

racestronger.com

HOW TO USE TRAINING PEAKS

YOUR TRAINING ADVANTAGE

WELCOME



WHAT IS TRAINING PEAKS?

BESPOKE SOFTWARE CUSTOMISED TO YOU

Training Peaks is at its simplest an online diary, accessible via tablet, smartphone laptop and PC onto which your training sessions are placed ready for you to follow. It works exactly like outlook or another calendar application that you probably use every day in your social or business life

But it is so much more. Once you have set up your metrics, weight, height, heart rate for given activities, power if you have it or use it for bike workouts, then EVERY workout or session that is planned AUTOMATICALLY calculates the exact effort needed for that workout, no more working out, just follow the simple instructions!

You can choose premium or basic, the difference being the ability to move sessions around and view charts.

WHAT ARE THE BENEFITS?

NO MORE PAPER!

MULTI DEVICE

View, edit and move sessions around online simply by drag and drop. Download the Training Peaks App on Android and Apple and you'll get your work outs on your phone, via email if you want and online. It couldn't be simpler. You can even upload onto your Garmin device if you want

[Go here for video introduction](#)

WHAT YOU MEASURE YOU IMPROVE

INDIVIDUAL METRICS

Once you've done a couple of simple tests, either with Lovetri Swimwerkx or on your own included in your plan, [full details are uploaded onto your plan] you simply input the metrics, known as threshold heart rate, or sometimes maximum heart rate, plus power if you have it on your bike, into the settings on Training Peaks. This automatically fills out on EVERY racestronger session the precise HR or power settings you should be using for that workout. No more guesswork.

PERSONALISED TRAINING!

CONGRATULATIONS – YOUR BEST INVESTMENT

WHAT ARE THE BENEFITS?

TAILORED FOR YOU

Now you have a racestronger training plan there is no more guessing as to intensities, pacing duration and distances. Your training plan can be as simple as you like, or as data rich as you want. Analysis of your efforts can be undertaken by you anytime or not at all.

The beauty is that because you measure what you do, small changes, relating to tiredness, or improved fitness, are automatically factored in, to ensure that you are always doing what is right for you, your body, your event and your lifestyle

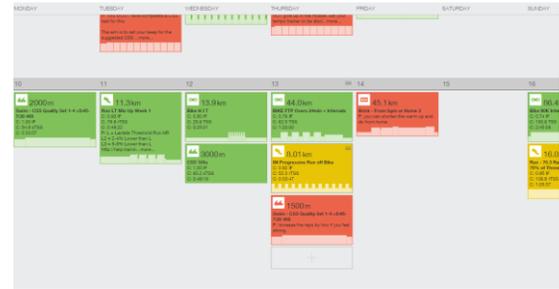
Sure, you may be paying a bit more than a free plan or a friend's advice, but with racestronger training plans you are getting the experience of a novice to GB triathlete, who is National Federation, Training Peaks and Ironman qualified and who has made a big difference to hundreds of athletes by focussing on them and what's important to them. Remember the same sessions are used for the Lovetri| Swimwerkx race team to get them racing at their finest.

These plans are generally built to challenge you and the ability level you've chosen, and if you have premium Training Peaks then you can shift sessions around your work, family and lifestyle, just ensure you don't do two high intensity sessions back to back, and that you take your rest or down days, they're there for a reason as its during these periods that your body recovers, gets fitter and your friends and family get to see you.

If you want to talk about power, then we provide it for free via our relationship with a virtual power provider for Turbo training [here](#)

SESSION VIEW

COLOURS!



Once you've purchased your plan you'll get a week by week plan to follow that improves your fitness and form as you approach your target goals or race. The software is designed to get you there in peak form for the hours that you can commit.

This 'form' is really arriving at your race or event, trained and fit, and not tired, which means you should be raring to go for that PB!

The workouts are placed into the appropriate day. If you complete them within 15% of the duration and or other settings they turn green; if you do them over or under that effort or time then they go amber; and if you miss a session it registers red! It's as simple as that.

The metrics on the right of your plan week show you the hours per discipline, how hard you've worked, what was planned and what was completed. You can also use this to look ahead to see what's coming!

WHAT ARE THE BENEFITS?

SIMPLICITY OF DATA

VISUAL IMPROVEMENT

You can track your progress by feel or by upgrading by using the Performance Measurement Charts which feature a whole range of varying metrics from fitness, to hours spent training per discipline, even average speeds, comparing hilly runs with flat runs and much more. For those with Power on their bikes Training Peaks shows this too, it all helps to keep you motivated and moving, training smartly knowing that the time you are investing is for the best outcome.

TRAINING BY FEEL

THE 'OLD' WAY

Most professionals don't train on 'feel' how do you compare one day against another, or know if you are doing a consistent workout?

What speed is 80% effort uphill when compared with the same effort on the flat? Most athletes don't even know how to work out their maximum heart rate, relying on the old and outdated '220 – your age' formula!

