Source Endurance

# Women's Triathlon Night

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## Evenings Topics

- Where to Start – What are your goals?
- How to structure a training plan & physiological training
- General Guidelines for workouts – How much is necessary?
- Stepping it up – Adding Intensity
- Equipment Needs & Extras
- Nutrition & Hydration with Peggy Pletcher, LD, CDR
- Tackling fear of open water

***Please feel free to ask questions along the way***

## Where To Start – What is your GOAL?

- ✓ DETERMINE WHAT YOU WANT TO ACCOMPLISH
- ✓ WHERE ARE YOU STARTING FROM – WHAT HAVE YOU DONE
- ✓ HOW MUCH TIME DO YOU HAVE
- ✓ SUPPORT FROM FAMILY/SPOUSE
- ✓ SCHEDULE CONFLICTS – FEASIBILITY OF TRAINING
- ✓ RANGE OF YOUR GOAL…CHALLENGING YET POSSIBLE

## Structuring a Training Plan

- How much time you have each week to devote to training/yourself
- Mobilize your resources: Pool, Running Trails, Cycling Roads
- Create a training plan – Assistance from a coach
  - How long until your event?
  - Establish a focus for each workout
    - -Endurance/Sprint/Open Water/Track
- Write up your training plan – Keeps you honest
- Be realistic…Stay committed but remember priorities
- Be flexible with the training plan

## Physiological Testing

- What is it – VO2 Max and Lactate Threshold (Cycling Ergometer, Running Treadmill)
- What is the purpose
- Using the data for your training – Appropriate ranges
- Using tests as measures of performance
- Value as a 'starting point' for your training

## General Workout Guidelines & Concept of Specificity

- 2 swims/2 bikes/2 runs per week
- Consider your weakness and train It
- Remember the long days (even for a sprint)
- Add some variety – switch swim locations, run trails, ride routes
- Do not forget about your goal
- Seek support from others if needed
- Trust your plan & yourself

## How to Add Intensity

- What distance is your goal event?
- Progress slowly-incrementally
- Concept of Specificity
  What intensity will you be racing at?
  What do you need to improve upon?
- Hard days hard-Easy days easy
- Incorporate LT work and Speed work (if necessary for your goal)
- Recover, recover, recover
- Races as 'key workouts' – Add fun & great training effect

## Equipment – The Essentials: SWIM

Pool & Open Water
Swimsuit – Durable
Cap – Latex, silicon, lycra
Goggles (trial & error)

Extras: Fins
Kickboard
Buoy
Wetsuit

## Equipment – The Essentials: BIKE

Road or TT Bike – $500
Helmet
Pedals – Cage or clipless
Saddle – Trial & Error
Clothing: Shorts, Jerseys, Arm Warmers, Gloves, Knee Warmers, Vest
Road Bike – Aerobars

***FIT IS KEY!***

## Equipment – The Essentials: RUN

Shoes – Specialty Running Store
Basic Clothing: Sports Bra, shorts (fitted or loose), technical tee's, gloves, non-cotton socks, visor, sunglasses
Run routes/trails
Hills/flats/track (various terrain)

## Nutrition & Hydration with Peggy Pletcher, MS, RD, LD

## Eating for Endurance

- **Eating well on a daily basis is key**

**Proper food choices keep your body healthy**
**Good fuel is key for top performance**
**Know what fuel you need**
- **-Training**
- **-Immediately before events**
- **-During events**
- **-After events**

## Fuel Usage and Exercise

- Intermittent, brief intense exercise use more carb (anaerobic system)
- Continuous prolonged exercise use more fat (aerobic system)
- Unlimited fat stores; carbohydrate stores limited

| Exercise Intensity (%VO2 max) | Fuel Used By Muscle |
|---|---|
| <30% | Mainly Fat |
| 40-60% | About 50/50 (carb/fat) |
| 75% | About 70% carb/30% fat |
| >90% | About 100% Carb |

## The Science Says…

MAJORITY OF CALORIES SHOULD COME FROM CARBOHYDRATE

- Strong relationship between pre-exercise muscle glycogen stores and the length of time a person can exercise at 70% VO2 max
- Consistent daily intake important

## During Training

Focus on eating enough food to meet your calorie requirements – refer to website for calorie needs based on training

- 5-10 grams/kg carbohydrate/day (2.3-4.5 grams/pound)
- 1.2-1.8 grams/kg from protein (.54-.81 grams/pound)
- Remainder of calories from fat

*A NOTEWORTHY TIP*

While you train, test foods and drinks that you're planning to eat/drink the day of the race and during the race.

