



Welcome to the Endurance Specific “Ready to Tri” Training Plans.

This plan focuses on developing or improving your aerobic system and allowing your soft tissue to develop the resilience they need to handle the demands we want to place upon them.

Our heart and lungs develop much quicker than our soft tissue and that is a cause of niggles and full blown injuries when they aren't yet prepared.

By following this program, the advised training intensities (using the intuitive intensity guidelines below) and the supplemental body maintenance techniques and nutrition/hydration practices we advise, it will help you develop the resilience you need to race well but also improve your overall health.

We develop the training routine over these opening weeks. There is a significant amount of repetition. The key is not to undervalue the role of repetition. It helps with the acquisition of motor skills, the ability to develop the all important skill of maintaining form under duress and allows you to focus on the training and dilute the distractions (noise). This will lay the foundations for one of our [race specific plans](#).

The simple rules are; show up, work hard and listen. Oh and working hard may just be *going easy* when you are advised and not 'that little bit too hard'. Which for some is 'hard work' :)

As Tim Grover, the athletic trainer used by Michael Jordan (and many elite NBA players) said, "it requires no talent, no special genetics, or any skill whatsoever to show up, work hard, and listen."

Do those things and things usually work out pretty good.

Below are a couple of FAQs and resources to help you with this plan and training. This training plan can be used at any time of the year as a preparatory plan towards a more focused and specific run training plan.

FAQ's

Can I adjust the plan?

It's always best to follow the plan as planned. This allows you to get the most out of it, however your life circumstances may mean you need to adjust some days. Need a rest day each week? I would advise either taking Mondays or Fridays. Remember these plans are to get you moving consistently. They are not race prep plans, but they're great plans that help you build fitness and strength to do a race prep plan properly.

During winter some of you may want to ski or snowboard on your weekends. No problems. There are a number of ways you can adapt the plan. The simplest and most difficult for some is to simply get up earlier and get it done. However that is not always possible. If you miss a day, that is no big deal right now.

I personally ski coach on Saturdays and usually do a shorter run after a day of skiing. I'll admit, it becomes more of a mental task but I find getting it done builds mental resilience I'll need for my 100 miler in July.

Building and maintaining consistency is what we are after and I'd highly advise you to put the training on your calendar. Typically what gets planned gets done. If you live in the mountains and want to XC ski, you can definitely do that in lieu of running. You can even keep the 'flavor' of the sessions and do hill efforts as they come.

If you XC ski a lot, still aim to get 1-2 runs in per week to maintain the pounding on the legs.

Do I need to do the (pre run / post run) strength work?

The short answer is yes. Committing to the short strength sessions will only make you not only a stronger and faster runner but will improve your overall health.

The short pre run "Run Ready Warm Up" only takes a few minutes and simply puts your muscles, joints and ligaments through a range of motion initiating a warm up but also laying some strength foundations at the same time.

The 2-3x week post run MTN Strength routine helps us build a strong and robust body to help meet the demands of running and the run races you want to do. They don't take long and I believe as much as your body gets out of it from a physical standpoint you get doubly as much benefit from a mental strength development standpoint because more than likely, you won't feel like doing it. It is very much worth the small investment in time.

Can I swap the post strength work for a different strength session?

Yes you can. In our other training plans we do have specific strength sessions that go with the phases of training, however the Run Ready Warm Up is quick and builds lower limb resilience and can help ward off injuries. The MTN strength is simply a quick strength session that builds form under duress and helps you create more athleticism.

Can I do the runs on a treadmill?

Absolutely. You can do any or all the runs through the winter months on the treadmill, though I have some recommendations.

Developing a high stride rate is directly related to improved performance. A stride rate in the 90+ steps per foot per minute is optimal and a treadmill can help with the development of this. So on some of your easy runs you can keep the treadmill to 0% grade and you'll get a little assist.

The runs where you have hill repeats, you can do by grabbing the handles of the treadmill and while holding on, jump to the sides with the belt still moving. For hills, Increase the incline to 6-8% and adjust the speed if necessary. For moderate effort hills, the incline should be enough to change the effort.

Now grab the handles again, and jump back onto the moving belt, not letting go until you are running at the same speed as the belt.

In the program you do 30 sec hill reps. So when the interval time is up, grab the handles and jump to the sides again and rest for 30 sec before grabbing the handles again and jumping back on for the next interval.

When we do the longer hills and the strides in the programs you can stay on the treadmill and adjust the incline back to 0% for the recovery (remember it takes a few seconds to get up to incline and down again) or adjust the speed back and forth.

Can I repeat the Plan?

Yes you can. You'll be fitter and stronger and can likely get more out of the plan with intentional focus. You could simply repeat weeks 5-8 too. I would recommend swapping out the short hill reps running for strides (described below). We always want to do the short hills when starting out again before strides. We only need 4-6x 20-30 sec strides, starting with 2 mins easy between each and each week reducing that recovery time. You can then go 1 min easy and finally 30 sec easy between.

