

Tri'ing



to Run

Faster

FURMAN INSTITUTE OF RUNNING & SCIENTIFIC TRAINING

FIRST

Tri'ing to Run Faster

Regular Exercise



It's a lifestyle

Outdoor Activities

Active and Fit and Balanced

Cross-training

What?

Cross training is typically defined as an exercise program that uses several modes of training to develop a specific component of fitness, in this instance, aerobic fitness, muscular balance, and flexibility.

A silhouette of a runner in a starting crouch on a track, positioned on the left side of the slide. The runner is in a low, forward-leaning position with hands on the ground and feet in starting blocks, ready to begin a race. The background is a warm orange gradient with curved lines.

Cross-training

Why?

Cross-training...

- ◆ enhances aerobic fitness,
- ◆ promotes balanced muscle development, and
- ◆ promotes total body flexibility



Cross-training

Why?

Cross training...

- ◆ reduces the risk of injuries
- ◆ allows for a tremendous volume training; supplementing one's regular exercise program in order to gain greater fitness without excessive impact.
- ◆ provides for total body fitness

Cross-training

Why?

Cross training...

- ◆ enhances performance in running efficiency
- ◆ allows for a greater training intensity
- ◆ optimal body fat percentages can be achieved and maintained much more easily.



Cross-training

Why?

Cross-training ...

- ◆ provides variety to the training regimen
- ◆ and helps avoid boredom and burnout
- ◆ enhances the desire to train
- ◆ helps promote recovery



Cross-training

How?

- ◆ Activities such as swimming and cycling give good cardiovascular benefits without having to be highly competitive or overly stressful on the running muscles.

- ◆ The purpose is to complement your run training and give the legs and body less strenuous wear and tear.



Swimming for Runners



◆ Advantages for Runners

◆ Increases flexibility in hips and ankles

◆ Allows the body to stay active and still recover from a hard run

◆ Increases upper-body strength and endurance



Swimming for Runners

Possible Drawbacks and Limitations

Fitness vs. Technique

- ◆ An unfit swimmer can out swim a fit runner.
- ◆ First you need to get comfortable, balanced and slippery in the water then you can start building endurance.
- ◆ There is no doubt that learning to swim well requires time, commitment and focused practice, but it is very achievable. It's also a lot of fun & will make you a stronger and healthier athlete.



Swimming for Runners

Beginner Workouts and Tips

Always have a plan for your workout. The standard for a minimum level of fitness would be 12-20 minutes of swimming at a consistently elevated heart rate. So the first short range goal will be 400 yards(8 laps or 16 lengths) building up to 1500 meters in a period of twelve weeks.

Keep the strokes long and relaxed

Even pacing will conserve energy.

Concentrate on getting as much distance per stroke as you can.

Keep your kicks small and moderate.

Develop good breathing technique - remember to exhale completely with your face in the water before rolling to the side to breathe.



The Benefit of Cycling for Runners

1. Cycling develops fitness), while allowing sufficient rest to recover from the demands of running.
2. Cyclists recover quickly; therefore, cycling does not interfere too much with the mileage that running demands.
3. Fewer injuries compared to the running.
4. Cycling strengthen the same muscles that are needed for running, but in a different way.



The Benefit of Cycling for Runners

5. Increase your flexibility because you work antagonistic muscles.

6. Decrease running injuries

7. Improve quadricep strength

8. Intervals Increase Running Speed



The Benefit of Cycling for Runners

The research

A 2003 study had female distance runners cut their run training volume in half but maintained the same exercise volume (so half running and half cycling). Results indicated that there was no significant change in VO₂MAX (a key variable to running performance).



A different study had runners warm up on a stationary bike at low tension. Then they increased the tension until the wheel would barely turn. Next, the athletes stood up on the pedals for two bursts of high power pedaling for 30, 45, 60, 45, and 30 seconds. Between each power burst, the tension was lowered for recovery spells. All runners improved their 10K times; some even had PRs. High-power bike intervals work your leg muscle even harder than uphill running, but without the impact of hard running.

