

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Primary training objectives

- Biomechanical efficiency
- Aerobic efficiency
- Force / power
- Aerobic durability
- Muscular durability
- Fat burning efficiency
- Nutrition absorption
- Mental tenacity
- Race plan parameters

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Inputs vs Outputs

Inputs	Outputs
Heart rate	Power
Oxygen	Pace
Nutrition	
Onboard fats	
Mental tenacity	
Plan	



Primary training goals

- Improve bike watts/kg
- Improve swim/run pace for target duration
- Build self awareness and control
- Be mentally prepared for the challenges of a hard race day. S4it will happen!

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Establish current performance metrics

- CSS Swim Test
 - Calculate Critical Swim Speed
 - Determine distance equivalent
 - Swim TT @ CSS (Durability)
- Bike Threshold Test
 - FTP / LTHR
 - Bike decouple Test (66% distance)
- Run Threshold Test
 - 45 min test or recent Race time
 - Determine vDot score
 - Run decouple test (66% distance)

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Decoupling and durability

Fit for distance at pace = < 5% Pace or Power to Heart rate decoupling

Not Fit



Decoupling and durability

Fit for distance at pace = < 5% Pace or Power to Heart rate decoupling

Fit



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Assess the gap

- Swim
 - CSS and/or 1000m TT.
 - Full distance TT @ 70 – 80% with Wet Suit
 - 100m TT \geq 2min = Technique focus – learn to swim!
 - 100M TT > 1:45 = High technique focus
 - 100m TT < 1:30 = balanced technique / speed focus (we are triathletes, not swimmers)
- Bike
 - 80% of race distance at race power / HR
 - [Best Bike Split](#)
- Run
 - [Daniel's Running Formula – Vdot Calculator](#)

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Daniel's running formula (vDot)

vDot Calculator

vDot **47.5**
What's this?

Download on the App Store | GET IT ON Google play

Distance km Time Pace mi

[+ Advanced Features](#)
Wind, temp, and altitude

[Calculate »](#) [Reset](#)

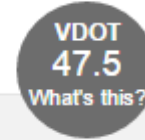
Type	Pace/Mi	Pace/Km	400	200
Easy	08:36 - 09:06	05:21 - 05:39	--	--
Marathon	07:36	04:43	--	--
Threshold	07:09	04:27	01:47	00:53
Interval	06:34	04:05	01:38	00:49
Repetition	06:10	03:50	01:32	00:46

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vDot Predictor

vDot Calculator



Distance *

10 km

-or pick event-

Time *

00 43 10

Pace *

6 56.82009 mi

+ Advanced Features
Wind, temp, and altitude

Calculate »

Reset

Race Paces

Training

Equivalent

Race	Time	Pace/Mi	Pace/Km
Marathon	03:19:10	07:36	04:43
Half marathon	01:35:45	07:18	04:32
15K	01:06:29	07:08	04:26
10K	00:43:12	06:57	04:19
5K	00:20:50	06:42	04:10
3Mi	00:20:05	06:42	04:10
2Mi	00:13:02	06:31	04:03

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So where do you focus?

- Low aerobic durability and > 12 weeks in hand – aerobic endurance.
 - Decoupling > 2% over 80% race distance at race intensity
 - In off season durability is gold!
 - Zone 1-2 – well below threshold
- Low muscular durability
 - Decoupling > 5% on race like hills at race intensity
 - Sharp muscular based decoupling on 80% race distance at race intensity
 - Hills at threshold, repeats, trails – mid distance
- Large Pace / Power demand gap
 - Speed and strength: Intervals, wind trainer, track, gym

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Key take outs

Set Target performance metrics and tackle them

- Bike Power (FTP) – Watts / kg
- Run: vDot Pace Equivalence (for a 70.3 1hr45 I need a 23 min 5km)
- Swim: CSS Pace equivalence
- Aerobic durability (Soft decoupling for race intensity at 80% distance < 2%)
- Muscular durability (Sharp Decoupling at race intensity in later stages)

Train to threshold, not to max capability!

Resolve prior issues – test nutrition, equipment and set-up.

- Train with race nutrition
- No new equipment or electronics!
- Prepare for common issues (puncture, dropped bottle, aid station out of stock)
- What if? – within reason!

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