



MAXIMISA

The word 'MAXIMISA' is rendered in large, bold, black-outlined letters. Each letter contains a different image: 'M' shows a hand splashing water; 'A' shows a swimmer's arm; 'X' shows a swimmer's head; 'I' is a solid black bar; 'M' shows a cyclist; 'I' is a solid black bar; 'S' shows a runner; 'A' shows another runner.

TU RENDIMIENTO

MAXIMISA

TU RENDIMIENTO



BUSINESS
friendly
BAHRAIN

طيران الخليج
GULF AIR

Three Crowns
Crown



03:29:02



BUSINESS
friendly
BAHRAIN

طيران الخليج
GULF AIR

Three Crowns
Triple Crown





Red Bull

FINISHER



TRIMTEX
IDEN
NOR

TRIMTEX
STORNES
NOR

WINTERSPORT
apollo sports

TRIMTEX
Blummenfelt
NOR

WINTERSPORT

MSO

IN
TRIATHLON
DA

05



ENFOQUE

PERIODIZACION

NADO



INTENSIDAD

ENFOQUE

“All in all we're trying to optimise the training load to achieve the highest level possible.”

ENFOQUE

“We do much of the same intensity around the year, which involves building the aerobic threshold.”

ENFOQUE

“We go straight to intervals from the first week of training, and these intervals are the base during the year.”

ENFOQUE

“We do vary the duration of the intervals and the races.”

ENFOQUE

“Closer to races we do more training at race pace or above race pace.”

ENFOQUE

*“Studies in Norway show it doesn't matter what way you do the **intervals**, just that you do them throughout the year.”*

ENFOQUE

*“Our primary focus is building the engine
and training the physiology.”*

P E R I O D I Z A C I O N

*“We periodise in a way, but **it's not directly following a specific model** as I don't believe in that.”*

P E R I O D I Z A C I O N

*“I believe in **variation** in training.”*

P E R I O D I Z A C I O N

“We do put *different training loads* at *different times* during the year, and we *vary our training loads* across disciplines.”

P E R I O D I Z A C I O N

*“We try to stress that although we train together,
it's at **your individual intensity**.”*

P E R I O D I Z A C I O N

*“We recommend that if you're having a bad day,
go by yourself and keep to your intensity rather than trying
to keep up with the group.”*

P E R I O D I Z A C I O N

“This could be up to 75 minutes of threshold sets ”

A swimmer is shown in a pool, captured in a side view as they move through the water. The swimmer is wearing a dark cap and a dark swimsuit. The water is a deep blue, and there are lane lines visible in the pool. The entire image is overlaid with a semi-transparent dark blue filter. In the top right corner, the word "NADO" is written in white, bold, uppercase letters within a dark blue rectangular box.

NADO

“In swimming we do high volume compared to most triathletes at 35,000 - 45,000m per week.”

A swimmer is captured in motion, swimming in a pool. The image is heavily overlaid with a dark blue, semi-transparent filter. The swimmer's arms are extended forward, and their body is angled towards the right. The pool's lane lines are visible as light-colored lines on the water's surface. In the top right corner, the word "NADO" is written in a bold, white, sans-serif font within a dark blue rectangular box.

NADO

“A lot of this mileage is low intensity, but we do include sprints to have maximum speed practice.”

A swimmer is captured in motion in a pool, with a dark blue overlay across the entire image. The swimmer is in the foreground, moving towards the right. The pool lanes are visible as diagonal lines. In the top right corner, the word "NADO" is written in white, bold, uppercase letters on a dark blue rectangular background.

NADO

*“When we do threshold sets, we try to use longer intervals.
E.g. 3x1500m at the same intensity.”*

A swimmer is captured in motion within a swimming pool, viewed from an overhead perspective. The swimmer is wearing a dark cap and is in the middle of a stroke. The pool's lane lines are visible, creating a sense of depth and direction. The entire image is overlaid with a semi-transparent dark blue filter. In the top right corner, the word "NADO" is written in a bold, white, sans-serif font.

