

TRAINED *Personally*

Seminar: Endurance Training. (4 hours)

Introduction. The focus of this seminar is to outline some overlooked elements of training plans to develop safe, long term training, minimising body damage, junk miles and nutrition based on whole foods not supplements.

1. Before training – **medical – heart condition. Par-Q.**

2. Mobility testing. The importance of identifying weak areas to prevent chronic injuries:

a. The big THREE. i. squat raised hands, ii. hurdle step, iii. fwd lunge

b. Small four. i. straight leg raise, ii. Shoulder mobility rotator cuff, iii. Trunk stability floor push, iii. Rotation stability, same side geko



3. Core Strength training. Hiit Cards

4. Nutrition.

- Plant based – low protein intake, carb, i. rice, potatoes, grains. ii. high veg, moderate fruit
- Fat as energy, nuts, seed, avocados – Nutritional Ketosis diets
- Water, not gels and sugar

5. Base training.

- Long Slow Distance/polarised – pace and heart rate. no lungs – no race!
- Heart Rate Zones :1-5 – 80/20 ratio
- Speed, power, efficiency – higher pace, moving weight/explosive, run light, swim smooth, change gear
- Distance – 5 – 42 km, triathlon, on / off road. i. time periods, weeks and months. ii. distance, iii. Intensity

6. Race week and tapering, Intensity high – duration short

7. Recovery and next race.