

# Training Knowledge (Part 1)

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Overview: Training is the number 1 priority for racing

The definition: physically completed effort in terms of distances and times for those distance recorded on a log sheet

## *Basic Landmarks:*

1. Continual-everytime and every training session- CD Consecutive days
2. Consistent-same distance/same time/same workouts
3. HLT- longer, faster, longer and faster

## *A real Key Word: Endurance*

1. Over, over, and over again without stopping or slowing down (Goal Character)
2. If you can do it once you can do it twice

## *Oxygen Delivery System ( Four Basics) (Hard work, given time beats talent)*

1. As long a possible
2. As often as possible
3. As much as possible
4. As fast as possible

*Glycogen Base:* fuel- use it on a daily basis- It fills up fuller and faster

## *A non-stop of HLT*

1. A priority- done that day
2. It is continual blood flow with... continual movement

A time base for system develop- how fast can you put blood through the system?

Always overcome three obstacles... (don't stop or slow down when you hit these obstacles)

1. Heavy breathing
2. Discomfort
3. Sweat

## Summary or Recap:

1. Doing what other's, don't, won't or can't do.
2. Repetition: the more you do something the better you get
3. Run through obstacles and run as long as possible, as often as possible, as much as possible, and as a fast as possible.