NADO

“We try to have longer periods of swimming constantly.”

A swimmer is captured in a dynamic pose, likely during a start or a speed drill, in a swimming pool. The swimmer is wearing a dark cap and a dark swimsuit. The water is dark blue, and the pool lanes are visible as lighter blue lines. The entire image is overlaid with a semi-transparent dark blue filter. In the top right corner, the word "NADO" is written in white, bold, uppercase letters.

NADO

*“We do speed work to practice
for the start of the swim in competitions.”*

A swimmer is captured in motion in a pool, with their arms extended forward. The image is overlaid with a dark blue, semi-transparent filter. In the top right corner, the word "NADO" is written in white, bold, uppercase letters. Centered in the lower half of the image is a quote in a white, italicized serif font.

NADO

*“On camps we try to do around 6000-6500m swims,
with at least one 7000m session per week.”*

INTENSIDAD



“We have a lot of focus on intensity control in training.”

INTENSIDAD



“We started with heart rate monitors, but we now also use power meters on the bike and lactate testing on the run.”

INTENSIDAD



*“Often we have to hold back a little in training
- particularly on long bike and runs.”*

INTENSIDAD



*“When we do intervals, lots of people do them too hard,
so we focus on intensity control.”*

INTENSIDAD



*“Since we know threshold, pace and lactate,
we can be strict and remain **controlled** in training.”*

INTENSIDAD



*“In intervals, we want the athletes
at or below their lactate threshold.”*

INTENSIDAD



*Triathlon is an endurance sport so it's an aerobic sport
- you need to train at this level.*

INTENSIDAD



*“In one way our training is polarized:
we have a lot of volume at low intensity.”*

“We find that if you mix threshold sessions in two disciplines you can have a higher threshold than just in one discipline.”

BRICK

“We normally do 1 brick session per week, but this increases closer to the race season.”



Birtwhistle

SCODY

AIS

LaLiga
4Sports

MOLA

LUIS

ZERO

Red Bull 

Red Bull 

IES | ABU DHABI | BERMUDA | YOKOHAMA | NOTTINGHAM | LEEDS | HAMBURG | EDMONTON | M

ITU WORLD TRIATHLON GRAND FINAL GOLD COAST



triathlon

Wagner Araujo / ITU Media

STRALIA'S GOLD COAST. IT'S LIVE! Queensland. AUSTRALIA'S GOLD COAST. NTT. TOURISM & EVENTS Queensland. Birtles. asics. AUSTRALIA'S GOLD COAST. NTT.

AUSTRALIA'S
GOLD COAST.

Queensland
Government

asics

NTT

AUSTRALIA'S
GOLD COAST.

TOURISM
& EVENTS
Queensland

asics

IT'S LIVE!

NTT

AUSTRALIA'S
GOLD COAST.

NTT

Queensland

SKIDA



LUKAS
triathlon
Wagner Arena

IT'S LIVE!
Queensland

asics

Havoline

MURRAY
RSA
HULBE

asics

BUSINESS
friendly
BAHRAIN

طيران الخليج
GULF AIR

Three Crowns
Crown



03:29:02



BUSINESS
friendly
BAHRAIN

طيران الخليج
GULF AIR

Three Crowns
Triple Crown







joelfilliol 11h



Ask anything

What % of the training the guys do is specific for each one and what % is common? Thanks



triathlon
Wagner Araujo / ITU Media

Around 90% is common, depending on the time of the year



Send message



joelfilliol 11h



Ask anything

How do your athletes manage to be so consistent over the whole season?



triathlon
Wagner Araujo / ITU Media

Careful management of workload



Send message



joelfilliol 11h



Ask anything

How do you master the workload of each athlete ?



triathlon
Wagner Araujo / ITU Media

Paying close attention to how they respond daily and over time



Send message





joelfilliol 11h



Ask anything

Do you use a platform to analyse the training of your athletes?