## Fluid Recommendations

- Fluid needs increased with exercise
  - 1% decrease in body weight = 2% decrease in performance
  - Drink before thirst
- Drink enough fluids to stay hydrated.
  - Check your urine
    - frequently urination
    - large volumes
    - light in color
    - Otherwise, up your intake.
  - Check pre/post workout weight

## Carbohydrate Loading Techniques

- Old School
  - -High intensity/low carb 3-6 days before race
  - -Rest with high carb until race
  - -Injury/illness/fatigue
- New School
  - -Taper exercise; up carb intake until approximately 10 g carb/kg body weight the day before
  - -Follow coaches taper method

**The Future**: 1 day high carb (10.4 g/kg body weight) intake after short bout (3 minutes) high intensity exercise

**The Bottom Line:** High carb intake prior to events lasting over 60-90 minutes in duration

## The Day Before the Event

- Focus on eating about 10 g carb/kg body weight
- Double your water intake
- Be sure you have everything you need to eat and drink thought out, set out and ready to go if the race is in the morning

## Immediately Before the Event

- Be sure to eat only what you are used to the day of the race
- 1-4g/kg carb prior to race (1g/kg one hour prior, 2g/kg two hours prior, etc.)
  - Low in fiber and fat, moderate in protein and high in carbohydrate
  - Does the type of carb matter?
- In recent studies, eating before an event has been shown to improve performance – "tops off" liver glycogen
  - Does this lead to crashing?
  - Breaking the morning fast
- Hydrate well (20-40 oz) 2 hours before the event

## During the Event

- Be sure to drink fluids frequently: 5-10 ounces every 15-20 minutes
- Replenish carbohydrates during events lasting over 60-90 minutes (or if beginning exercise in the fasted state)
  - .5 – 1 gram carbohydrate per kilogram body weight (30-60 grams/hour)
  - New studies show that mixed carbohydrate sources may be best (75-125 grams per hour)
    - Glucose, sucrose, fructose, maltodextrins
  - Sports drinks are handy
    - Choose sports drinks with 6-8% carb; sodium important
  - It is better to spread them out (i.e., 25 grams every 15-20 minutes)
    - Pre-sort/wrap food into appropriate servings
    - Mark water bottles
    - Pre-tested is key

## After an Event

- Often the amount you sweat out during exercise is greater than the amount you can take in and absorb
  - Drink to replace loses – 24 ounces (3 cups) per pound lost
  - Check your urine - large volume, light color
- Replenish sodium
  - A good goal: 1 gram of sodium (1000 mg)/# lost
  - Potassium and other electrolytes can be replaced with food
- Replenish glycogen stores if competing or training again soon
  - 1.5 grams of carbohydrate/kilogram during the first 30 minutes and again every 2 hours for 4-6 hours
- Protein is important to build and repair your muscles and tissues
  - Various studies suggest eating 6 grams of essential amino acids (15 grams of protein)
  - Drinks and bars are fine immediately after a race, but try to get to real food as soon as possible!

## Carbohydrate Recommendations

| Situation | Recommendation |
|---|---|
| Daily Intake | 6-10 g/kg |
| 1-4 hours before an event* | 1-4 g/kg |
| During endurance events lasting > 60 minutes | .5-1 gm/kg/hour (1.75 of mixed sources) |
| Recovery for athletes who train >90 minutes/day | 1.5 g/kg immediately, and every 2 hours for 4-6 hours |

*The closer the event the less you should eat.

