



If you want the rainbow, you've got to put up with the rain.

Dolly Parton

Double entendre. - doobl äñ'tändrə, dəbl äñ'tändrə/ a word or phrase open to two interpretations, one of which is usually risqué or indecent. synonyms: ambiguity, double meaning, innuendo, play on words.

Rain. Rainbows. Hard work. Success. Good work doesn't have to feel good. Good work just needs to be good work.

I am going to streamline your focus for this week and offer 2 challenges in areas where many ask for more help.

Swim:

- Review the *Swim Drills – Foundational* and prioritize those drills for 20 minutes, 2x/week for 2 weeks.
- Add those drills to a modified distance swim per your plan in the pool. Open water is for endurance.
- Pools: local high schools or community centers often have drop-in hours for a nominal fee: \$2-4
- Swim Velocity: drop in for \$10 for a coached program, MWF 6am, TTH 10am, MW 7pm

Strength: NEW, streamlined, SMS! I cannot make this any simpler!

- TLV Coach's strength Challenge for April! 1-minute work, once a day, every day.
 - 1 minute single-leg stands (:20 weak - :20 strong-:20 weak) Close your eyes!
 - 1 minute plank
 - 1 minute squats (hold, lift and lower or pulse low)
- Videos provided on the TriLaVie Triathlon Team Facebook Page (new page!!)

Host a training! Email details to Martha to post on calendar

1. Get the training done! You know you'll be more likely to do it if others are counting on you!
2. Meet new women who also find your area convenient or fun.
3. Feel the satisfaction that you built a door to a new opportunity that enhances your training.... And life.

GOAL: Adding some fast work to your overall endurance-focused plan. Follow the plan. Trust the plan.

5	Swim Skill Focused	Run	Swim	Brick: Cycle/Run	OFF	Cycle	Run or LA Tri Series Race
Base	Foundation Swim Skills 20 minutes plus 40 minutes of continuous swim practice using buoy 25% of time only!	5 miles 1 mil EZ 3 miles HARD 1mi EZ Always now: 1:1 after 3 miles! YES! *SMS	1 hour Open Water or Pool Pool: Play in the water with breath control, bi-lateral breathing, skills. Drills OW: Continuous, easy 1 hour *SMS	1 hour Hill Focus!! Hill Repeats or hilly course or indoor cycle that includes heavy gear riding! 1 mile Run, fast Timed *SMS	or Swim Skills or Cross Training that is NOT bike or run *SMS	30 miles Combo of skills and riding or Kristen's bike clinic and then complete the balance of your ride on the local course. *SMS	8 miles 2 EZ 4 MOD 2 EZ I know, right??? *SMS