10 NEW(?) WAYS to boost speed
Keynote at 220 Tri Show 2014
Actually train like you’re asked

TRAINING - only adds to genetic endowment

There’s no short cut, “secret interval” or sweet-spot.

e.g. Elites/Top A/G train 20-35/10-18h; 600-900/800-1200h p.a; x10yrs+

Even during research, when coached professionally or paying for “coaching” people fail to do what is actually asked of them

e.g. swim session: drill or effort or bad habit pointed-out…
do as prescribed (“is this the best I can be doing”)
Do what is asked (skill, effort, duration)
2. Drop the magic potions

NUTRITION - bigger gains & losses than many perceive

Good diet + the right sports nutrition products = better gains
e.g. low glycogen; protein timing; creatine augmentation, nitrates

No one has bottled a champions elixir (legally!)

Simplicity is the eventual goal not complex neurosis

PROVEN PRODUCTS: Carbs, caffeine, recovery drinks & colostrum
Keep nutrition simple, high-quality + prove add ons
3. Keep tech simple

TECHNOLOGY - you can and should use as close to pro level kit as you can afford

You can improve performance through technology or as a podcast listener termed it “Kit Doping”

But keep it at YOUR level of understanding, organisational ability & upkeep (e.g. HRM in box, tires you can’t change, shoes past “safe” cushioning)

AIM FOR: Googles that don’t fog, best tires you can afford 23-25mm plus springy training & racing run shoes
Use but don’t confuse yourself with top level equipment
4. Cut the junk out

Do base <80% HRmax or quality. >86%, ideally 88-90% of max

Not base effort turns into competition or “too slow for me” mentality

- World Conf Science of Tri - UK OD National Squad
  Swim25%, Cyc55%, Run20% of volume ~70% of this below race pace.

- Olympic Distance Top 10 Olympian (2012) - published 2013
  >75% training in Zone 1 Swim74% Cyc88% Run85% in Z1
Cut junk training “reactions” for flexible planning of targeted sessions
5. FEED THE MACHINE

- Good Sleep is central to development
  It’s all about ability, consistency and “ABSORBING”
  Elites 10-12h/d and Amateurs 50-hour per week aim

- Make daily wholefood nutrition a natural habit:
  e.g. slow release carbs, real-food proteins, quality fats
  Don’t try to be perfect just remember YAWYEAD
  (You Ar What You Eat And Drink)

- Body Work must focus on your imbalances
  e.g. poor shoulder mobility, leg tightness or cramping
  Its finding the right expert that is the challenge - body map
Feed The Machine: sleep, nutrition & bodywork
6. Train/Taper/Race/recover

- Make recovery a part of your weekly plan:
  e.g. lighter days (low Z1 technique), transition training, non-training days, alternative non-competitive sports - plan

- Use realistic training volume (8hrs; 220 Reader Survey)
  Don’t get hooked on a number it will vary: 8, 10, 12, 6
  The training bank builds your fitness over time.
  It’s all about ability, consistency and “ABSORBING” - plan

- Don’t go OTT after season
  Less is gained Oct to Dec, more from Feb to April.
  Aim 60%-75% of volume you intend to peak at Mar-July
Stimulate + Recover = Improve on a 3:1 or 2:1 plan
7. WARM UP PROGRESSIVELY

- Take time and the right route:
  e.g. flat cycle before hills, easy run before meeting group
  >10mins before hitting upper Z1
  Too soon to upper Z1 (or Z2!) and it signals stress

- Reduce average speed focus to relax the warm up
  e.g. turn off speed, Strava, average Power
  Relax this is the transition into “exercise land”

- Factor pre-race patterns to include warm up
  e.g. turbo next to car, swim bands, into water swimming
Warm up properly (10-20mins) training or racing
8. NEVER GET COLD  
(2nd Rule of Fit Club)

- Never get cold prior to training:
  e.g. dress warm (Dryrobe), aim to peel of layers
  It’s not about having shorts on in 5-degrees and hail

- Use clothing to vent heat but be warm not cold
  e.g. Gillets, capes, gloves, beanies, legs, arm warmers

- After training wrap up before getting excessively cold
  e.g. donning clothing whilst ice bathing legs (Ali Brownlee).
  Diverting energy to keeping warm leaves less for recovery
9. Do hard training precisely

- No making it up or fearing what effort can give you: e.g. minute-on, minute-off; proven efforts 4x8mins 90%HRmax

- It will not make up for but ADD to base training e.g. less time does not mean more effort in base training

- All intervals need to be seen as hard sessions e.g. no point in seeing how it goes.
Proper High Intensity Training: 6 x 4’@85%PPO with 2’RI
10. this is playtime

- **Pros are good at it AND they enjoy it**
  its not a second job - it could hinder it in fact

- **Use it to find out about you but not JUST to be the best**
  e.g. there’s a bigger reason that winning

- **Do you grimace or laugh during training?**
  Are you scaring others from starting or encouraging?
Enjoy it - its your playtime
Your TAKE AWAY messages:

- Do what is asked (skill, effort, duration)
- Keep nutrition simple but quality
- Don’t confuse yourself with equipment
- Cut junk training sessions
- FTM: sleep, nutrition & bodywork
- Stimulate+Recover=Improve
- Warm up properly
- #nevergetcold
- Proper High Intensity Training
- Enjoy it - its your playtime
TOP 10 for 2014

- Fasted and low-carb training
- Beetroot “nitrate” loading
- Aero frame and kit enhancements
- HIT bike intervals for running off bike
- Colostrum & Probiotics
- Hydrotherapy & Compression, Bowen
- Blood profiling/optimisation
- Vitamin D offseason supplementing
- Compression pants, Altitude tents,
Questions & Answers

Contact via JBST.com
or TwoTwenty Magazine