



Training Plan: QuickStart and FAQ

**Use Control-F to find a phrase - E.g. search 'Zwift' or 'zones' or 'missed'*

Find Your Plan & Connect!

- Access your plan via your account at TrainingPeaks.com.
 - Book a [Phone Consultation](#) or make a [Training Plan Adjustment Request](#)
 - [Subscribe & Listen to the Consummate Athlete Podcast](#)
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Training Philosophy - C.A. Tenets to Guide You

- 80% is a Passing Grade - Do not quit. Do something [even if is not 'perfect'](#)
- 90% of Life is Showing up - Show up daily and success follows. Consistency is everything - most people do not KEEP showing up. Do things that enhance your ability to show up and do not do things that will prevent you from showing up (hero workouts, poor lifestyle habits, fad diets etc)
- "Much of the Training Process is spent purposefully *NOT* going 100%" - Most days of the week should feel good or Okay and be low intensity to ensure consistent, long-term, healthy, and enjoyable training. Similarly, don't try to maximise every possible moment you *could* train, leave slack in the system. Save 100% for Race day.

Key Tips for Training

- **Missed Workouts & [Moving Workouts - the 6 S's - What to do When You Can't Follow Your Plan?](#)**
- **[Workouts Too Complicated - what is your workout?](#)** Focus on the title and description. Adjust effort based on feel.
- **Zones & Heart Rate:** Set devices to display %MHR instead of BPM. [Adjust zones in Training Peaks Setting](#) - use COGGAN threshold HR and Power Zones.
- **Outdoor Training:** Workouts can always be adapted to outdoor settings.
- **Cross-training is generally great** - ease into new activities!
- **Adding Time:** Extend warm-ups or cool-downs (65-75% MHR) only if it doesn't sacrifice sleep, nutrition, or recovery.
- **Nutrition & Supplements:** Prioritize whole foods and consistent habits. Limit supplements and fuel your workouts, be wary of fads

Device Setup & Syncing

- **Garmin Sync:** [Garmin & TrainingPeaks Setup](#).
- **Zwift & Others:** Syncing Instructions.
- **Backup Apps:** Use the [Wahoo Fitness app](#) for tracking and controlling smart train

FAQs & Resources

- [Fixing BAD Data and data error in Training Peaks](#)
- [Why We Test](#) & Race Day Nerves
- [Post-Race Recovery](#)
- [Perfect Workouts Philosophy](#)
- [On Testing - why to test and race nerves - garmin & Bike computer setup](#)
- [on risk and training too much - recovery time after a long race or adventure -](#)
- [Fixing bad data in Training peaks](#)
- [How to Get Faster - Putting Your Hands in the Fire](#)
- [How to train for Cycling in the City](#)
- [5 things that make a difference](#)
- [How to Log Hop Video](#) - OR - [How to hop cyclocross Barriers](#)
- [The Perfect Workout - 80% is a Passing Grade](#)
- [Self Talk - The Things we say to ourselves](#)
- Do not obsess on FTP the key is training consistently ([read more "WTF IS FTP"](#))
- [What is ERG Mode and how to use it best](#)