

15th Annual Reston Sprint Triathlon

Sunday, June 6th, 2021



TRAINING FOR THE TRI





Reston Sprint Triathlon
CORE FOUNDATION

Agenda

- **Welcome**
 - **Taralyn Kohler**, USAT Race Director and CORE Foundation's Executive Director
- **Training strategies for bike and run**
 - **Craig Hoffman**, Explosive Performance Coach and Elite Personal Trainer from **Onelife Fitness**, Reston
- **Dryland swim training**
 - **Sharon Adams**, USA Triathlon Level 1 Coach
- **COVID responsibilities**
 - **Bunny Bonnes**, USAT Race Director and RST Board Member
- **Wrap up**
 - **Taralyn Kohler**

Explosive Performance

Triathlon Training

EXPLOSIVE
P E R F O R M A N C E
— TRAIN LIKE THE PROS —



CRAIG HOFFMAN

Explosive Performance Coach

Elite Personal Trainer



Craig is a five-year veteran at OneLife Fitness in Reston. As an Explosive Performance Coach, he's trained athletes from weekend warriors to professional athletes.

He is also the co-host of the Train With The Best podcast and has partnerships with companies including Whoop and Momentous.

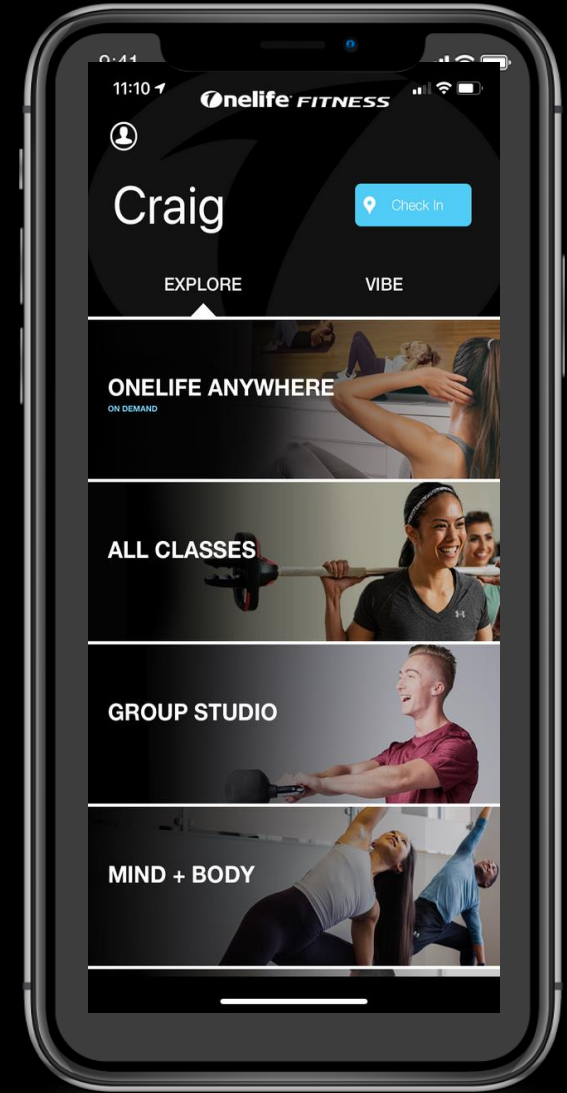


Train safely at OneLife Fitness

Zero cases of community spread at all US Fitness Locations

Our facility has been redesigned to allow for social distancing from a redistribution of weight equipment to limits on cardio usage, including an "every other" policy on treadmills.

We also require temperature check at check-in and masks at all times when not actively working out.



Training Principles



01

Multi-Planar

Training in multiple directions is essential for injury resiliency. Most runners and cyclists train predominantly in the sagittal plane, so the addition of lateral and twisting movements becomes necessary.

02

Speed/Power

Does your training happen all at one speed? Does it happen all at an equal level of resistance and at a similar tempo?

Training speed and power can not only enhance performance but create resiliency.

03

ESD

Can you sustain for the entire race? Are you ready to kick around a crowd or to the finish line?

Varying training in different energy systems is a great way to enhance performance.



Multi-Planar Training

Races are unpredictable, so how do we train to be ready for them?

First, we make sure our bodies are prepared to move in multiple directions. This can be achieved with strength training (ex: lateral lunge, pictured) and with movement.



SPEED AND POWER



Athletic performance is about force development.

Speed and power training enhance the body's ability to create force. More force leads to faster times when combined with efficiency and technique.

Energy Systems Development



Aerobic

Our long-range, aerobic energy system is oxygen based. This is where you'll be operating for most of your races. It is trained with long, sustained efforts.

Anaerobic

Anaerobic respiration uses glycolysis to create energy from sugar in the absence of oxygen. This energy system kicks in after ATP is depleted and works until oxygen takes over after 2-3 minutes of effort.

Adrenaline Based

This max output system can power the body for 6-10 seconds. It operates on ATP, which exhausts quickly but can be replenished for multiple efforts.



Craig Hoffman's shares:

- Momentous
 - Code TWTB25 at checkout for 25% off all subscription orders, with 15% off all the concurrent orders
- Train With The Best Podcast on Apple
- Spotify
- Email Craig

Sharon Adams

MEd., CSCS, CPT

USA Triathlon Level 1 Coach; USA
Cycling Coach, YogaFIT Instructor

DRYLAND SWIM TRAINING

**9 WEEKS UNTIL RACE!
TRAIN SMART!**

Contact me for
questions or coaching

sharon@risingsunfitness.com
(703) 473-5245



DRYLAND SWIM TRAINING

1. **HEALTHY SHOULDERS**
~ Range of motion, alignment, dynamic stretch
2. **CORE AND ALIGNMENT**
~Spinal balance - knee and toe pointed down
3. **PULL EXERCISES**
~Band posterior flies, straight arm pull back
~Tricep pushback and swim pulls (while engaging core)
~Pullups of any variety
4. **STABILITY BALL EXERCISES**
~Forearm plank, jackknives, pullovers





Q&A



COVID responsibilities during an in-person event

Bunny Bonnes
USA Triathlon Race Director, RST Board
Member





COVID CONSIDERATIONS

- Packet pickup
- Poolside
- Transitions
- Biking
- Running
- Finishing
- Food lines



Q&A

Tri Gear

Available for purchase or through FUNraising! Order by April 19th





June 6th OR August 15th?
Let's decide now!



We love hearing directly from our RST family. Please take the 3-question survey below and let your voice be heard.

TAKE SURVEY

Survey results along with the date confirmation will be shared via email, website and Facebook on April 15th. Stay tuned!



Voice of the Athlete Survey - 2021 RST In-person Event

* Given the current state of COVID in Virginia, which date do you prefer for the 15th Annual Reston Sprint Triathlon (in-person event)?

- ☐ June 6th, 2021
- ☐ August 15th, 2021

* Would you still be willing to race if only volunteers (no observers) were allowed on the racecourse?

- ☐ Yes
- ☐ No

What are your questions, comments, or concerns?





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