



exercise institute

Weekly Triathlon Session Plan 2017

Testing and Training Services are included in the monthly fee of \$350. Train with tertiary trained professionals in their fields and in Perth's friendliest training environment 😊

Exercise Institute adheres to a polarised model of triathlon training. Across the 3 disciplines we measure Vo2max pace, power and swim-speed in order to be able to train our athletes at an intensity reflective of this 'metabolic profile'. We encourage around 10-25% of training time to be at high intensities (above the 2nd threshold), with the remainder spent at low intensity, with some moderate (threshold training) intensity training also encouraged. [See our podcast here for information](#) about polarised training.

For our triathletes we strongly encourage strength training as a form of injury prevention training. Strength training can also lower the metabolic cost of exercise meaning a lower oxygen consumption per running speed, power output and swimming pace. Making a more efficient and reduced injury profile.

Testing Assessments

- Baseline **power profiling** to outline Vo2 max power output for cycling, this is used for future indoor training sessions, and as a measure of fitness to improve up over time. Retesting occurs throughout the program. [See here for information](#)
- Baseline **pace profiling** to outline Vo2 max pace for running, the data is used to outline, high intensity, moderate and low intensity training paces. During the test we also perform a **gait analysis** to ascertain idiosyncrasies in running movement that can be worked on prior to intensive running. [See here for information](#)
- Baseline **critical swim speed testing** and technique analysis for swimming. Technique training is heavily focused on at exercise institute, we look at stroke rate and length to best optimise your economy of motion.

Brick Training Day: Fridays, short and sweet

- Every Friday we run a swim technique training session at Bold Park centre, followed by a bike and/or run. This involves underwater assessment and recording. [See here for details](#)
- The session involves a swim, optional bike and the training facility in West Perth which is high intensity Vo2 type work of around 45mins performed on our bikes or your own, then a Run of the Bike (ROB) of around 30mins (featuring under/over type modulation training). This session starts at 5am from Bold Park pool, bike at 7am, run at 745am, finishing around 8:20am.

Strength Training

- Endurance athletes, particularly runners, have a high degree of risk of overuse injuries. Strength training (GYM training) can potentially reduce injury risk by 66% and also improves

the economy of exercise (oxygen cost per power or pace). So hugely beneficial for endurance fitness performance and health. We encourage all our athletes to embark on a strength training program of 2x 40min sessions weekly.

- These sessions are programmed around other key sessions to be completed at home (using basic strength equipment) or at our facility in West Perth for no additional costing. Using pre and post testing measures we see power improvements of between 4-15% in actual cycling output and running pace across a 6week program in triathletes.
- Examples of our programming can be [found here](#), with more information around GYM training [found here](#). Benefits of Strength training are [further discussed here](#) with information around core training [discussed here](#)

Indoor: Exercise Institute Sessions

The Triathlon Program also allows access to training services at Exercise Institute, these can be redeemed at any time through [bookings online](#) or via the APP 'exercise institute' using the discount voucher. These are inclusive to the training program fees; meaning there is no additional costing across running cycling and swimming training sessions. Sessional times for the centre are as follows:

- Monday 3-7pm
- Tuesday 6-10am, 3-7pm
- Wednesday 6-10am, 3-7pm
- Thursday 6-10am, 3-7pm
- Friday 6-10am
- Saturday 7-11am

Outdoor: Exercise Institute Sessions

The Triathlon Program additionally caters for training sessions in a real world environment with highly qualified coaching staff. These are inclusive to the training program fees; meaning there is no additional costing.

- Tuesday 6am **Cycling** Session (Advanced, Kings Park) 1.5hrs
- Wednesday 6am **Cycling** Session (Intermediate, Kings Park) 1.5hrs
- Wednesday 4.30pm & 5.30pm **Running** Session (Running-Track Session, Attadale) 1hr
- Thursday 6am **Cycling** Session (**Triathlon**/Racing specific, Attadale) 1.5hrs, **optional** hills loop after (4-5hrs total)
- Thursday 8.30am **Cycling** Session (Triathlon Racing specific, Attadale-Hills loop) 2.5hrs
- Friday 5.30am, **Swimming** Session (Technique Session, Bold Park) 60-90mins
- Friday 7am **Running** Session (Triathlon Specific, Perry Lakes) 60mins or **Brick** Session
- Saturday 6.30am **Cycling** Session (Advanced, Hills) 3hrs

Sunday (floating session depending on event preparation etc.), Can be a brick session, or open water swim etc. For any further information please contact us at training@bradhall.com.au

[Sign up here](#) \$350/month all inclusive 😊

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W: www.vaultcycleservices.com.au "A guaranteed 24hr bike-service time"