

## HOW TO USE TRAINING PEAKS YOUR TRAINING ADVANTAGE

### WELCOME



## WHAT IS TRAINING PEAKS?

BESPOKE SOFTWARE CUSTOMISED TO YOU

Training Peaks is at its simplest an online diary, accessible via tablet, smartphone laptop and PC onto which your training sessions are placed ready for you to follow. It works exactly like outlook or another calendar application that you probably use every day in your social or business life

But it is so much more. Once you have set up your metrics, weight, height, heart rate for given activities, power if you have it or use it for bike workouts, then EVERY workout or session that is planned AUTOMATICALLY calculates the exact effort needed for that workout, no more working out, just follow the simple instructions!

You can choose premium or basic, the difference being the ability to move sessions around and view charts.

### WHAT ARE THE BENEFITS?

#### NO MORE PAPER!

##### MULTI DEVICE

View, edit and move sessions around online simply by drag and drop. Download the Training Peaks App on Android and Apple and you'll get your work outs on your phone, via email if you want and online. It couldn't be simpler. You can even upload onto your Garmin device if you want

[Go here for video introduction](#)

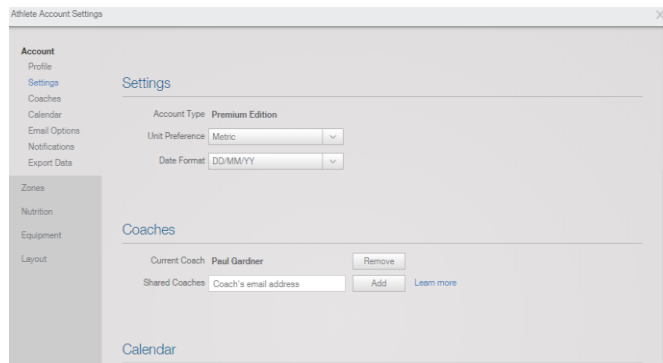
#### WHAT YOU MEASURE YOU IMPROVE

##### INDIVIDUAL METRICS

Once you've done a couple of simple tests, either with Lovetri Swimwerkx or on your own, [full details are uploaded onto your plan] you simply input the metrics, known as threshold heart rate, or sometimes maximum heart rate, plus power if you have it on your bike, into the settings on Training Peaks. This automatically fills out on EVERY Lovetri Swimwerkx session the precise HR or power settings you should be using for that workout. No more guesswork.

# CONNECT YOUR COACH!

## CONGRATULATIONS – YOUR BEST INVESTMENT



You've either found your coach by using Ironman Coach Match service, Training Peaks Coach Match Service or via a friend's recommendation, or online search.

If you've come via Training Peaks then don't worry, you've been connected already!

You will need to have a Training Peaks account set up, and just the one. If you haven't got an account, set one up by going to Training Peaks and signing up to a basic account.

Then either a) contact your coach and ask them to send you an invitation to link, or navigate to your settings, the little cog or gear icon in the top left corner and scroll down the screen you see until you see the view above, simply put your coaches email address in there and they will be notified of your wish to be coached by them.

Make sure you've spoken first to them!

## OTHER INFORMATION

### YOUR DETAILS

Fill in your details as you know them, as fully as you can, leaving anything you don't know to do later, or after you have consulted with your coach. That's it, you're done! Once you've connected with your coach they can see everything on your plan. Depending on what you have agreed communication wise, all and any comments made on training sessions are visible to all.

## WHAT ARE THE BENEFITS?

### PERSONALISED TRAINING

#### TAILORED FOR YOU

Now you have a coach there is no more guessing as to intensities, pacing duration and distances. Your training plan can be as simple as you like, or as data rich as you want. Analysis of your efforts can be undertaken by you, your coach or both.