The point of Training Peaks and training scientifically is that you race at the optimum, not the maximum, for the race distance or sports goal you have set yourself, each type of challenge has its own best ways of training in terms of effort, all very different. So, relax, enjoy, realise that the first week is a bit trial and error but it gets better, **FAST!**

If you complete 70% of more of the plan you're still going to be better than the self-coached or accidental athletes against whom you compete.

Having a bespoke training programme related to YOUR specific statistics and fitness means you test yourself, and you're not comparing yourself with anyone else, be the best **you** can be and let others worry about you.

WHAT YOU'LL NEED

DEVICES AND LINKS

You have made the right choice to train smartly. Hopefully you've invested as a minimum in a heart rate device, or will be doing to get the best out of your training plan! These devices capture heart rate via the wrist or through a heart rate chest strap and uploads to the brands online athlete website. Garmin to Garmin Connect, Polar to Polar Flow. The **good** news is that Training Peaks connects seamlessly with these websites, recording them onto Training Peaks. You'll just need to link your devices, that takes a moment. [Go here to link Garmin and Training Peaks](#) [Go here to find out how to link to other brands](#)

FAQS

DON'T SWEAT THE SMALL STUFF!



We can't all be pro triathletes!

This is your hobby, that you do for fun. Some may think it's more important than family, social life or work, it isn't! Your plan has been put together by professionals.

You have other input from others like physios, masseurs and chiropractic's maybe. That's' good.

Can't make a session? Don't make it up the next day. Kids party in the way of something, move it, or do it early. Feeling a bit ill or tired and under the weather, then don't stress, missing one session or even a couple of days won't matter in the general scale of things.

Learn to trust your judgement, something that comes with more exposure to the plan and your increasing fitness.

Even if your ability and aims are relatively modest, or they are to qualify for GB or other International honours, your racestronger training plan ensures you get the best from yourself, always.

'We do not rise to the level of our expectations we fall to the level of our training'



Scientific, proven coaching without troubling you about the science!

Paul Gardner

Team Principal

BTF LII, Certified IM Coach, Training Peaks LII

Fully Insured, DBS checked

Lovetri.com

Swimwerkx.com

PLANS INCLUDE

Personalised-to-your ability sessions

Drills, functional training, activation and warm downs plus stretches, available at the click of the session button [under paperclip in session]

Interesting, varied sessions to keep your attention and be effective

YouTube technique library for [run](#)

YouTube technique library for [swim](#)

Access to Lovetri | Swimwerkx [plan creators] squad rates should you be local to Hertfordshire | London and want 1-1 technique sessions from one of the best coaches in the UK

Squad rates for 1-1 swim, bike and run coaching £45 an hour, Open Water £65 Group by arrangement. All other rates £65 and £80



TERMS AND WHAT THEY MEAN

SWIM BIKE RUN

TRAINING LANGUAGE

CSS Critical Swim Speed

A way of improving pacing on your swim, usually requiring a [Finis](#) Tempo Trainer

TSS Training Stress Score

The way Training Peaks measures your fitness and the hardness of a session, 100 being the maximum achievable over an hour. This means that all sessions, no matter the type, have a consistent measure

Threshold or FTP or Functional Threshold Power

The level of effort you could maintain all out for an hour or more, expressed as a heart rate, power output [if you have it] or a description of [rating of] perceived effort [PE] where talking is only possible in very short sentences

Intensity

How hard or at what level you work at

RPE (1-10 scale)	Avg HR Zone	TSS per Hour
1	1 (low)	20
2	1	30
3	1 (high)	40
4	2 (low)	50
5	2 (high)	60
6	3	70
7	4	80
8	5a	100
9	5b	120
10	5c	140

Duration

The length of time you are working

Pacing

Terms like marathon, tempo, threshold, and fartlek are all used, but **you** don't have to worry, as your paces and effort are set specifically! We recommend the McRun app available for mobile, it's the best in the market for checking on the fly run paces.

Pull Buoy | Pull shorts / Buoyancy shorts

A flotation device or a pair of neoprene shorts that isolate or support the legs whilst swimming, allowing an athlete to focus on their upper body and arms during the freestyle or front crawl stroke [FS/FC]

HR

Heart rate, usually transmitted to a watch or unit that sits on your bike by a heart rate strap, allows very accurate and precise levels of effort relating to heart rate

Rest Day

It is very important to most that they have either a rest day, or days of training that are less intense than others, and that every 3 or 4 weeks, there is a 'down' week that allows the body to recover ready for the next 'block' of training. The body fitness improves whilst it is resting, not working, and rest allows muscles, mitochondria and systems to recover and get stronger

Mins: Secs

These are durations for workouts, expressed usually in HH:MM: SS

PMC

This is one of many different charts you can view that inform and show your fitness, progress and improving times over a training period. All you should know is that blue lines rise until event, [fitness] pink lines rise until event, then drop quickly [fatigue] and training form [yellow] should be between roughly -5 and 20.

Any other questions, use the training peaks blog [here](#)