





# 1. Maximize Your Aerobic Capacity

- This refers to increasing you VO2 Max.
- · It's the foundation for all training.
- Can be achieved by increasing volume, intensity or both.
- Max Benefit: Ensure your heart rate gets between 90 – 95% of max for +/- 5 min several times during selected work outs.




### Lift Your Lactate Threshold

- Lactate threshold ex intensity above which lactic acid production increases appreciably
- Increase in VO2 Max results in increases in LT.
- LT is a fixed % of Aerobic Capacity
- Also: Train continuously at about 85 90% of Max HR for +/- 25 min will increase LT



#### **Become More Efficient**

- To improve your efficiency increase the strength of the muscles
- Stronger muscles = less effort to sustain a workload and increased ability to step up work
- To do this: More training sessions at a higher than competition intensity
- Recovery: Work to rest ratios 1:1 develops lactate tolerance




# Fortify Yourself Psychologically

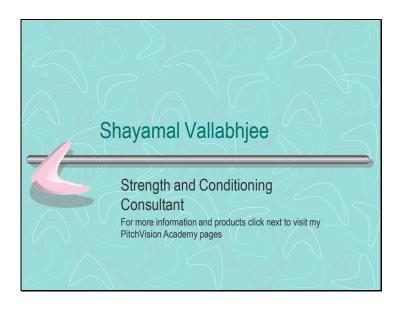
- Block out extraneous thoughts and negative info
- Reiterate the positives "Do's" not "Don't"
- Develop the ability to move on after bad performances – Don't dwell in it
- Develop Mental Images of your desired performance
- Develop the ability to Relax under pressure



### Learn How To Rest

- Rest is important
- Learn about your body's natural recovery process
- Incorporate Recovery Turnarounds in Training
- Optimal Training = Sufficient Quality and Quantity of Exercising + Adequate Recovery







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