The beauty is that because you measure what you do, small changes, relating to tiredness, or improved fitness, are automatically factored in, to ensure that you are always doing what is right for you, your body, your event and your lifestyle

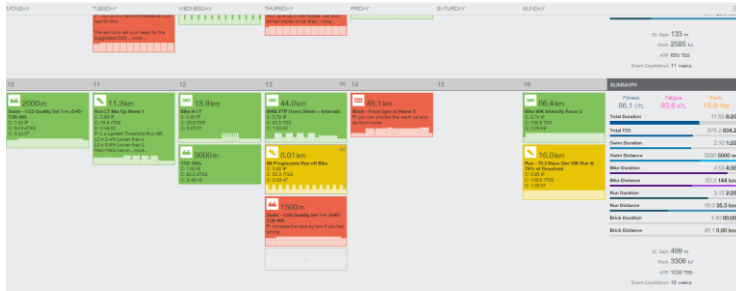
Sure, you may be paying a bit more than a free plan or a friend's advice, but with Lovetri Swimwerkx you are getting the experience of a novice to GB triathlete, who is National Federation, Training Peaks and Ironman qualified and who has made a big difference to hundreds of athletes by focussing on them and what's important to them

These plans are generally built around your work, family and lifestyle, and our coaches will do their best to ensure that's always the case, although you do have to take some responsibility for their completion or notifying changes that you may need, we're good, but not that good!

If you want to talk about power, then we provide it for free via our relationship with a virtual power provider for Turbo training [here](#)

## SESSION VIEW

COLOURS!



Once you've started you'll get a week by week plan to follow that improves your fitness and form as you approach your target races or race. The software is designed to get you to your race in the peak form for the hours that you can commit. This 'form' is really arriving at your race or event, trained and fit, and not tired, which means you should be raring to go for that PB!

The workouts are placed into the appropriate day. If you complete them within 15% of the duration and or other settings they turn green; if you do them over or under that effort or time then they go amber; and if you miss a session it registers red! It's as simple as that. The metrics on the right show you the hours per discipline, how hard you've worked, what was planned and what was completed. You can also use this to look ahead to see what's coming!

## WHAT YOU'LL NEED

DEVICES AND LINKS

You have made the right choice to train smartly. Hopefully you've invested as a minimum in a heart rate device, or will be doing to get the best out of your training plan! These devices capture heart rate via the wrist or through a heart rate chest strap and uploads to the brands online athlete website. Garmin to Garmin Connect, Polar to Polar Flow. The **good** news is that Training Peaks connects seamlessly with these websites, recording them onto Training Peaks. You'll just need to link your devices, that takes a moment.

[Go here to link Garmin and Training Peaks](#)

[Go here to find out how to link to other brands](#)

## WHAT ARE THE BENEFITS?

### SIMPLICITY OF DATA

#### VISUAL IMPROVEMENT

You can track your progress using the Performance Measurement Charts feature a whole range of improvements, looking at any number of varying metrics from fitness, to hours spent training per discipline, even average speeds, comparing hilly runs with flat runs and much more. For those with Power on their bikes Training Peaks shows this too, it all helps to keep you motivated and moving, training smartly knowing that the time you are investing is for the best outcome.

### TRAINING BY FEEL

#### THE 'OLD' WAY

Most professionals don't train on 'feel' how do you compare one day against another, or know if you are doing a consistent workout?

What speed is 80% effort uphill when compared with the same effort on the flat? Most athletes don't even know how to work out their maximum heart rate, relying on the old and outdated 220 – your age formula!

The point of Training Peaks and training scientifically is that you race at the optimum, not the maximum, for the race distance or sports goal you have set yourself, each type of challenge has its own best ways of training in terms of effort, all very different. So, relax, enjoy, realise that the first week is a bit trial and error but it gets better, **FAST!**

## FAQS

### DON'T SWEAT THE SMALL STUFF!



We can't all be pro triathletes!

This is your hobby, that you do for fun. Some may think it's more important than family, social life or work, it isn't! Your plan has been put together by a professional that you trust.

You have other input from others like physios, masseurs and chiropractic's maybe. That's good. At best, you may complete 100% of the sessions as proscribed in each week.

If you complete 70% of more you're still going to be better than the self-coached or accidental athletes against whom you compete.

At the elite level **consistency**, [doing something regularly and committing], **specificity**, [doing what will be required for the race or event you are training for] and **resting** appropriately to allow muscles and metabolism to recover is what makes them, and now you, at the top of their game, being the best they, and you can be.

