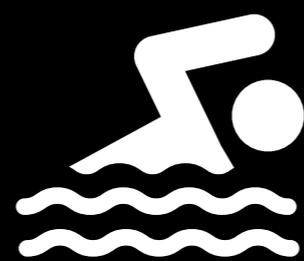


# InnerFight

Show No Weakness

Endurance Team

## Handbook



# Welcome.....

## To the InnerFight Endurance Coaching Program

Our objective is “to make you better at life through endurance.”

Our approach is “simple yet scientific, geeky yet understandable.”  
We will coach you to your running goal by looking at all factors of performance.

We care about data but we also care about how you feel and your enjoyment of the program.

# How does it work?

You will connect with one of the InnerFight Endurance coaches who will kick things off through an extensive questionnaire so that we are all aligned on goals and objectives from the outset.

Based on your goals your coach will “program” for you a relevant number of training & recovery sessions per week. We will also monitor your nutrition, recovery and support you from a mindset standpoint.

InnerFight Endurance boasts some of the best resources to make you the best athlete possible. You will go through a series of online seminars learning more about how the body and mind work. You will have access to some of the latest coaching technology as well as the tried and tested InnerFight Endurance methods.

# Getting going

## Step 1

Intake questionnaire: your first step is to go through our intake questionnaire. This is a detailed process for us to be able to fully understand you as a person and athlete as well as understanding your goals. Please be as detailed as possible in this process as the information you give will have a big impact on your tailor made endurance program and how we manage you as an athlete.

# Getting going

## Step 2

Your assigned coach will go over your questionnaire in detail and come back to you with any clarifications either by e-mail or in the form of your one on one kick off meeting. By going through this process both the athlete and the coach will be on the same page from the start and everyones expectations clearly laid out.

# Getting going

## Step 3

Coaching set up: We use various platforms to manage your performance, collect data and deliver one of the most advanced and personal online coaching systems in the world today.

Prior to your “kick off” meeting with your coach you will be asked to go through the “coaching set up”. During this time your coach will support you every step of the way from ensuring you have the correct heart rate monitor to having all of your data systems in sync. If anything is causing you issues please ask.

# Getting going

## Step 3.1

Coaching set up: **Heart Rate Monitor**

In order for your program to be tailor made for you the possession of a compatible heart rate monitor / GPS device is essential.

The devices that we recommend are:

Garmin Fenix 5 and Garmin Forerunner 935 [click here](#)

They can be purchased on Garmin site, Amazon or in Dubai locally at [Marine Sports](#)

There are many other options available, the required functionality of your device is: Chest strap heart rate data, GPS function, compatibility to training peaks.

[Click here](#) for a full list of compatible devices

# Getting going

## Step 3.2

### Coaching set up: **Training Peaks**

Through the use of Training Peaks which is available as an app on both IOS and Android as well as online you will see your programmed sessions a week in advance. Once your session is complete your heart rate device will push the data to training peaks so your coach can analyze it and feedback where necessary.

When you have set up your (free) Training Peaks account [click here](#) to link it to the InnerFight Endurance team account so that your coach can access your data and program your workouts.

To sync your heart rate device account to training peaks [click here](#).

# Getting going

## Step 3.3

### Coaching set up: **HRV4 Training**

Your bodies recovery is very important to us and to your training progression. We therefore use HRV4Training which is an IOS and Android app. You will take a simple heart rate reading through your smart phone on waking each day. From this your coach will be able to see your heart rate trends and your heart rate variability trends and adjust your training for you as required.

Please download this app (links available depending on device above) and sync it with Training Peaks here. You will also need a bluetooth compatible HRM to link with your phone for reliable and accurate readings. We recommend the Wahoo Tickr or Polar H10.

\*Note: There is a small fee for this app

# Getting going

## Step 3.4

### Coaching set up: **My Fitness Pal**

Through My Fitness Pal ([IOS](#) [Android](#)) you have the option to log all of your daily food and share this information with your coach by adding them as a friend and selecting to share diary with them.

Using My Fitness Pal is especially important for those clients who are looking to develop their body composition as well as for us to be able to guide you to fuel your body in the optimal way.

My Fitness Pal also syncs with Training peaks, to link the two please [click here](#).

# Getting going

You are set



# Getting going

## Step 4

Kick off meeting: For Dubai based clients this will take place at IFHQ, we will normally carry out a body analysis at this time to determine any body composition goals.

For remote clients your kick off meeting will be via a skype call.

By the time your kick off meeting takes place all of the set up procedures will have normally taken place, if you are having issues with any part of the set up in steps 3.1 onward then ask your coach or talk over it in your kick off meeting.

# Check in & Feedback

In training peaks there is an option for both you and your coach to comment on a workout and or ask each other questions.

You will also see in your training peaks a weekly feedback option that should be completed.

For UAE based athletes a monthly face to face meeting is always preferred and if you need help on your body composition this is a great opportunity to do the test at IFHQ.

For international clients a monthly Skype call will be scheduled

Your coach remains on hand by e-mail or WhatsApp for any day to day questions or concerns.

# Session structure

## Training

Based on your goals and the time you are able to commit to your training your coach will program your sessions into training peaks for you. If you have any questions related to the session please reach out to your coach for clarification.

Once you are done with a training session please sync your data so that your coach is able to pick it up in training peaks and feedback to you where necessary.

# Session structure

## Recovery

Recovery is going to be a major factor in your improvement as an endurance athlete. You will therefore see “recovery” sessions programmed in your training peaks. These are normally limited to 30 minutes and rarely require any equipment so can easily be done at home.

As we will have your recovery data through HRV4Training app in Training peaks your coach will carefully adjust your training to ensure that you are recovering well and getting the most out of your program.

We ask that you put as much effort into your recovery as you do the training sessions themselves.

# Session structure

## Group

For Dubai based athletes we run a number of group sessions throughout the week which your coach will direct you to as needed.

These include:

“Track Tuesday” \*Track membership required

Strength & Conditioning \*AED 75 per class

Group runs

Group rides

Group swims \*Pool membership required

# Resources

We are here to coach you and work out together how to make you the best athlete you can be. If we get a little geeky on you from time to time don't worry, just slow us down and ask us questions. At the same time please trust that between the InnerFight Endurance coaches we have over 40 years of experience in coaching athletes and human performance. That said we treat every client as a new case and what works for you may be different to what works for others. We are therefore always learning.

If you also want to learn more about how we coach, how the human body works and why we do the things that we do in the way that we do, we have compiled a list of useful resources here for you to use as you wish.

# Resources

## Podcasts & Audio books that we like

- Endurance Planet (General run, triathlon and health Q&A)
- Marathon Talk (Pure running chat)
- The Runner's World Podcast (Pure running chat)
- Science of Ultra (Geeky)
- Finding Mastery (Life boosting)
- The Health & Fitness Podcast by InnerFight (Obviously)
  
- Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance - Alex Hutchinson
- Born to run - Christopher McDougall
- Supporting champions - Steve Ingham
- Bad Science - Ben Goldacre

# Resources

## Things to read & watch

[Sleep big or go home](#) - Tom Walker

[Training, Risk vs Reward](#) - Joe Friel

[A guide to using HRV](#) - Tom Walker

[Competition mindset](#) - Andre Houdet

[Growth mindset](#) - Carmen Bosmans

[Adaptation](#) - Marcus Smith

[The sun always rises](#) - Marcus Smith

[Keep showing up](#) - Rich Roll

[What is balance?](#) - Rich Roll

# THANK YOU

[innerfight.com/endurance](http://innerfight.com/endurance)



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