



Go fast enough to get there but slow enough to see.

Jimmy Buffett

I found this quote as I was looking for running inspiration, but realized it pertains – again – to life! What is fast enough? That is a question answered by you with an honest evaluation of your body’s potential and your willingness to go to really- REALLY- uncomfortable places. When in doubt, run just at the edge of comfort and enjoy the view! If you are an experienced runner, slow down periodically – often – as it prescribed on the plan. **NOT ALL RUNS SHOULD BE AT YOUR FASTEST PACE!** Your body needs adjustments for the development of circulatory system, muscles, tendons, ligaments, bones and internal organs. Variety of training helps all those important areas.

Here is a summary of running that frames my coaching for TriLaVie athletes. If you follow the training plans written by me, you will encounter all of this below. Additions are considered for longer-distance athletes as necessary.

1. You are healthy and injury-free
2. You start with a base of running that is slow and steady until you can to intervals of 1:1 – one mile of running alternating with 1 minute of walking. Normal walking, not speed walking.
3. Repeat the above until you reach your goal distance for your race: 5k, 10k, 13.1, 26.2
4. Add speed work at lower distances with increased warm-up and cool-down time for each training.
5. Speed work compliments the totality of your run training and is usually one once/week or less.
6. Run Speed Sets, Tempo Runs, Negative Split Runs, Interval Runs... will all be introduced over time.
7. Incorporate dynamic warm-up, walking, easy running and run form drills as much as you can.
8. Plan cool-down for 5-10 minutes that includes walking, stretching, rolling, self-massage, etc.
9. Optional self-care: ice-baths, compression socks or tights, homeopathic creams or supplements (arnica), massages by a professional (as much as possible!!).

HANDOUT: Review *Run Strong Drills*. We’ll do these at the track and throughout our run trainings.

NEW! Thursday night beach runs starting in May! Discover a new beach and its surroundings throughout OC!

GOAL: High volume with variety of intensities. Increase water consumption dramatically and see how your body responds. Find the line between fully hydrated and having to pee too much! Watch your urine color: lemonade!!

7	OFF	Run	Swim	Brick: Cycle/Run	OFF	Cycle	Brick: Swim+Run *Mock Tri
Base	or	6 miles	1 hour	1 hour	or	30 miles	
	Swim Skills	Hilly Run	Open Water or Pool	Hills or Hill Repeats!	Swim Skills	Hard Race Pace Santiago From T2	Swim 1 mile Negative Split the loops
	or	During the heat? Sure! Add clothing? Sure!	Option: Swim Drills with team and Martha at Lake	Push as hard as you can uphill. Total recovery on downhills	or	Send me your results.	Run 6 miles Negative Split the out MOD! -and-back HARD!
	Cross Training that is NOT bike or run	*SMS	Race Prep!	1 mile Run Timed	Cross Training that is NOT bike or run	*SMS	*SMS
	*SMS		*SMS	*SMS	*SMS		