



## **SCHOOL ATTENDING ATHLETES OFF-SEASON TRAINING PLAN 2009**

Having a break in the off-season to physically and mentally recover from the stressors of the triathlon season is essential especially at a younger age. Having a break will help you come back bigger and stronger next season. The focus of training in May will be on running.

**It is a requirement for all school attending athletes to have month break (4 weeks) from the Triathlon Program.**

### **BREAK DATES**

The break begins on Friday 28<sup>th</sup> March 2009 and school attending athletes can resume training from Tuesday April 28<sup>th</sup> 2009.

### **TRAINING FEES**

There will be a training fee increase on the 1<sup>st</sup> May 2009. Next season we are looking employing another coaching staff member to service the needs of the current members in the triathlon program.

From the 1<sup>st</sup> April to Wednesday 15<sup>th</sup> April all junior athletes on their off season break have the option of pre paying for May and June at 2008/9 training fee prices.

This works in your favour as there will be a training fee price increase effective on the 1<sup>st</sup> May which you will effectively delay until 1<sup>st</sup> July 2009.

The computer system will be altered after the 15<sup>th</sup> April to effectively show the new fee schedule.

### **TWO WEEKS REST, TWO WEEKS VERY EASY AEROBIC WORK**

The plan for the break is that you should try and spend 15 minutes every day on your core stability exercises. I would strongly suggest that you book into Leia or Hudson for a physiotherapy review.

In the first two weeks no aerobic work is recommended at all. Let your body recover!

In the second two weeks you should aim to complete 2 x 20 minute run sets and 2 x 20 minute swims by yourself or in small groups each week.

The first two weeks back into training will be fairly easy so do not worry if you lose some fitness as recovery is just as important as training hard to keep performance improving.

Please contact me by return email or phone if you have any questions before the break.

Regards

Warwick Dalziel