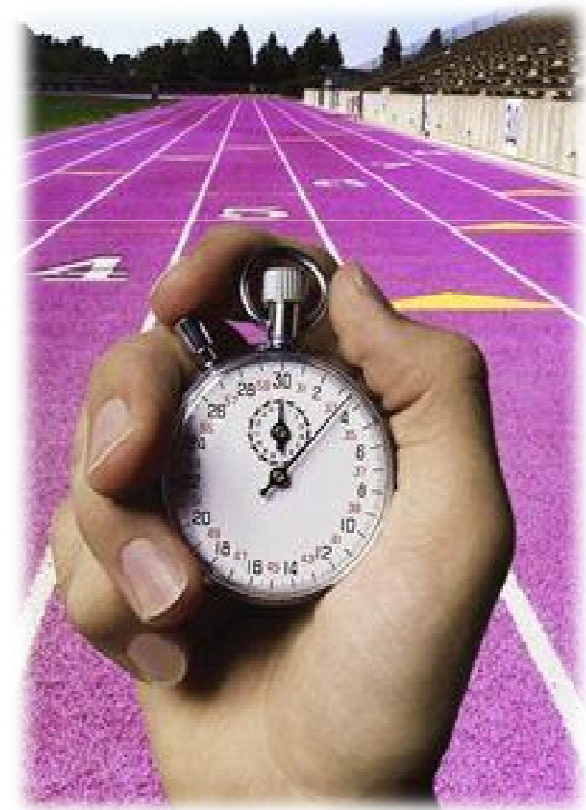


***YOUR WEEKLY  
TIMETRIAL***





# PURPOSE

## **Benefits;**

- ❑ Your weekly timetrials allow us to objectively track your ever improving progress
- ❑ Identify looming trouble shooting – eg. Illness, injuries, or burn out
- ❑ Offer week to week training motivation
- ❑ Highlight poor nutritional habits
- ❑ Indicate appropriate timing for increases in training & racing intensity
- ❑ Provide guidance for pacing your races
- ❑ Intensity limitations promote significant improvements towards running efficiency
- ❑ Great rehearsal for your racing brain
- ❑ Encourage fat burning metabolism

# WHAT YOU'LL NEED

- ❑ **Heart rate monitor** – the ability to limit with your HR ceiling with an alarm is handy, but not necessary
- ❑ **Stop watch** – a lap timer is a huge benefit when completing your INTERVAL TT session
- ❑ **Distance instrument** for the Interval TT only (not standard TT) – either a GPS watch, like a GARMIN, or a Smartphone using an app like – mapmyrun (free). Of course you could map out a course either using a bike tacho or even drive a course if this is possible.
- ❑ **Phone** –texting me your result post workout

*Also of benefit;*

- ❑ **Treadmill** – but not necessary

If using a treadmill, I find it best to cover up the tacho (speed measurement), and simply run to your HR ceiling – not allowing yourself to be dictated by a measurement of speed. Also, when performing the interval TT, using a timing device other than the treadmill reading is best. As you'll require the treadmill tacho, using a lap timing device for each split – like a sports watch or smart phone is best.

# STANDARD TT

- ❑ Design an uninterrupted flattish course over a relatively even & consistent terrain. It must be repeatable each week – hopefully being performed at roughly the same time of day each week.
  - ❑ Design a course that will have you finish Week 1 in circa 30-50 mins (see your relative Program details).
  - ❑ Cap your HR at your AZ ceiling (see your program AZ in yellow block). **Distance and average speed are irrelevant.** Define a start & finishing point – exactly
- 
- I recommend warming up well under your AZ top for 5-10 mins before starting your TT.
  - Start stop watch and go – attempting to complete this course ASAP
  - Race the course – but DO NOT exceed your AZ ceiling ever.
  - Focus strongly on your form & relaxed breathing – but again consider yourself in a race.
  - Press stop when finished and cool down steadily (walking, water etc)
  - TEXT ME YOUR FINISHING TIME – **0412 487 034** >> No Garmin readouts – just text me your TIME eg – 45.13

# INTERVAL TT

Design an even out and back course (you'll need accuracy in measurement) – usually 1 km, but at times I'll use 1.5 or 2km intervals sets

- ❑ Example set - 8 x 1km with 45 second absolute rest between sets.
- ❑ Race each rep as fast as possible but again remaining under your AZ ceiling
- ❑ Press start on your watch and lap if available on completion – note split time eg 4.53 and give yourself rest time as prescribed eg 45 secs
- ❑ Then start and complete your next split – again noting your each split time

Eg. 1. 4.53,

2. 4.54

3. 4.59

4. 5.15

5. 5.37

6. 5.45

7. 5.51

8. 5.59

**NOTE GAP** – between slowest and fastest – eg 66 seconds

Easy cool down post session

**TEXT ME THOUGH YOUR FASTEST AND SLOWEST SPLITS – AND THE GAP**



# REPORTING

## **If you have been following your program;**

- \* sticking to your HR zone guidelines
- \* concentrating on your form
- \* performing your drills
- \* performing your strength sessions
- \* following your nutrition guidelines
- \* sending me your TimeTrial results

## **You should be receiving the following;**

- \* usually weekly TT improvements in speed
- \* a big improvement in TT time at week 6 (from week 1) = speed
- \* body weight loss/ decrease in body frame (if necessary)
- \* lowering in blood sugar, increase in pH, lower resting HR
- \* abundant energy – rarely feeling tired – super healthy
- \* sleeping well and looking forward to your next training session



# ***REPORTING, cont***

## **If you are not receiving these results – usually it's because;**

- \* you're training regularly over and above your aerobic capacity (zone) – or training very little
- \* you're consuming excessive sugars – and or consuming a big meal too close to bed time
- \* finding it difficult managing lifestyle stress
- \* reducing sleep time

## **These mistakes may also lead to;**

- \* falling ill – cold and flu's
- \* feeling tired regularly and lacking in training motivation and interest
- \* niggling injuries
- \* recovering poorly from sessions – sore & tired

# EXAMPLE of *Standard TT*



**Client:** Simon Booth

**Age:** 44

**Starting Weight/ Body fat:** 92kg/ 19.3%

**Training sessions/ hours per week:** 4 sessions/ 4.5 hours

**Main athletic interest:** Running

**Program :** 1 longer run, 1 easy shorter run, 1 strength run (hills & drills), 1 mid-length mixed zone run

**TT Zone:** 139 – 144 BPM – zone determined by blood lactate test - BP

## **TT results - Time**

Week 1 – 53.34

Week 2 - 53.13

Week 3 – 51.32

Week 4 – 51.28

Week 5 – 51.29

Week 6 – 51.05

Week 7 – 50.11

Week 8 – 49.38

**Weight/ Body fat:** 86.5kg/ 15.3%

At this point, given these expected results, it is now time to throw 1 session of over zone interval training – this will take his fitness to another level again – he has built the base – the platform will support an increase in intensity without the risk of injury or illness. However, as soon as we see a failure in his TT time, we will revert back to total HR zone training. This usually takes about 4-7 weeks.