NOAC 2024

CU Boulder

SEEK NEW HEIGHTS

Triathlon & Endurance Sports Race Preparation Training

1.
Basics of Triathlon

What is a triathlon?

- Any event that contains 3 disciples
- Traditionally consists of an open-water swim, road cycling, and road running
- Multiple variations include indoor tris, off-road tris, winter races, and others

Triathlon Distances

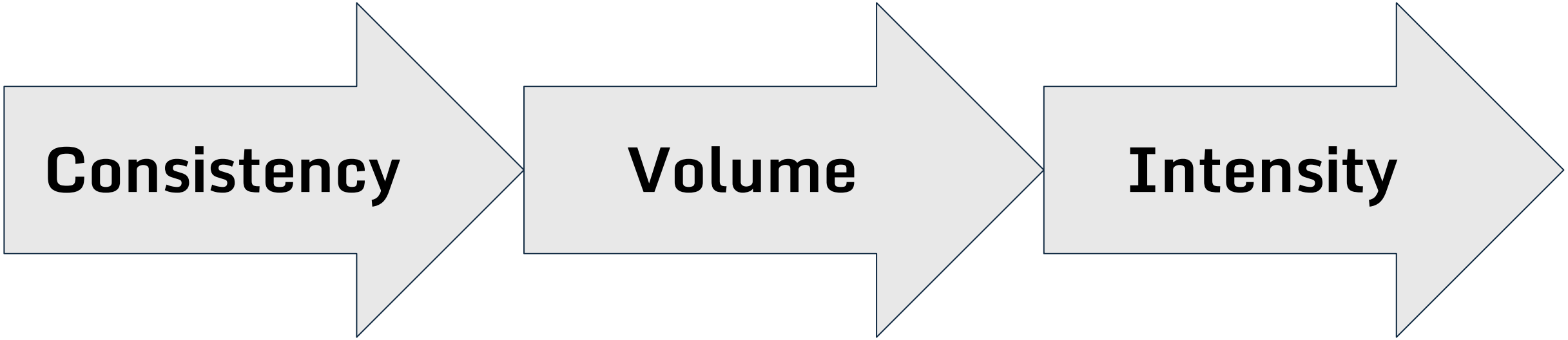
Distance	Swim	Bike	Run	Total
Sprint	750 yards	20 km / 12 miles	5 km / 3.12 miles	~16 miles
Olympic	1 mile	40 km / 24 miles	10 km / 6.24 miles	~32 miles
Half Iron / 70.3	1.2 miles	56 miles	13.1 miles	70.3 miles
Full / IronMan	2.4 miles	112 miles	26.2 miles	140.6 miles

The NOAC Triathlon will consist of a **200 yard swim, a ~2 mile bike, and a ~1.4 mile run**

2. Effective Race Preparation

How to prepare for a triathlon, regardless of distance

Training Philosophy



Components of Training

Physical Training

- Long, slow, easy efforts to build your aerobic base
  - Slowly increasing distance but keeping effort at ~60% of max
- Short, intense intervals to increase top-end capacity
  - Typically 90-120% of max, anywhere from 90 seconds to 5 minutes in length
- Weight lifting
  - 1-2 times / week
  - Done to ensure the body is equipped to handle the volume and intensity of training and also increase ability to produce power

Non-Physical Training

- Nutrition / hydration
  - The most important element
  - Body requires good fuel in order to perform and recover properly
  - Adequate hydration prevents scores of injuries
- Rest / recovery
  - Required for sustainability and to ensure the body can handle the rigor of training

Training Best Practices

- **<u>Frequency + consistency > a few big days</u>**
- The bulk of volume should be done at ~60% effort
- Increase mileage no more than 10% per week
  - "The 10% Rule"
- Hydration input should = weight in oz
  - Ex. 150 lbs athlete should be drinking ~150 oz of fluids / day
- Intensity and volume should scale relative to your goal and time to race day
- Build in recovery weeks once a month
- Allow for heat/altitude acclimatization as necessary
- Practice your transitions!

Sample Training Schedule - 70.3

Sunday	50 mile bike ride, 45 minute interval swim
Monday	8 mile endurance run
Tuesday	Weights, 6 mile tempo run
Wednesday	45 minute swim, distance work
Thursday	Weights, 7 mile easy run
Friday	1 hour bike interval workout
Saturday	Team group workout (bike and run intervals, endurance ride and run, swim and run intervals) with extra mileage afterwards

Sample Nutrition Plan

- Pre-morning workout: English muffin, almond butter and banana. Water with electrolytes and a small cup of coffee (if needed).
- Breakfast: 4 eggs, Greek yogurt with fruit and granola. Water with electrolytes, protein shake and a cup (or two) of coffee.
- Lunch: Salmon bowl with brown rice and quinoa, broccoli, sweet potatoes, and cauliflower
- Dinner: Pasta with grilled chicken, pesto, and spinach
- Snack: Protein shake, Greek Yogurt, fruit, chia pudding, jerkies, carrots and hummus

3.

Race Strategy Basics

Nutrition, hydration, and transition

Nutrition and Hydration

Nutrition needs should scale relative to the event distance and conditions

- I.e., fueling for a sprint is VERY different than a full
- Short course:
  - 1 gel in swim chute
  - 1 gel mid-way thru bike
- ~500 mg of Na is lost per 1 lb sweat lost

Lbs sweat lost per discipline at various temperatures

Temp (F)	Bike	Run
50	1.5	2
60	2.25	2.75
70	2.75	3.5
80	3.5	4.5
90	4.5	6

Race Strategy Basics

Strategy scales with event distance and goals

- I.e., the strategy for a sprint bike may be “Full send!” whereas the bike leg of a full may be “Mid-zone 2 MAX, back off 10 watts at mile 100.”

