

TriCentric

E-Tips

Intensity

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Product Spotlight



PowerBar:

High Intensity
Sustained
Release Beta
Alanine

"Beta-alanine works by increasing muscle carnosine levels,

Greetings!

Do much intensity training? It's kind of a trick question since I didn't define intensity. For many, the first thing that comes to mind is high intensity, in alignment with Webster's definition. Here's a quick e-tip for defining, gauging and implementing intensity into your training.

Cheers,

~B

IN-TEN-SI-TY

"Great energy, strength, concentration, vehemence, etc., as of activity, thought, or feeling"



Whether you're training with heart rate, power or perceived exertion, intensity and stress (work) is what you're gauging. There are many methods for calculation and coaches like me to help you put it all together. Your intensity training should lead to improvements such as increased speed, greater efficiency at threshold and sub-threshold intensities and better execution when performance is paramount... such as racing. In short... you should develop a full range of intensity zones as they all have an important place in any training program.

Here are a few tips:

- Define your training zones & refine periodically
- Allow for appropriate recovery between high intensity sessions (36 hours is a good starting point)
- Go slow to go fast... if you want your fast to get faster, lower the intensity of your slow/easy zone
- Don't sacrifice proper technique... intensity & speed should be controlled to avoid injury
- Know your equipment and how to use it properly

buffering lactic acid that builds up during high-intensity exercise, which can reduce muscle burn and fatigue"

- Analyze performance... both quantitative and qualitative analysis
- Have a system in place to avoid overtraining

This is by no means a complete and comprehensive guide to intensity training but I hope this gives you a few tips and gets you thinking about your training program. If you have any questions, email me at the following link

Email Coach ~B

Cheers,

~B