



BUILDING FITNESS:

DEFINITIONS

THREE BASIC ABILITIES:

***THESE BASIC ABILITIES ARE THE CORNERSTONE TO YOUR FITNESS!**

1. **ENDURANCE: THE ABILITY TO RESIST FATIGUE**

- Mainly slow-twitch muscle fibers (contract slow, recover quickly).
- Trained extensively in Prep and Base periodization phases.
- Time spent mostly in Heart Rate zones 1-3.
- Improved by sport specific long-duration swim, bike and run workouts.

2. **FORCE: THE ABILITY TO USE MUSCULAR STRENGTH**

- Affects ability to overcome resistance.
- Improves economy.
- Improves effectiveness in rough water, hill climbing, winds.
- Strength Training beneficial to force.
- Trained extensively in Prep and Base periodization phases.

3. **SPEED SKILLS: THE ABILITY TO MOVE BODY PARTS QUICKLY AND EFFICIENTLY**

- Affects the ability to move effectively while swimming, biking and running.
- Improves economy (less wasted energy!)
- Drills (in all three disciplines) improve speed skills (technique!)
- Trained in every phase of your periodization.

ADVANCED ABILITIES:

***THESE ADVANCED ABILITIES BUILD UPON STRONG BASIC ABILITY DEVELOPMENT. TRAIN THESE IN THE FINAL 12 WEEKS LEADING TO YOU'RE A-PRIORITY RACE.**

1. **MUSCULAR ENDURANCE: ABILITY TO MAINTAIN MUSCULAR STRENGTH FOR A PROLONGED PERIOD OF TIME**

- Combination of force and endurance abilities.
- Critical ability to keep the pace high for the end of swim, bike and run legs of a race.
- Muscular Endurance work should begin in the Base 2 phase.
- Heart Rate zones will range from Zone 3 in Base 2 phase to Zones 4 and 5 as fitness progresses in the Build phases.

2. **ANAEROBIC ENDURANCE: ABILITY TO RESIST FATIGUE AT VERY HIGH EFFORTS WHEN ARM OR LEG TURNOVER IS RAPID.**

- Combination of Speed Skills (efficiency/technique) and Endurance.
- Develops good tolerance for lactate and enhances performance in short-distance events.
- Highest chance of overtraining, injury and burnout if used improperly.
- Used in training mainly in the final Build 2 and Peak periods.

3. **POWER: ABILITY TO APPLY MAXIMUM FORCE QUICKLY**

- Combination of high levels of the basic abilities of Force and Speed Skills.
- Very useful for short, steep hill climbing, fast swim starts and sudden pace changes.
- Work on improving power when rested and early in a training session when the nervous system and muscles are most responsive.

TRIATHLETE NATURAL ABILITIES PROFILE

READ EACH STATEMENT BELOW AND DECIDE IF YOU AGREE OR DISAGREE AS IT APPLIES TO YOU. CHECK THE APPROPRIATE ANSWER. IF UNSURE, GO WITH YOUR INITIAL FEELING.

(A= Agree D=Disagree)

- | A | D | |
|----------|----------|--|
| _____ | _____ | 1. I prefer to ride in a bigger gear with a lower cadence than most of my training partners. |
| _____ | _____ | 2. The shorter the race, the better I perform. |
| _____ | _____ | 3. As the intervals get shorter, I get better. |
| _____ | _____ | 4. I'm stronger at the end of long workouts than my training partners. |
| _____ | _____ | 5. I can squat and/or leg press more weight than most in my category. |
| _____ | _____ | 6. I prefer longer races. |
| _____ | _____ | 7. I run and bike in the hills better than most in my age group. |
| _____ | _____ | 8. I enjoy high volume training weeks. |
| _____ | _____ | 9. My running stride is short and quick |
| _____ | _____ | 10. I have always been better at sprints than at endurance. |
| _____ | _____ | 11. In most sports, I've finished stronger than most others. |
| _____ | _____ | 12. I'm more muscular than most triathletes of my age and sex. |
| _____ | _____ | 13. I'm better at swimming in rough water than most others in my age group. |
| _____ | _____ | 14. I prefer workouts that are short but fast. |
| _____ | _____ | 15. I'm confident of my endurance at the start of long races. |

SCORING: For each of the following sets of statements, count the number of "Agree" answers you checked.

Statement numbers:

1,5,7,12,13: Number of "Agrees" _____ **Force score**

2,3,9,10,14: Number of "Agrees" _____ **Speed score**

4,6,8,11,15: Number of "Agrees" _____ **Endurance score**

(From "The Triathlete's Training Bible" by Joe Friel)

