



Joe Beer Smart Training Ltd

# 10 NEW(?) WAYS to boost speed

Keynote at 220 Tri Show 2014



# I. Actually train like you're asked

**TRAINING** - only adds to genetic endowment

There's no short cut, "secret interval" or sweet-spot.

e.g. Elites/Top A/G train 20-35/10-18h; 600-900/800-1200h p.a; x10yrs+

Even during research, when coached professionally or paying for "coaching" people fail to do what is actually asked of them

e.g. swim session: drill or effort or bad habit pointed-out...  
do as prescribed ("is this the best I can be doing")

Do what is asked (skill, effort, duration)



# 2. Drop the magic potions

**NUTRITION - bigger gains & losses than many perceive**

Good diet + the right sports nutrition products = better gains  
e.g. low glycogen; protein timing; creatine augmentation, nitrates

No one has bottled a champions elixir (legally!)

Simplicity is the eventual goal not complex neurosis

**PROVEN PRODUCTS: Carbs, caffeine, recovery drinks & colostrum**

Keep nutrition simple, high-quality + prove add ons



# 3. Keep tech simple

**TECHNOLOGY - you can and should use as close to pro level kit as you can afford**

You can improve performance through technology or as a podcast listener termed it “Kit Doping”

But keep it at YOUR level of understanding, organisational ability & upkeep (e.g. HRM in box, tires you can't change, shoes past “safe” cushioning)

AIM FOR: Googles that don't fog, best tires you can afford 23-25mm plus springy training & racing run shoes

Use but don't confuse yourself with top level equipment



# 4. Cut the junk out

Do base <80% HRmax or quality. >86%, ideally 88-90% of max

Not base effort turns into competition or  
“too slow for me” mentality

*- World Conf Science of Tri - UK OD National Squad*

*Swim25%, Cyc55%, Run20% of volume ~70% of this below race pace.*

*- Olympic Distance Top 10 Olympian (2012) - published 2013*

*>75% training in Zone 1 Swim74% Cyc88% Run85% in Z1*



Cut junk training “reactions” for flexible planning of targeted sessions



# 5. FEED THE MACHINE

- **Good Sleep is central to development**  
It's all about ability, consistency and “ABSORBING”  
Elites 10-12h/d and Amateurs 50-hour per week aim
- **Make daily wholefood nutrition a natural habit:**  
e.g. slow release carbs, real-food proteins, quality fats  
Don't try to be perfect just remember YAWYEAD  
(You Ar What You Eat And Drink)
- **Body Work must focus on your imbalances**  
e.g. poor shoulder mobility, leg tightness or cramping  
Its finding the right expert that is the challenge - body map

# Feed The Machine: sleep, nutrition & bodywork



# 6. Train/Taper/Race/recover

- **Make recovery a part of your weekly plan:**  
e.g. lighter days (low ZI technique), transition training, non-training days, alternative non-competitive sports - plan

- **Use realistic training volume (8hrs; 220 Reader Survey)**

Don't get hooked on a number it will vary: 8, 10, 12, 6

The training bank builds your fitness over time.