The matchbook analogy:

- Your energy stores going into a race are like a matchbook. When are you going to burn them?

Transition Basics

T1 - Swim to Bike	T2 - Bike to Run
1. Get out of your swim gear and put your cap and goggles down in your transition area 2. Put on and BUCKLE your bike helmet 3. Put on shoes and grab nutrition (if necessary) 4. Unrack bike and go to bike exit 5. AFTER cross the mount line, hop on your bike and pedal away!	1. BEFORE the dismount line, get off your bike 2. Rack your bike in your assigned spot, unbuckle and remove helmet 3. Take off your bike shoes and put on run shoes 4. Grab race belt and nutrition (if needed), run to run exit

There will be a transition clinic on THURSDAY at 0900 at Sewall Field

Questions?

Takeaway Challenge

Write down **three key takeaways** from this session that will enable you to **Seek New Heights** in those current and/or future roles.

For example, I can better plan my food choices to become more clearly focused on my responsibilities.

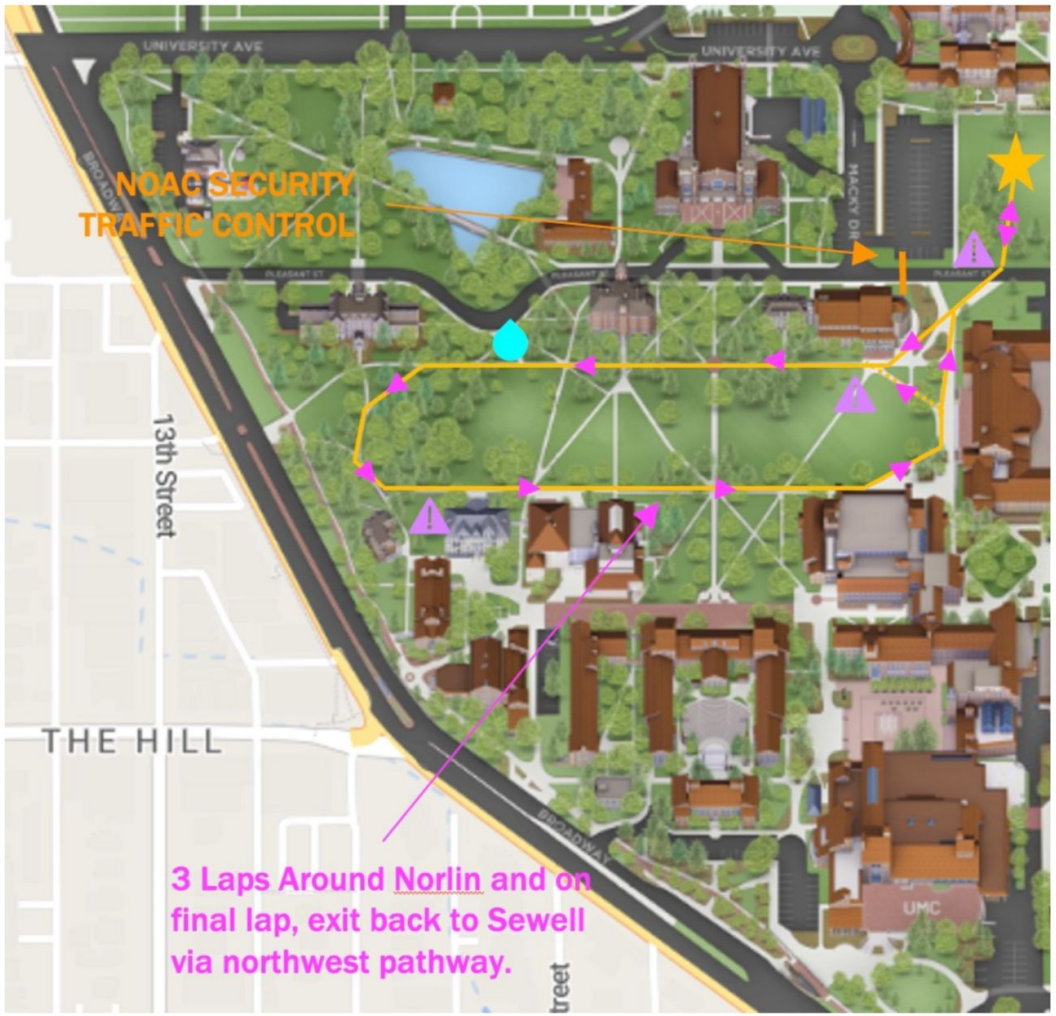
4.
Race Briefing

Swim

1. Enter from the north door
2. Remove shoes, then walk along north edge to patio, drop shoes, then queue for swim start on north side of pool
3. Exit onto patio, grab shoes, run up stairs

Bike

1. Race staff will hand out bikes at Sewall field
2. Exit to the south of Sewall field
3. Follows same course as the Brotherhood 5K
4. Only do ONE lap around the Kitteredge Loop

Run

1. Exit south from Sewall Field and proceed southwest to the Norlin quadrangle
2. Run THREE laps around Norlin
3. Exit to finish line!