



## Training Program Glossary

thetrilife.com 

**Any questions? Contact us!**

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## Which program is right for you?

Which one should you choose? In general, and for most athletes, the longer the period of structured, appropriate and effective training the better one can expect to perform on race day. The broader the base – the higher the peak! So jump in to one of our programs as soon as is convenient and practical for you.

The description on thetrilife.com website indicates the amount of activity that you should be taking part in before starting the program and the weekly time commitment of each program. If you have any doubts about which program may be right for you please do contact a coach via thetrilife.com website.

Your health is important to us! Thetrilife.com training programs have been designed to be used by healthy athletes in good physical condition. Injury may result if you are not in adequate physical condition, and injury may also occur through normal use of this program. As with any training program, before you begin you should consult a doctor about the status of your health and we hope you will understand that we have to say that use of our training plans is "at your own risk".

# Glossary

## All Sessions

<b>RPE:</b>	Rate of Perceived Exertion. This is a measure that describes how hard your training effort feels to you! In this document you will also find a table that shows how RPE relates to Heart Rate levels which can be used by those athletes that train with a heart rate monitor.
<b>WU:</b>	Warm Up – usually to effort level RPE 8-11 described later in this document.
<b>MS:</b>	Main Set – this is where the hard work is done.
<b>CD:</b>	Cool Down – easy spinning, swimming or jogging to bring your heart rate down. Should be followed by a simple stretching routine please email theTriLife.com if you would like further advice.

## Bike Sessions

<b>RPM:</b>	Revolutions per minute. This is also known as your Cadence. Most efficient cadence is 90-110 when on a flat road. It is really useful to have a bike computer that measures your Cadence but if not you can count manually over 15 seconds the number of times that one leg revolves and multiply this number by 4 to find your RPM.
<b>LCR:</b>	Large chain ring
<b>SCR:</b>	Small chain ring
<b>O/G or Overgearing:</b>	Increase the gearing from your normal gearing to a harder gear – your Cadence will decrease but do not let it drop below 70 RPM.
<b>ILT:</b>	Isolated leg training which means pedaling with one leg at a time. Pedalling with just one leg improves your technique. If done on a trainer just unclip one foot and rest on turbo trainer behind you or on a chair. If done on road, ensure that it is safe to do so, do not unclip but just allow the non-pedalling leg to go along for the ride.
<b>Spin Ups:</b>	Another drill to improve pedaling skills and efficiency. Increase cadence slowly from 70 rpm to around 120 rpm. If you begin to bounce around on the saddle bring the cadence back down until your upper body is still. This drill is about retaining control of your pedaling.

## Other biking tips:

Use your long rides to practice your nutrition and hydration in different riding conditions i.e., hot weather, windy weather. Get to know your sweat rate per hour and weight loss so that you can get it right on race day.

Make sure you are able to repair punctures to your front and rear wheels quickly – make time to practice.

Cadence for long ride should be 90- 95 rpm – except on hills where it will drop to around 70 rpm – depending on the length and severity of the climb. It is very useful to have a computer that monitors your cadence.

Get professional advice to optimise your position on the bike to get the most power - this will be a combination of comfort, aerodynamics and safety.