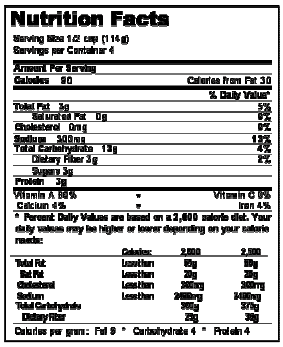
## EXAMPLES

| WEIGHT | BEFORE (2g/kg) | DURING (20g/20min) | AFTER (1.5g/kg) |
|---|---|---|---|
| 110# (50kg) | 100 g (4 oz bagel/turkey, smoothie with 1 cup yogurt and 1 medium banana) | 1.5 ounces pretzels | 75 g (6" sub, 1 cup chocolate milk) |
| 130# (59kg) | 118 g (above plus ½ cup apple juice) | 1 gu or 2 large graham crackers | 89 g (6" sub, 1 oz. pretzels, 1 cup chocolate milk) |
| 150# (68kg) | 136 g (above plus ½ cup chocolate milk to smoothie) | 12 oz. sport drink | 102 g (Add 1 oz. pretzels) |

## Foods with Carbohydrate

- Grains, cereals, breads, fruits, vegetables and milk/yogurt are all good sources of carbohydrates
- Most sports drinks and bars are designed to provide carbohydrates
- Choose whole grain, high fiber choices versus refined carbs on a daily basis

## Knowing Carbohydrate Content



**Nutrition Facts**

Serving Size 1.62 cup (114g)
Servings per Container 4

| Amount Per Serving | |
|---|---|
| Calories 90 | Calories from Fat 30 |
| | % Daily Value* |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 300mg | 13% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 80% | Vitamin C 0% |
| Calcium 4% | Iron 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4

**Creamy Tomato Soup**

**Nutrition Facts**
Serving Size 8.75 ounces (277g)
Servings Per Container 1
Amount Per Serving
**Calories** 290
Calories from Fat 160

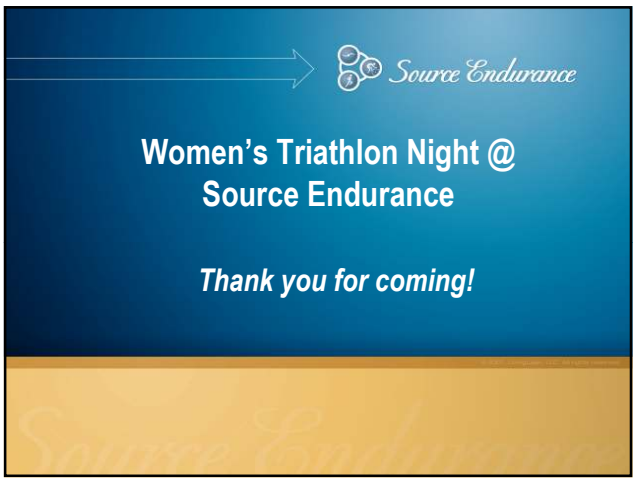
| | % Daily Value* |
|---|---|
| **Total Fat** 18g | **28%** |
| Saturated Fat 9g | **45%** |
| Trans Fat 0g | |
| **Cholesterol** 40mg | **13%** |
| **Sodium** 920mg | **38%** |
| **Total Carbohydrate** 29g | **10%** |
| Dietary Fiber 3g | **12%** |
| Sugars 10g | |
| **Protein** 5g | |

## Tackling Open Water Swimming

- RELAX RELAX RELAX
- Know possible race conditions
- Train in your wetsuit
- Get in open water if possible
- Practice in COLD water
- Expect ANYTHING on race day and be prepared
- Scout out the course
- Try to be able to breathe to both sides ('bilateral' breathing)

- Look for larger objects beyond each buoy to sight
- 'Sight' every 5-7 strokes especially in the first few minutes
- Count the buoys and familiarize with turn buoys
- Goggles…light and dark (see below)
- Start 'to the outside' or in the back if nervous
- Trust yourself!

Enjoy yourself ~ If you are no longer enjoying it, ask yourself 'why' and consider taking a break. It is a time-consuming sport, so always stay true to yourself and stay true to your goals.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Thank you for coming!