Cycling - outdoors

Advantages for Runners

1. See previous benefits
2. Outside, social, fun
3. Get to go further than when running



Possible Drawbacks and Limitations

1. Expensive
2. Injuries
3. Weather



Cycling - spin bike

Advantages for Runners

1. Safe, social, fun
2. Does not require expensive equipment
3. Go at your own effort while still doing a group workout
4. Opportunities not influenced by weather



Possible Drawbacks and Limitations

1. Technique
2. Injuries.
3. Unable to duplicate exact workloads and workouts.

Cycling – up right bike

Advantages for Runners

1. Safe, social, fun
2. Does not require expensive equipment
3. Go at your own effort while still doing a group workout
4. Opportunities not influenced by weather
5. Able to duplicate workouts and monitor improvements.



Possible Drawbacks and Limitations

1. Injuries.
2. Boring

Introducing Tri Training to a Run Training Plan

Sample Week

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Bike	Key Run #1	Swim	Key Run #2	Bike	Key Run #3	Swim

A silhouette of a runner in starting blocks is overlaid on the left side of the table, spanning the Monday and Tuesday columns.

Cross-training and Intensity

◆ adjust your heart rate training zones for non-weight bearing activities

◆ Swimming

10 – 15 beats lower at same perceived effort

◆ Cycling

8 – 12 beats lower at same perceived effort

◆ Go “Hard”



Swimming & Cycling Workouts for Runners

Recovery Workouts Suggestions

Swim

Try to swim 20-30 minutes non-stop; relaxed and without "fighting the water." Probably the equivalent to an easy 20-30 minute easy run.

Bike

Spin with little resistance at a cadence around 100 rpm for 30 minutes. Probably the equivalent to an easy 30 minute run.

Swimming & Cycling Workouts for Runners

Interval Workouts Suggestions

Swim (1000 – 1500 yard workout)

250 yards (5 laps) easy as a warmup

10 - 20 x 50 (1 lap) (20 sec. rest)

100 yards (2 laps) kick

150 yards (3 laps) easy as a cooldown

Bike (35 min. workout)

10 min easy as a warmup

10 x 1:00 at a "hard" effort (1:00 easy recovery)

5 minutes easy as a cool down

Swimming & Cycling Workouts for Runners

Interval Workouts Suggestions #2

Swim (1100 yard workout)

- 250 easy for a warm-up
- 4 x 50 fast (20 sec. rest)
- 2 x 100 (30 sec rest)
- 4 x 50 fast (10 sec. rest)
- 200 kick

Bike (34 min. workout)

- 10 min easy
- 1 min "hard" / fast, 1 min easy
- 2 min "hard" / fast, 1 min easy
- 3 min "hard" / fast, 1 min easy
- 4 min "hard" / fast, 1 min easy
- 10 min easy

Swimming & Cycling Workouts for Runners

Tempo/threshold Workouts Suggestions

Swim (1500 yard swim)

250 easy as a warm-up (30 sec)

2 x 100 (20 sec)

200 moderate effort (30 sec)

4 x 50 moderate effort (15 sec)

200 moderate effort (30 sec)

4 x 50 kick (15 sec)

250 easy as a cool-down

Bike (45 min. workout)

10 minutes easy as a warm-up

10 minutes up-beat / moderate effort

5 minutes easy

10 minutes up-beat / moderate effort

10 minutes easy as a cool-down

Tri'ing to Run Faster

Final Tips

If swimming is not your thing, give it a try and stick with it. You will improve.

Efficiency is the key:

Relax and slow down; don't fight the water

Get flat in the water (head down so hips come up)

Count your strokes and focus on distance per stroke (fewer strokes per length of the pool)



Most runners who cycle tend to “push a big gear” with a low cadence. However, as a runner, you probably have more leg endurance than leg strength, therefore, try to pedal at a cadence of 80 – 100 rpm.

Pedal at 80 – 90 rpm for leg strength workouts

Pedal at 90 – 100 rpm for tempo and recovery efforts

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Discussion

Comments

Q & A



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