

TriCentric

E-Tips

Planning

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Greetings!

Fall is now here and whether we like it or not... another season is ending. For many of us, it's the off season and time to reflect, celebrate, take some time off and yes... plan our 2011 season. Below are some thoughts on season planning... enjoy.

Cheers,

~B

Season Planning

My very first E-tip impressed the importance of season planning. this has never been as big an issue as now, with races selling out sometimes a year in advance. when building your season, here are a few thoughts on planning to ensure you get the most out of your season:

Prioritization

"A" Race - This is a highest priority race. For most, more than 3 A races in a calendar year is not an option for many reasons, so limit your "A" races to no more than 3. You are rested, peaked/tapered and trained specifically for this race.

"B" Race - This race should support your "A" race and season goals. Have "B" race goals such as:

- Smooth & efficient transitions
- Effective bike to run pacing
- Swimming relaxed and exiting fresh
- Running without stopping
- Good execution of nutrition plan

"C" Race - This can be a race or simply a training event. Keep these events very fun without any critical performance goals. "C" races or events can be at any point in the season, but usually fall in the winter off season months or after "A" races. Be careful not to blow your season goals by taking "risky" actions during C races. Nothing will throw off your season faster than a bad injury.

Happy planning and see ya out there soon,

~B