

220 Triathlon

**Thank you for downloading this
“Faster on race day” presentation.**

**Here’s what you have never really
been told about High-Intensity
Interval Training (HIT) and how to
train smart...**

Joe Beer

www.JBST.com





220 Contributor
Since 1991

PowerBar User
Since 1990

Disclaimer

I want you to go faster.

I am constantly trying to improve the model of training, nutrition and technology interaction to its “best”.

There is always another 1% to be found...



My observations & questions

1. Never seen triple-sport HIT study
2. Fast Z1 athletes are fast racers
3. HIT is rarely done hard enough

70–90% of effective training is proven to be easy to moderate (Z1)



Unspecific Z2 is “junk”





**MASSIVE
WASTE OF
TIME
AHEAD**

GOLDEN RULE:

Monitor Z1 to ensure no “junk”

HIT (Z3) adds a useful $\sim 10\%$



...no one gets a PB or medal without it

Optimal HIT sessions a week?

2

...(1wk x 5 HIT sessions) +(3wk x 1HIT sessions)

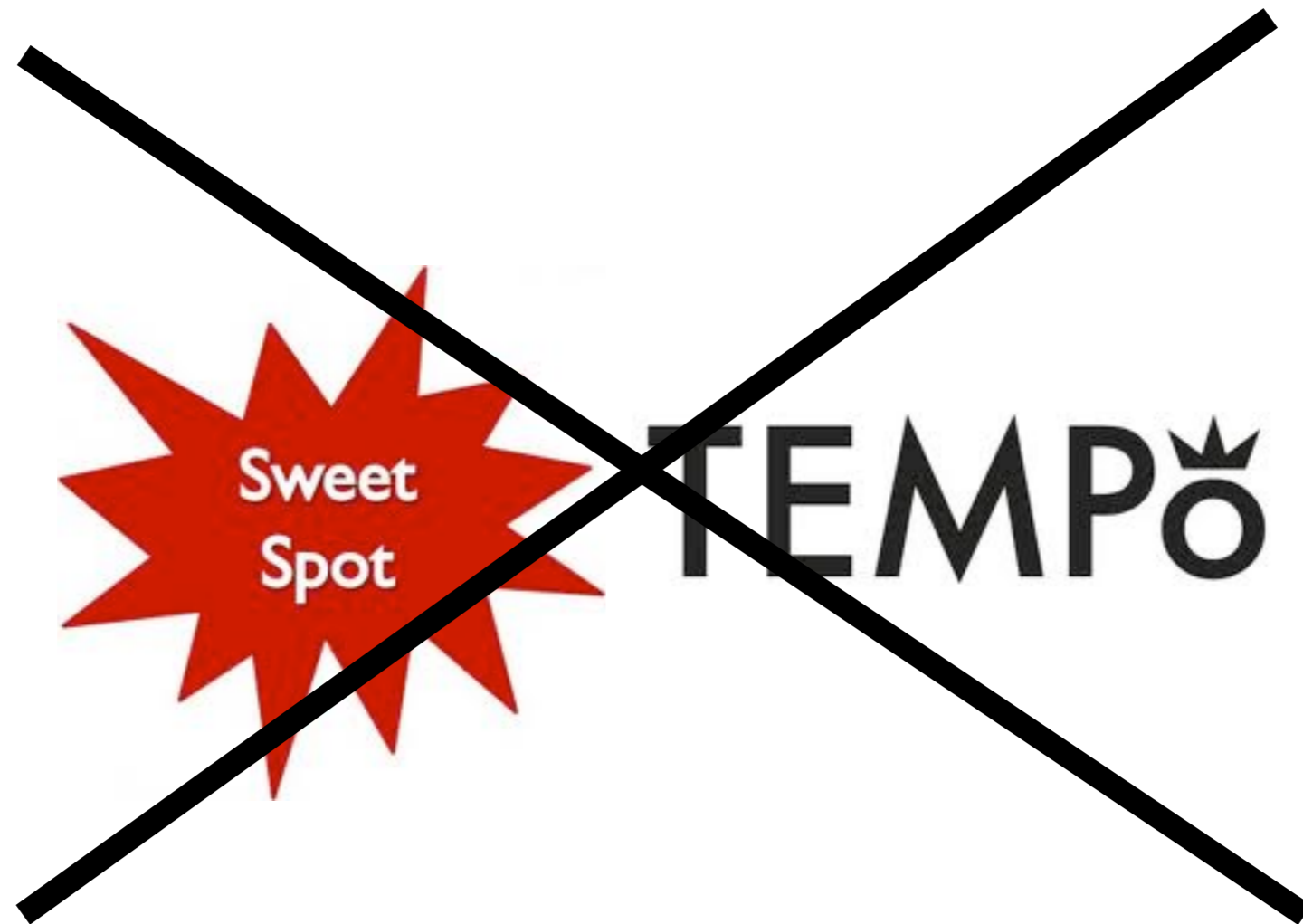
GOLDEN RULE:

