PRODUCTIVITY LESSONS
LEARNED FROM RACING 25 MARATHONS AND 5 IRONMAN TRIATHLON
LESSONS LEARNED

1. Your biggest gains come from **consistent effort over time**

2. **Periodization** helps maximize potential, and avoid injury and burn out

3. Record activity to keep yourself honest

4. The extra things all add up

5. Surround yourself with **people better than you**

6. You accomplish more if you **work to a detailed plan**

7. You accomplish more if you **set challenging goals**

8. You don’t have to get ready if you **stay ready**

9. **Compartmentalize** and take things one step at a time

10. Things will go wrong. **Never give up.**
ONE

YOUR BIGGEST GAINS COME FROM CONSISTENT EFFORT OVER TIME
PROGRESSIVE TRAINING - TRAIN HUMANS LIKE HORSES

- First train for distance, only later for speed.
- Run a trial, see what happens. Then increase speed or distance in training somewhat.
- Increase the load until a platform appears to have been reached (which means that distance and speed should be increased gradually for all type of horses, from stayers down to sprinters – sprinters need distance work, too!).
- Any reactions of the body that indicate something abnormal (tiredness, listlessness, loss of appetite, increased fluid intake at night, loss of weight, increased blood eosinophil count, serial T-waves on the electrocardiogram) are more than likely to point at over-training, at doing too much.
- Alternate hard and easy training days, give the body a chance to recuperate.
- Incorporate base training and peaking
  - The slow pace conditions the cardiovascular system, helps to keep injuries to a minimum, gives continuous, slow improvement in performance. Sharpening consists of any of a number of different training methods, taking place at race pace or faster, for varying lengths of time. They may be done one to three times a week, depending on experience and physical strength. This should produce dramatic improvement in racing performance, but at the same time increases risk of injury and reduces resistance to infection. For this reason sharpening can only be maintained for relatively short periods, maximum 8 to 12 weeks. Some individuals require only a short period of sharpening before peaking, others longer. The first group usually stays at a peak shorter before having to return to base training. The other group needs more time to reach their peak, but maintains it longer. Clearly the first group will find it easier to peak several times during the year. And of course, once an individual starts to peak, hard training will become superfluous.
PERIODIZATION HELPS MAXIMIZE POTENTIAL, AND AVOID INJURY AND BURN OUT
THREE

RECORD ACTIVITY TO KEEP YOURSELF HONEST
THREE

RECORD ACTIVITY TO KEEP YOURSELF HONEST
**THREE**

**RECORD ACTIVITY TO KEEP YOURSELF HONEST**
FOUR

THE EXTRA THINGS ALL ADD UP
SURROUND YOURSELF WITH PEOPLE BETTER THAN YOU
Olympians

1972
MUNICH
MIKE BOIT
COSMAS SELEI
MIKE MUREI
800 M.
800 M.
400 M.

1984
LOS ANGELES
C. CHEBUKIT
KIP.
HEAD COACH.
5000 M.
1500 M.

1988
SEOUL KOREA
E. MTUO
L.M.
MIK.
1500 M.
400 M.

1500 M.
3000 M.

PETER RONO
MATTHEW IRIRIR

Welcome to
High Altitude Trainings Centre Iten
University of Champions

PETER RONO
3000 S/C
OLYMPIC CHAMP 1992
PLANTED OCT 7, 1992

MATTHEW BIRIR
3000 M/C
OLYMPIC CHAMP 1992
PLANTED OCT 7, 1992
SURROUND YOURSELF WITH PEOPLE BETTER THAN YOU
YOU ACCOMPLISH MORE WITH A DETAILED PLAN
YOU ACCOMPLISH MORE WITH A DETAILED PLAN

Thursday
SWIM 1:00

WARM UP
400 Swim - 200 IM - 200 Choice

MAIN SET
Try to keep your stroke count even throughout the set. As you fatigue, concentrate on getting streamlines off the walls, stretch out stroke in front and finish it back at your hip.
6 x 300 @ 75-84% w/:30 recovery -- descend 1-3, 4-6

COOL DOWN
6 x 100 w/10 sec rest
- alternate 100IM / 100 Free
- keep your HR below 70% on IMs and 60% on Freestyles
YOU ACCOMPLISH MORE IF YOU SET CHALLENGING GOALS
YOU DON’T HAVE TO GET READY IF YOU STAY READY
YOU DON’T HAVE TO GET READY IF YOU STAY READY
YOU DON’T HAVE TO GET READY IF YOU STAY READY
COMPARTMENTALIZE AND TAKE THINGS ONE STEP AT A TIME
THINGS WILL GO WRONG.
NEVER GIVE UP.
The zipper to my favourite bike jersey

One Broken End

The other broken bit (that is sticking backward)