



Welcome to the 2016 season of **TriLaVie® Triathlon!** A whole new world of possibilities is opening to you. How will this year be different? First triathlon? Personal bests? Podium? Health and vitality? Weight loss? (!) Improved overall fitness? Connection with other amazing women who share your goals, aspirations and desire for something exciting and different!

I know you are excited to embark on this journey. The training plans will seem simplistic first and you may have varying levels of challenge. Trust the process of laying the foundation to a great season gradually. Choose your training distances based on your experience and fitness level. Choose the goal in each sport based on **your** realistic assessment of what **your** body can handle. Over-doing your training now is a recipe for injury and burnout. Am I speaking to you, per chance? I know the Tri Express is 9 short weeks away! Your #1 job is to show up at the start line healthy. Let's learn how to do that together.

Below are the guidelines for training organized by fitness levels. When in doubt, leave it out. Sport-specific training in swim-bike-run will come each week at trainings as well as through handouts. There will be A LOT of reading at first! Set some time aside to take each part of the TriLaVie® Training Manual in small segments.

First you have to figure out where you'll train. This part is both exciting and frustrating. Be adventurous!

**POOL:** Find a pool that is convenient for you. Check local high schools and city pools. They often have "drop-in" hours for a nominal fee. Swimming 2x/week for 30 minutes is essential if you are challenged.

**BIKE ROUTES:** I recommend you locate bike paths in your area. There are many once you start looking or asking around! Some of my favorites are centered around Harvard Park in Irvine, Windrow Park or Col Barber Park in Irvine, Back Bay in Newport Beach, Hick's Canyon Park in Irvine, Aliso/Wood Canyons or Saddleback Church in Mission Viejo. Use the nearby route we'll use starting at Village Center at the corner of Culver and Orchard Hill.

**WEEKLY GOAL:** Turning our desire to do triathlon into a goal with a plan and smart execution of the training! Training goals may be fulfilled at your convenience. Try not to run on back-to-back days. If you have other goals and fitness routines, keep them going AFTER you complete the training below. Choose an additional training session based on your limiter – challenge! Indoor cycling classes (spin) are ideal for bike training! Treadmills, tracks and trails are excellent options for run/walk. Enjoy!

In addition to doing your **Marker Set** work, here are some guidelines of training. We've only just begun....

**New Triathletes and Moderately fit athletes:**

Run: 20 minutes or 2 miles of walk or run/walk. Enjoy a nice, easy pace or soul-enriching walk.

Bike: TLV Training Indoor Cycling Class, Outdoor Cycling or your own spin class at a gym. 2x 1 hour.

Swim: Get in a pool and acclimate to the water. Move yourself back and forth any way you want.

TriLaVie Swim Clinics offered this week. See the Calendar.

On your own? Do 30 minutes. Just feel the water, cap, goggles!

Option: Repeat training(s) in a sport that you consider your challenge.

**Experienced triathletes/athletes:**

Run: 3 miles, as 3x1 w/ 1 min walk (1 mile easy, 1 mile moderate, 1 mile very challenging pace!)

Bike: TLV Training Indoor Cycling Class, Outdoor Cycling or your own spin class at a gym. 2 x 1 hour.

Swim: 45 minute swim with 5 minutes warm-up, 4x25, 4x50, 4x100 timed! 5 minutes cool down!

TriLaVie Swim Clinics offered this week. See the Calendar.

Option: Repeat training(s) in a sport that you consider your challenge. Find a new route to train!

**NOTE:** If you invest more time in the next 2 weeks travelling to TriLaVie Coached trainings, you'll be able to do more on your own that has higher value later. I'd love to see you at as many trainings as you can manage. ☺