Having a coached programme means you test yourself, and you're not comparing yourself with anyone else, be the best you can be and let others worry about you.

Can't make a session? Don't make it up the next day. Kids party in the way of something, move it, or do it early. Feeling a bit ill or tired and under the weather, then don't stress, missing one session or even a couple of days won't matter in the general scale of things. Learn to trust your judgement, something that comes with more exposure to the plan and your coach

Even if your ability and aims are relatively modest, or even if they are to qualify for GB or International honours, Lovetri Swimwerkx and Training Peaks ensures you get the best from yourself, always.

*'We do not rise to the level of our expectations we fall to the level of our training'*



Paul Gardner



Scientific, proven coaching without troubling you about the science!

**Paul Gardner**

Team Principal

BTF LII, Certified IM Coach, Training Peaks LII

Fully Insured, DBS checked

[Lovetri.com](http://Lovetri.com)

[Swimwerkx.com](http://Swimwerkx.com)

## WHAT YOU GET

### SWIM BIKE RUN

Testing if you are local, on Wattbike, a filmed run and a filmed swim plus report FREE on induction

Remote analysis of the above if you send in your film, FREE if you're a member of Lovetri Swimwerkx

Personalised-to-your ability sessions and regular updates to your plan, designed around your race schedule or key event

Drills, weight training, activation and warm downs plus stretches, available at the click of the session button [under paperclip in session]

Interesting, varied sessions to keep your attention and be effective

Discussion | examination of your session files and or work out details upon request, once a month free

YouTube technique library for [run](#)

YouTube technique library for [swim](#)

Facebook Lovetri Swimwerkx closed team pages to share and support each other

Squad rates for 1-1 swim, bike and run coaching £45 an hour, Open Water £65





## TERMS AND WHAT THEY MEAN

### SWIM BIKE RUN

#### TRAINING LANGUAGE

#### CSS Critical Swim Speed

A way of improving pacing on your swim, usually requiring a [Finis](#) Tempo Trainer

#### TSS Training Stress Score

The way Training Peaks measures your fitness and the hardness of a session, 100 being the maximum achievable over an hour. This means that all sessions, no matter the type, have a consistent measure

#### Threshold or FTP or Functional Threshold Power

The level of effort you could maintain all out for an hour or more, expressed as a heart rate, power output [if you have it] or a description of [rating of] perceived effort [PE] where talking is only possible in very short sentences

## Intensity

How hard or at what level you work at

RPE (1-10 scale)	Avg HR Zone	TSS per Hour
1	1 (low)	20
2	1	30
3	1 (high)	40
4	2 (low)	50
5	2 (high)	60
6	3	70
7	4	80
8	5a	100
9	5b	120
10	5c	140

## Duration

The length of time you are working

## Pacing

Terms like marathon, tempo, threshold, and fartlek are all used, but **you** don't have to worry, as your paces and effort are set specifically!

## Pull Buoy | Pull shorts / Buoyancy shorts

A flotation device or a pair of neoprene shorts that isolate or support the legs whilst swimming, allowing an athlete to focus on their upper body and arms during the freestyle or front crawl stroke [FS/FC]

## HR

Heart rate, usually transmitted to a watch or unit that sits on your bike by a heart rate strap, allows very accurate and precise levels of effort relating to heart rate

## Rest Day

It is very important to most that they have either a rest day, or days of training that are less intense than others, and that every 3 or 4 weeks, there is a 'down' week that allows the body to recover ready for the next 'block' of training. The body fitness improves whilst it is resting, not working, and rest allows muscles, mitochondria and systems to recover and get stronger

## Mins: Secs

These are durations for workouts, expressed usually in HH:MM: SS

## PMC

This is one of many different charts you can view that inform and show your fitness, progress and improving times over a training period. All you should know is that blue lines rise until event, [fitness] pink lines rise until event, then drop quickly [fatigue] and training form [yellow] should be between roughly -5 and 20.

Any other questions, use the training peaks blog [here](#)