

Coach education – an exclusive clinic on triathlon performance

Day 1

Masterclass: How Power is composed - the energy metabolism that enables performance

Glycolytic energy metabolism

- what is glycolytic energy supply
- in which training and racing scenarios does it matter
- how to measure it
- influence on endurance performance
- influence sprint performance
- Determining the optimal VLamax

Aerobic energy metabolism

- what is aerobic energy supply
- in which training and racing scenarios does it matter
- how to measure it
- influence on endurance performance
- influence on substrate (fat / carbo) utilization

Anaerobic Threshold

- what is anaerobic threshold
- in which training and racing scenarios does it matter
- how to measure it

Fat & Carbohydrate Combustion

- what is substrate utilization?
- in which training and racing scenarios does it matter
- how to measure it
- mechanism that regulates fat/carb combustion in training and racing

Day 2

1. Practical Session: Swim Test At The Pool

- lactate testing in swimming
- measuring VO₂ in swimming
- testing swimming economy
- determination of threshold, VO₂max, VLamax, FatMax
- protocols

2. Focus Session: Utilization of Lactate in Testing & Training

- How to do lactate testing
- Protocols
- How to test lactate in training
- Interpretation of results
- Creating a 360° metabolic profile

3. Practical Session: Lactate Testing

- Learn how to take lactate samples
- Most common mistakes

4. Coaching Philosophy Chat With Parker Spenser

Day 3

1. Practical Session: Bike Test

- lactate testing in cycling
- protocols
- determination of threshold, VO₂max, VLamax, FatMax

2. Masterclass: Phenotype Based Training Part I

- What is athlete phenotype & how to determine it
- Training to increase aerobic performance
 - How athlete type determines the most efficient training intensity
 - Polarized vs. pyramidal training models - the physiology of your athlete determines which model to choose
 - How to pick the correct training intensity
 - Physiological reasons why a training program that worked in the past now may not work anymore

- How to pick the best training volume
 - Training of the glycolytic system
 - Training to lower VLamax
 - Training to increase VLamax
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Day 4

1. Practical Session: Run Test at the track

- lactate testing in running
- measuring VO₂ in running
- testing running economy
- determination of threshold, VO₂max, VLamax, FatMax
- protocols

2. Masterclass: Phenotype Based Training Part II

- Physiology-based interval training
 - Intervals to increase VO₂max
 - Intervals to stabilize VLamax
 - Intervals to increase buffering capacity
- Training to increase fat combustion
 - periodized nutrition
 - training intensity
 - hacks to increase fat combustion

3. Coaching philosophy chat with Parker Spencer

Day 5

1. Focus Session: Creation of Metabolic Profile

2. Focus Session: Interpretation & adoption of Metabolic Profile into Training

2. Closing Dinner With Athletes