

Tri Tips

By Alan Ley

Triathlon Running – This winter is the perfect time to sneak in short bricks and get in a good running warm up. Ride the indoor trainer for 10 minutes with very little resistance and spin at 88 to 95 rpm's (similar to your running cadence). The easy spin will warm up those muscles for an easier transition to the run and you will be getting in a short brick session. What you have to be careful of is to NOT sweat too much on the bike. You don't want to be chilled when you start your run.



Triathlon Bike – When training on the indoor trainer and you find yourself getting into a monotonous grind, break up those big gear grinds with 4 to 6, 30 to 45 second high speed spins of 100+ rpm with low resistance. This will wake up your neuromuscular system and increase your pedaling efficiency. If you really want to have fun complete a few spins pedaling backwards.



Computrainer Race at Criterium Bike Shop in Colorado Springs December 18, 2008.

Triathlon swimming – Instead of doing the typical early season long swim sets for endurance mix it up and include more 25 and 50 meter repeats focusing on form and speed. If you want to build power and strength next season use paddles for some of the short 25 and 50 meter speed sessions. It is always a good idea to include the shorter fast sprints into any swim session. It just feels good to go fast!