HIT must be planned & on a solid base

Z2 & HIT gives pace judgement



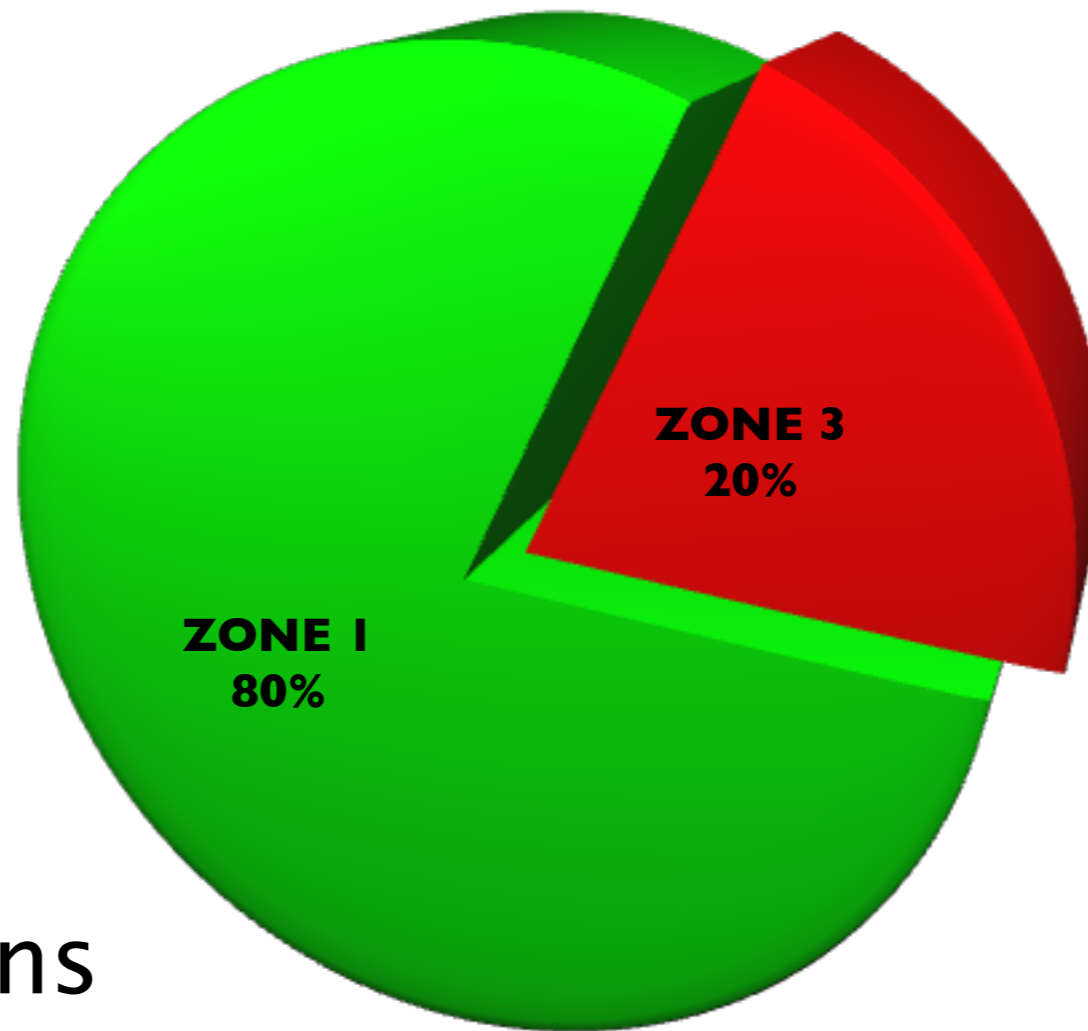
10-20% Z3 HIT beats 40% Z2



GOLDEN RULE:

Zone 2 is not the “best” place to be

THE IDEAL WEEK?



1-3 HIT sessions

(3:1 - Z1:Z3)

e.g. 6x4+2RI

e.g. 5x6+3RI

4-10 Z1 sessions
skill, endurance &
feeding/fasting

GOLDEN RULE:

Most athletes are not training optimally

Got a question?

visit www.JBST.com
and click on “contact”

Innovation never stops!

PowerBar – Isotonic gel now out

AudioFuel – mp3 Interval Sessions coming

Rotor – Indoor cycle efficiency software Q2 2013

And more, so listen to the JBST podcast at iTunes