## Swim Sessions and Drills

<b>f/c:</b>	Front crawl
<b>Pull:</b>	Put a “pull buoy” between your legs and just swim using your arms. No kicking at all, keep your toes pointed behind you.
<b>Kick:</b>	Hold a swimming float out in front of you, lay on your front and move through the water just by kicking. Keep your head in the water - lift your head a little to breathe. Start the kick from your hips with only a shallow bend of the knee. Ensure that your toes are pointing to the back of the pool behind you.
<b>Descending:</b>	As an example – 4 x 100 descending means that each 100 swim gets faster. It is called descending because the swim times are getting smaller or descending.
<b>Swim Drills:</b>	Swim drills are stroke exercises that we use to improve our stroke. Since swimming is 75% technique it is important that drills play an important part in your program. There are some video clips of drills in the Drills locker of the clubhouse but for a comprehensive collection of drills with full description and high definition video footage please take a look at <a href="#">Stroke Builder</a> , our app for the iPhone and iPad.
<b>Swimming Golf</b>	is a drill that illustrates the relationship between stroke length, speed and efficiency. You add together the number of strokes you take over the set distance (here 100m) to your total time in seconds. That is your score. The objective is to decrease your score with each subsequent interval. Just as in golf, the lower the score the better. This should show that going faster, but taking more stroke counts, or being less efficient, is not always desirable, as that combination may very well increase your total score as oppose to decrease it.
<b>Catch Up Drill:</b>	Begin the drill with both arms extended in line with your shoulders, your body correctly aligned, hips and legs high in the water, the legs performing a gentle flutter kick to assist with balance. Take a stroke with the right arm and as you do so rotate your body. Perform the right hand entry with hand entering in line with shoulder, roll back to a flat position and extend the right arm and shoulder forward under the water. Wait until the right hand is alongside the still extended left hand before you begin your next stroke with the left arm. Take the stroke with the left arm and wait until the left hand is alongside the right before taking the next stroke with the right arm. It is sometimes useful to touch thumbs as the arms are alongside each other.
<b>Single Arm Swimming:</b>	Swim with one arm performing a stroke while the other remains fully extended to the front throughout the drill. As the stroke is taken, the body should rotate correctly and then return to flat as the swimming arm comes alongside the extended arm. Take a breath when you need to, by rotating your head in line with your body as you rotate during a stroke. You should do this drill very slowly and wait until you are completely balanced in a flat position before taking the next stroke with the same arm.
<b>Shoulder Touch:</b>	Shoulder Touch drill encourages a high relaxed elbow during the recovery phase. Simply touch the top of your right shoulder with your right hand as it passes to the front of your recovery (over the water) before entering the water. Perform the same with the left hand.
<b>Thigh Touch:</b>	Before you get in the water stand upright and drop your arms by your sides. Make a mental note of where your thumbs naturally fall against your thigh – this is where you should be finishing your stroke. To do this drill, simply touch this part of your thigh with your thumb at the end of every stroke. Your arm, at this point should be almost straight.
<b>Units:</b>	In the swim sessions the numbers denote the number of metres to be swum i.e., 50 swim means swim 50 m.
<b>Build:</b>	Get gradually faster over the course of the unit. For example 50 building means start the 50 m easy and get faster over the course of the 50 m.
<b>Rest between sets:</b>	30 s R means 30 seconds of rest
<b>T Pace:</b>	Your threshold pace or race effort pace expressed as a time per 100m. If your T pace is 1 min 45 sec per 100 then T pace + 5 means that you swim at 1 min 50 sec per 100.

<b>Use of paddles:</b>	Use paddles in this program as prescribed but only if you have used them on a regular basis in your swimming up to the program start date. Care should be taken to perform each stroke correctly to avoid shoulder injury.
<b>Open water swimming:</b>	Only swim open water under supervision and with a buddy. If a open water session is not made available perform the session and practice the skills in a pool!

## Warming Up and Cooling Down

Warming up and cooling down your muscles are an important part of each and every session to help prevent injury. It is also recommended that you stretch well after each session. If you need any advice on how to stretch safely and effectively please contact thetrillife.com or a local fitness advisor.

## How Hard You Should Be Working

To achieve the most from your training you should become aware of your training intensity or how hard you are working. Fitness is achieved by overload followed by recovery and you need the right balance! There are a number of ways to measure how hard you are training.

In the training program you will see that the required intensity is shown in terms of RPE or Rate of Perceived Exertion – but you can also use a heart rate monitor - the table below shows other ways of describing these effort zones.

Heart rate monitors have become widely used, although there are limitations. (For example you should be aware that heart rate zones should be reassessed periodically). It is useful to use heart rate in conjunction with RPE or Rate of Perceived Exertion. There are several different scales for RPE. The one used below is a 15 point Borg scale. The following table illustrates a relationship between heart rate zones and RPE.

Heart Rate Zone	Zone Description	% of Maximum Heart Rate	RPE Level	Perceived Exertion
1	Recovery	60-65	6-8	Very, very light
2	Aerobic Endurance	65-75	8-11	Fairly light
3	Intensive Aerobic Endurance	75-82	12-14	Moderately hard
4	Lactate Threshold Training – Aerobic Capacity	82-89	15-16	Hard
5	Anaerobic Endurance – Lactate Tolerance	89-94	17-18	Very hard
6	Power	94+	19-20	Very, very hard

An exercise based field test is the most accurate way of calculating your Maximum Heart Rate –but a starting approximation is given by using the calculation “220 minus your age”!

Note: Heart rate zones suggested by different texts and organizations may vary.

Enough of the words – time to train and have fun!

Good Luck from thetrillife.com coaching team.