If you want to add more volume, it's best to add more easy/mod i.e aerobic work. This will serve you much better in all ways.

What are strides?

Strides - are 15-to-30-second bursts of speed up to the fastest pace you can go while staying totally smooth and comfortable (it's not a sprint). This is usually about the pace you could hold for two to four minutes.

The primary benefit is improving your running economy, or reducing the amount of energy it takes to run fast. By doing strides, your brain and muscles get better at operating smoothly and comfortably at all paces—not just stride pace.

Aside from neuromuscular benefits, there are secondary benefits for cardiac stroke output (increasing the amount of blood your heart pumps with each beat), muscle strength (improving power output) and the aerobic system (improving oxygen-processing power).

TRAINING PLAN RESOURCES

Intuitive Intensity Guidelines

Please read and follow these for your best training, performance and health outcomes.

[Endurance Specific Intuitive Intensity Guidelines](#)

RESET / ROLL / STRETCH

Body maintenance is key to staying niggly and injury free. If we can sit and watch TV at night, we can do some rolling or stretching!

[THE DAILY RESET - Four Exercises that will improve your life!](#)

[Trigger Point - Full Body Self Massage](#)

[Stretching & Yoga](#)

HYDRATION

One thing I know is that most of us run around dehydrated. Even if you are drinking a lot of water BUT are neglecting to get electrolytes in, you are not adequately hydrated.

Our bodies are 60% water and a third of that is salt water. We cry, sweat and pee salt water. So we need to stop drinking plain water only in the hopes of hydrating ourselves adequately.

Our bodies need electrolytes for optimal hydration and without optimal hydration we will never perform at our best, physically and mentally.

Optimal Hydration electrolytes include:

- Sodium
- Chloride
- Potassium
- Magnesium

When we take in sodium we get extracellular hydration and when we add in Magnesium and Potassium we get intracellular hydration.

Unfortunately simply drinking plain water only can;

- Flush out electrolytes
- Cause you to pee all day
- Lead to low sodium levels
- Kill you (endurance athletes via Hyponatremia)

When we consume a proper electrolyte mix of Salt, Magnesium and Potassium we replace the minerals we have lost in sweat. We can say goodbye to headaches and you'll feel way more alert and energized.

We want to start our days with drinking electrolytes water first thing in the morning. I personally add mine to my [AG1](#) greens drink I have as soon as I get up. You'll also want to drink electrolyte water prior to and after training and during your longer session 1+ hours.

A word of note. Pretty much 100% of the drinks on the market sold as electrolyte drinks are simply sugar drinks. We don't need those and they fall woefully short on the electrolytes.

Salt helps you maintain proper hydration.

Since sodium plays a vital role in fluid balance, not getting enough of it can lead to dehydration, especially during higher or sustained efforts or in hot environments.

Caffeine/coffee also leads to large amounts of salt loss. So if you drink coffee you need to get more salt in.

Studies suggest 3-5'000 mg of sodium/day is optimal for health. This increases by 1000 mg for every hour of exercise performed. And letting ourselves get dehydrated makes our tissue resemble jerky. And when you haven't rehydrated after a long session you stack the odds of getting injured in the wrong direction.

The solution is EASY and SIMPLE.

Ensure you are drinking enough electrolyte water per day. And namely salt.

- 1,000mg of SODIUM with 24 oz. (680ml) of fluid

If you want a simple solution.

Try using LMNT electrolyte drink. They support our Endurance Specific races. I love their flavours... Ok, I'm not sold on the Mango Chili and Lemon Habanero. I love chili but just not in my electrolyte drink but the rest of their flavours are great.

<https://drinklmnt.com/>

Charlotte and I use LMNT but we also make our own since it's a little more cost effective.

Here's how:

We purchased the below in bulk.

- Redmond Real Salt (alternatively use Celtic Sea Salt)
- Magnesium Chloride - I personally find Mag Chloride better (for me) but you can use Mag malate too (which LMNT use)
- Potassium Chloride

All are available on Amazon in the USA:

- For those not in the USA, see if you can get magnesium and potassium chloride powders. You may have to ask.
- Or see if you can get it shipped to you.

[Potassium Chloride](#)

use ~ 1/10th tsp for 200mg

[Magnesium Chloride](#)

- use 1/8 tsp per serving for 60mg

[Redmond Sea Salt](#)

- use 1/2 tsp for ~ 1g of sodium.

You can then add your fresh lemon to this mix or buy any freeze-dried fruit powder to add some taste.

We use a big Mason jar, fill it with water, add powders, put a lid on, and shake well.

Being adequately hydrated WILL not only make you feel good it will allow you to perform and greatly lower the chances of soft tissue injuries.