We use trainingpeaks



Send message



joelfilliol 11h



Ask anything

What's the best way to train triathlon when you're a slow swimmer



Get in the water more frequently, ie more swims per week



Send message



joelfilliol 10h



Ask anything

Do you analyze bike power meter data and HR of your athletes?



Yes power, HR not as much.



Send message





joelfilliol 10h



Ask anything

How many hours would the squad train per week?



25-30 hours



Send message



joelfilliol 9h



Ask anything

Do you use HRV for the monitoring of the training load ? Thanks



No



Send message



joelfilliol 9h



Ask anything

Any training advise for juniors?



Less intensity, more frequentcy



Send message





joelfilliol 1h



Ask anything

Do you prefer sets?(8X1000)
or rhythm changes (fartlek)?
How many sets days per week?



triathlon

Between these two, rhythm
changes over straight
interval sets



Send message



joelfilliol 1h



Ask anything

How many hard days(Vo2max)
do you do at pool on
preseason? More in summer?



triathlon
Wagner Araujo / ITU Media

Not many v02 sets at any
time of the year



Send message



joelfilliol 1h



Ask anything

What's the most important
advice for someone who
wants to be at your guys level



triathlon
Tommy Zafraes / ITU Media

Consistent progression
over time with investment
in endurance foundation
(volume, frequency) and
racing at the right level
at the right time



Send message





joelfilliol 1h



Ask anything

Hi, I'm a junior and want to race as an elite one day but I didn't get into my national squad due to my age, any ti...



Don't rush, endurance sport is a long game - only through consistent persistence over years can you see how far you can go



Send message



joelfilliol 1h



Ask anything

What's the most important thing in the relationship coach-athlete?



Mutual respect, trust, listening to each other.



Send message



joelfilliol 1h



Ask anything

How do you develop a swim-biker into a swim-bike-runner?



Patiently over time, achieving long term consistency by avoiding injury, with the right loads for individual biomechanics



Send message





joelfilliol 1h



Ask anything

Most important session of an average training week?



Every day is important, no single session is most important



Send message



joelfilliol 38m



Ask anything

What should be different in transition from junior to U23 and U23 to Elite?



Nothing different, just continual progression over time, focusing on the right things (endurance / conditioning not speed)



Send message



joelfilliol 35m



Ask anything

Do you have any tips for a freshly minted DTE with CC/WC level pros?



Everyone keeps showing up every day, week and month. Just keep doing it. No hero sessions, just consistently doing good work together.



Send message





joelfilliol 27m



Ask anything

Did you use power in running?



No



Send message



joelfilliol 27m



Ask anything

Do you have a big gym focus?



No



Send message



joelfilliol 14m



Ask anything

How frequently do you recommend gym sessions and when in the season?



Same as other times of the year, 2x, and keeping the loading lower according (maintenance) to overall training load and racing proximity.



Send message





joelfilliol 6h



Ask anything

How often do you do lactate testing?

Not since 2006



Send message



joelfilliol 24m



Ask anything

Results of every race are not as good as usual(training). What do you think about the reason for this?



Training load is too high



Send message



joelfilliol 25m



Ask anything

easy runs at what pace (percentage of 5K race pace)?



Easy is as slow as they want, by feel. Bigger problem is too fast, not too slow.



