

### 1. Maximize Your Aerobic Capacity

- This refers to increasing your 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.

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### Lift Your Lactate Threshold

- Lactate threshold – ex intensity above which lactic acid production increases appreciably
- Increase in VO<sub>2</sub> 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

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### 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

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### 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

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## 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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