



***Every day is a new opportunity.
 You can build on yesterday's success or put its failures behind and start over again.
 That's the way life is, with a new game every day.***

Bob Feller

If you are reading this plan, you are most likely enjoying some transition time - or recovery – and may not have a clue what race to do next – or even what distance you’ll focus on! That’s A-O-K! When you train for 8+ months focusing on races with attention to plans, plans, plans... it’s A-O-K to not have a plan for a bit! Let the (hopefully) success at your race settle in and do what you feel like doing! Whhhhaaaat? Sure, why not.

OR.....

Use this time to explore new locations, meet new training partners (hey... it’s hard to find that when you are in solid race-prep mode!), attend trainings with the idea that the pressure is OFF and you may just have fun with it.

But... if you want a couple more opportunities to set-and-get goals for your TriLaVie Triple Crown Triathlon Goals... GO FOR IT!!! Pick an unconventional goal that is still meaningful for YOU! We are learning about all the different ways people have attained goals. From just “showing up” to hitting times that are life-time-bests!

Marker Sets: I am going to revisit the Marker Sets we introduced in the spring (See attached Marker Set forms in the Tool Box). If you have accomplished your TLV-TCT goals, use these Markers as a chance to compare your fitness from March. Ready? Set? GO!

GOAL! Recover.... Or TLV-TCT.... Or Marker Sets....Or... FUN FITNESS! !! Why a choice, Martha? Some of you have been working very, very hard this past month. Others have re-set from the season and are raring to go! Take each training with YOUR NEEDS IN MIND!

7	Active Recovery Rest	Cycle	Swim	Run	Active Recovery	Cycle	Run
GOALS or RECOVER 10/17	Restorative	Interval, Strong, Spin Class!	1500m or 1 mile	Speed Set #1	Rest Restorative	20 miles FAST	Fun Run at Oso Trail before our Race Stories.
	le: yoga, massage, walking, easy swim, stretch, rolling, meditation, kayaking, etc. Savor your race success and... Write a report! You don’t have to share it, but you will want to read it again. ☺	1 hr *Spin class or road. TLV @ Burn or FREE @ Cycle Bar	Be sure to warm-up and cool down with at least 200 yds on either end of your swim. *SV drop-in tonight – no fee SMS	Track, treadmill or road *See Run Set as separate download SMS	le: yoga, massage, walking, easy swim, stretch, rolling, meditation, kayaking, etc. *May do an open water Marker Set today. Only 1 more week for Lake List ☐	Flat road course like: SART Back Bay / Windrow Park Cristianitos / San Onfre *MPH is your guide of comparison from March SMS	*A bit different, we’ll do a 1-loop time trial at the trail and then do the fun stuff. This brings us back to a Marker Set Location from a long... long... time ago!! .