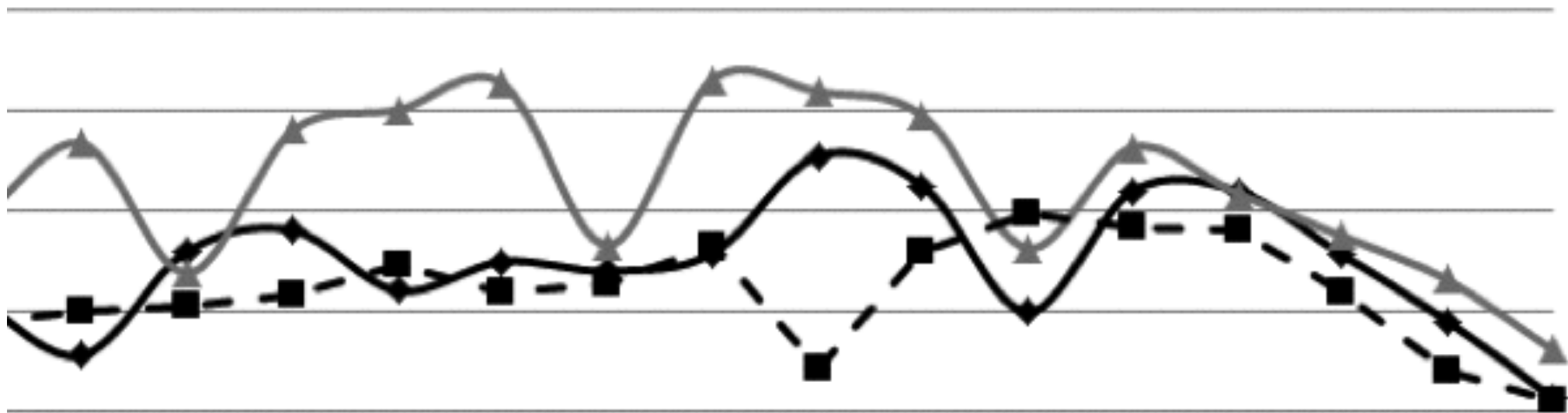
It's all about ability, consistency and "ABSORBING" - plan

- **Don't go OTT after season**

Less is gained Oct to Dec, more from Feb to April.

Aim 60%-75% of volume you intend to peak at Mar-July

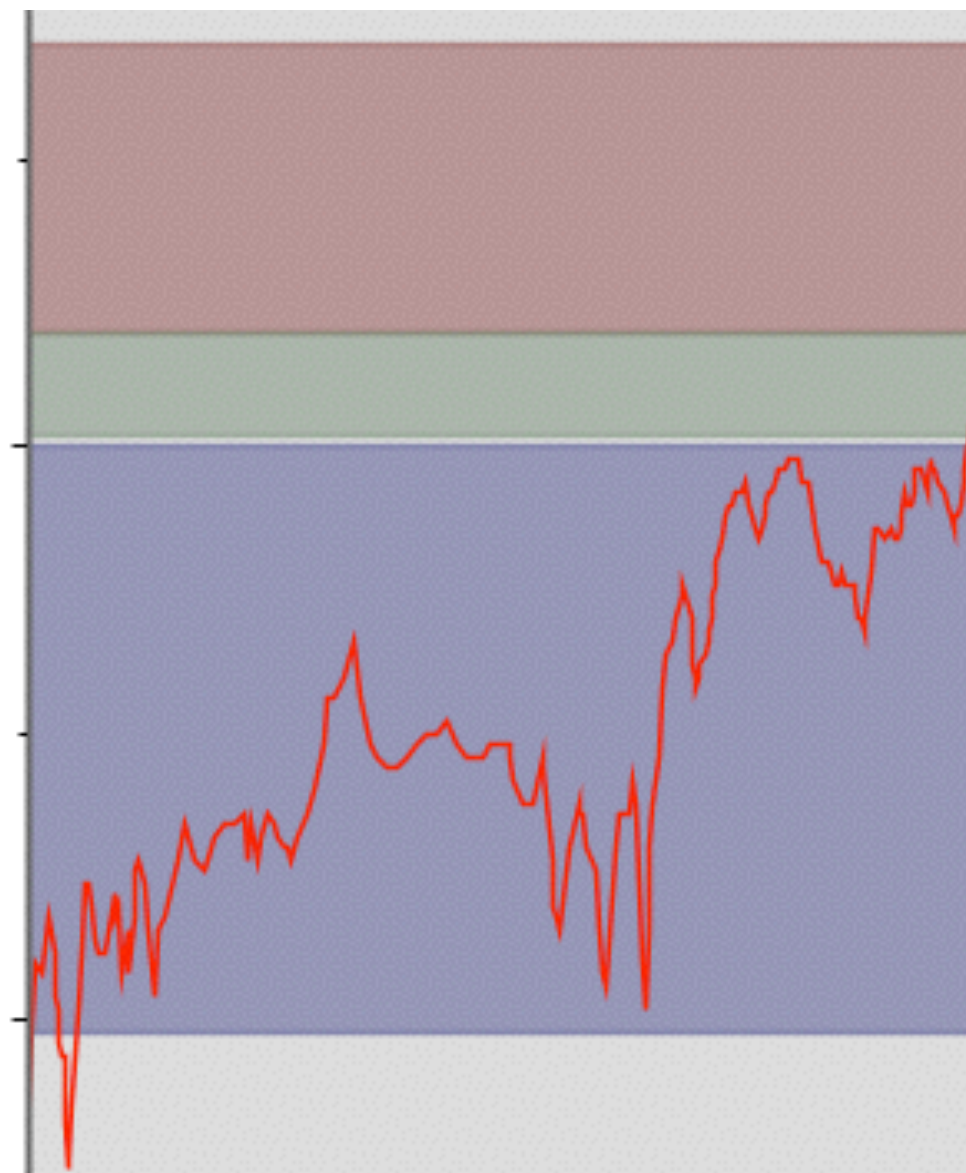
Stimulate+Recover=Improve on a 3:1 or 2:1 plan



