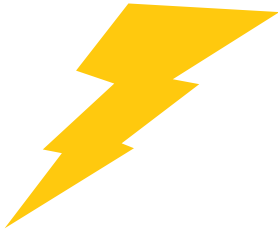


7 Ways to Make Your Training More Precise

1

Have a Plan

A good **training plan** will give you a safe ramp-up, provide important milestones, help you push yourself when you need more intensity, and pull back when you need to dial it down. It will also help you peak in the right time for your A-Race.



Measure Power

Knowing your output or wattage can be the difference between thinking you are getting good workouts, and knowing you are. For cyclists, a **power meter** is a great way to measure output. For runners, consider an occasional treadmill run so you can measure your progress in a controlled way.

2

3

Use a Watch or Device

Knowing your pace, speed, distance, and workout duration is critical to precision training. A good **running or triathlon watch** will allow you to monitor your intensity, and know when to push yourself faster or long. Other wearables or apps can be just as effective at tracking your workouts.



Incorporate Interval Training

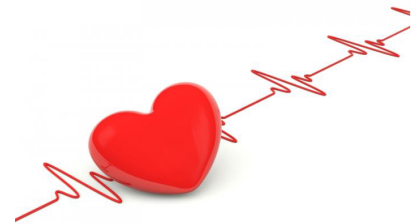
Adding interval training to your workout plan helps increase your VO2 max and endurance levels. Among other things, consider doing **track sprints or fartleks** on your runs, or **hill repeats** if you are a cyclist. In the pool, be sure you have workouts that include **hard, timed laps**.

4

5

Measure Your Heart Rate

Heart rate monitoring is a great way to manage your workouts and train in your **target heart rate zone**. Using heart rate training ensures you are not over-or-under training, and allows you to gradually increase intensity with your fitness level.



Remember Periodization

Create training “seasons” throughout the year to help your performance. Divide your training into **multi-week periods**, increasing the intensity with each one, ending with a peak. Then, be sure to give yourself an offseason.

6

7

Keep a Log or Journal

A workout log might seem old-fashioned, but it can help you observe **training trends**, identify the cause of injuries, and benchmark your fitness at different times. Today, you can even incorporate your device data with online logs.

