

## Rule no.1 - Frequency and the busy triathlete.

If there is one thing I've learned since becoming a proud father of 2 babogs, is that strict training schedules can do as much harm as good. Some athletes get down or angry because life isn't all sunshine and roses. However rule 2 sorts all that out.

### Rule 2 = the 20 min rule

If you miss a session - you miss a session. I'm not a big fan of putting sessions in again at later dates unless they are **key** monitoring progression sessions. There is no excuse, no matter how busy your day, to not being able to do a 20 min session (*stress/ loss of sleep/ missing meals/ training late, overloading on other days missing quality etc - reasons why I don't put them in again - **unless key***).

- Be that a home **core work out**
- Be that an easy **run** or tempo
- Be that a **stretching** session
- .....

### We can always do something.

Science of frequency? We can point to numerous studies but with practical thinking - 1hr run versus 3 x 20 mins runs - which do you think will help more?

#### **Having a stash of gear in work / car / wherever is easy accessible?**

I know for me, personally, with having kids and a busy work life: starting my day with a workout starts the day of perfectly. I'm not playing catch up or rushing. Worst case scenario if something comes up I at least have something done and those addicted to the good mood endorphins can relax in knowing that.

**Lunch time groups.** This has really worked for me this winter. Tuesday and Thursday's I meet with a spin group and for 40 mins we give it all we got. If your work place has a run group why not get involved? If it doesn't *why not start one?*

Starting a run group is easy. All you need is one other person. If they are not at your level - warm up and cool down together, find a short loop of 500m -1km, do Fartlek or intervals and try to keep each other insight or play catch up! **Encourage each other** and cool down together with an easy jog and light stretching.

If your workplace has treadmills even better - you can do heart rate sessions or speed build sessions etc. There are loads of options. **The key is you support each other, rely on each other, make it fun and build a commitment.**

### There is always a choice

Yours in sports

**STL**

Serious Triathlon Training