# 7. WARM UP PROGRESSIVELY

- **Take time and the right route:**  
e.g. flat cycle before hills, easy run before meeting group  
>10mins before hitting upper Z1  
Too soon to upper Z1 (or Z2!) and it signals stress
- **Reduce average speed focus to relax the warm up**  
e.g. turn off speed, Strava, average Power  
Relax this is the transition into “exercise land”
- **Factor pre-race patterns to include warm up**  
e.g. turbo next to car, swim bands, into water swimming

Warm up properly (10-20mins) training or racing



# 8. NEVER GET COLD

## (2nd Rule of Fit Club)

- **Never get cold prior to training:**  
e.g. dress warm (Dryrobe), aim to peel of layers  
It's not about having shorts on in 5-degrees and hail
- **Use clothing to vent heat but be warm not cold**  
e.g. Gilets, capes, gloves, beanies, legs, arm warmers
- **After training wrap up before getting excessively cold**  
e.g. donning clothing whilst ice bathing legs (Ali Brownlee).  
Diverting energy to keeping warm leaves less for recovery



#nevergetcold



# 9. Do hard training precisely

- **No making it up or fearing what effort can give you:**  
e.g. minute-on, minute-off; proven efforts 4x8mins  
90%HRmax
- **It will not make up for but ADD to base training**  
e.g. less time does not mean ore effort in base training
- **All intervals need to been seen as hard sessions**  
e.g. no point in seeing how it goes.

Proper High Intensity Training: 6 x 4'@85%PPO with 2'RI

HIIT!

# 10. this is playtime

- **Pros are good at it AND they enjoy it**  
its not a second job - it could hinder it in fact
- **Use it to find out about you but not JUST to be the best**  
e.g. there's a bigger reason than winning
- **Do you grimace or laugh during training?**  
Are you scaring others from starting or encouraging?

Enjoy it - its your playtime



# Your TAKE AWAY messages:

- Do what is asked (skill, effort, duration)
- Keep nutrition simple but quality
- Don't confuse yourself with equipment
- Cut junk training sessions
- FTM: sleep, nutrition & bodywork
- Stimulate+Recover=Improve
- Warm up properly
- #nevergetcold
- Proper High Intensity Training
- Enjoy it - its your playtime

# TOP 10 for 2014

- Fasted and low-carb training
- Beetroot “nitrate” loading
- Aero frame and kit enhancements
- HIT bike intervals for running off bike
- Colostrum & Probiotics
- Hydrotherapy & Compression, Bowen
- Blood profiling/optimisation
- Vitamin D offseason supplementing
- Compression pants, Altitude tents,

# Questions & Answers

Contact via [JBST.com](http://JBST.com)  
or TwoTwenty Magazine