Send message





joelfilliol 33m



Ask anything

What's your opinion on repetitive bricks i.e bike run bike run sessions

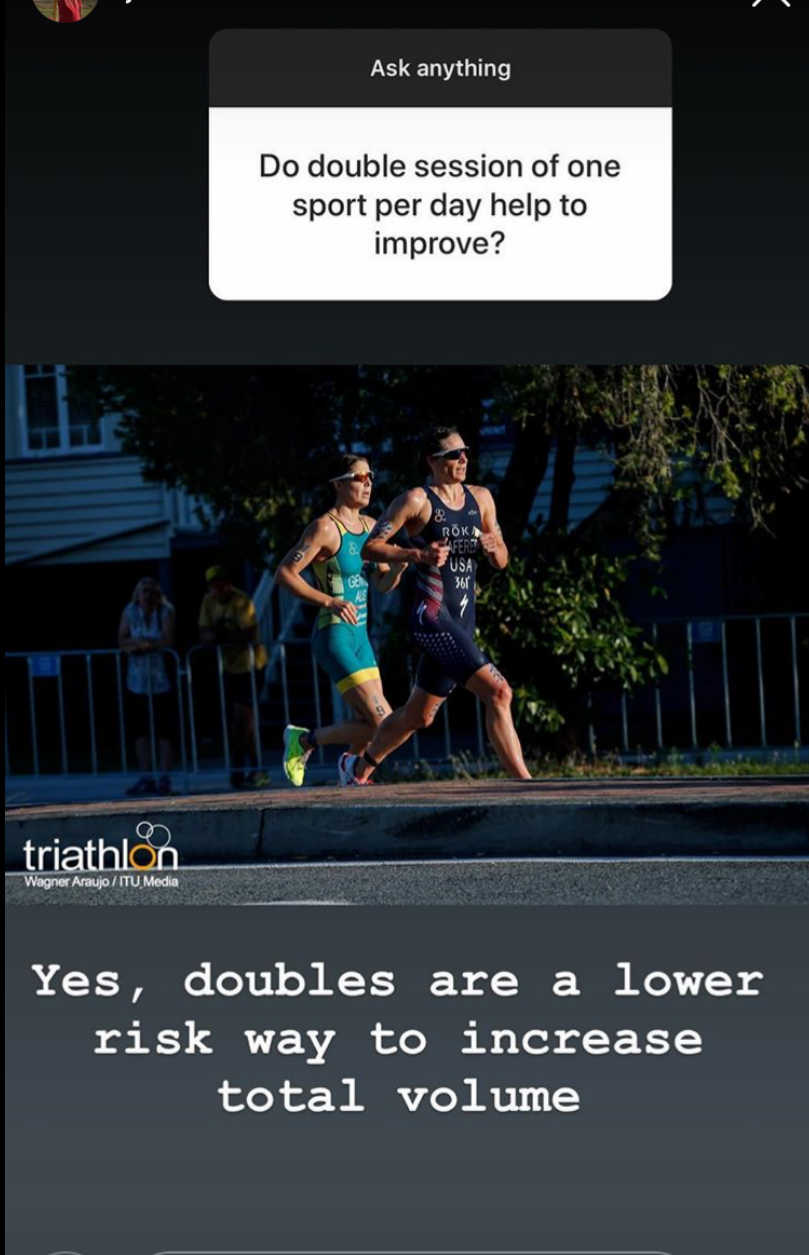
Some of our group do these type of sessions as x bike-run



Send message



joelfilliol 22m



Ask anything

Do double session of one sport per day help to improve?

triathlon
Wagner Araujo / ITU Media

Yes, doubles are a lower risk way to increase total volume



Send message



joelfilliol 19m



Ask anything

In a winter time are u keeping some intensity ?

Some intensity, but different



Send message





joelfilliol 17m



Ask anything

Training differences between 'peaking' for one key race vs a year long series?



triathlon
Wagner Araujo / ITU Media

Managing training load over the season. Trying to peak is over-rated.

Who can deliver near their regular best level under pressure is more important than reaching

for 1%



Send message



joelfilliol 17m



Ask anything

Do you place an emphasis on drills during warm ups for run sessions?



Just standard strides to open up



Send message



joelfilliol 9h



Ask anything

How many km a week they run? (Max and min)



As few as 50k and as much as 110k depending time of year, travel and race proximity.



Send message

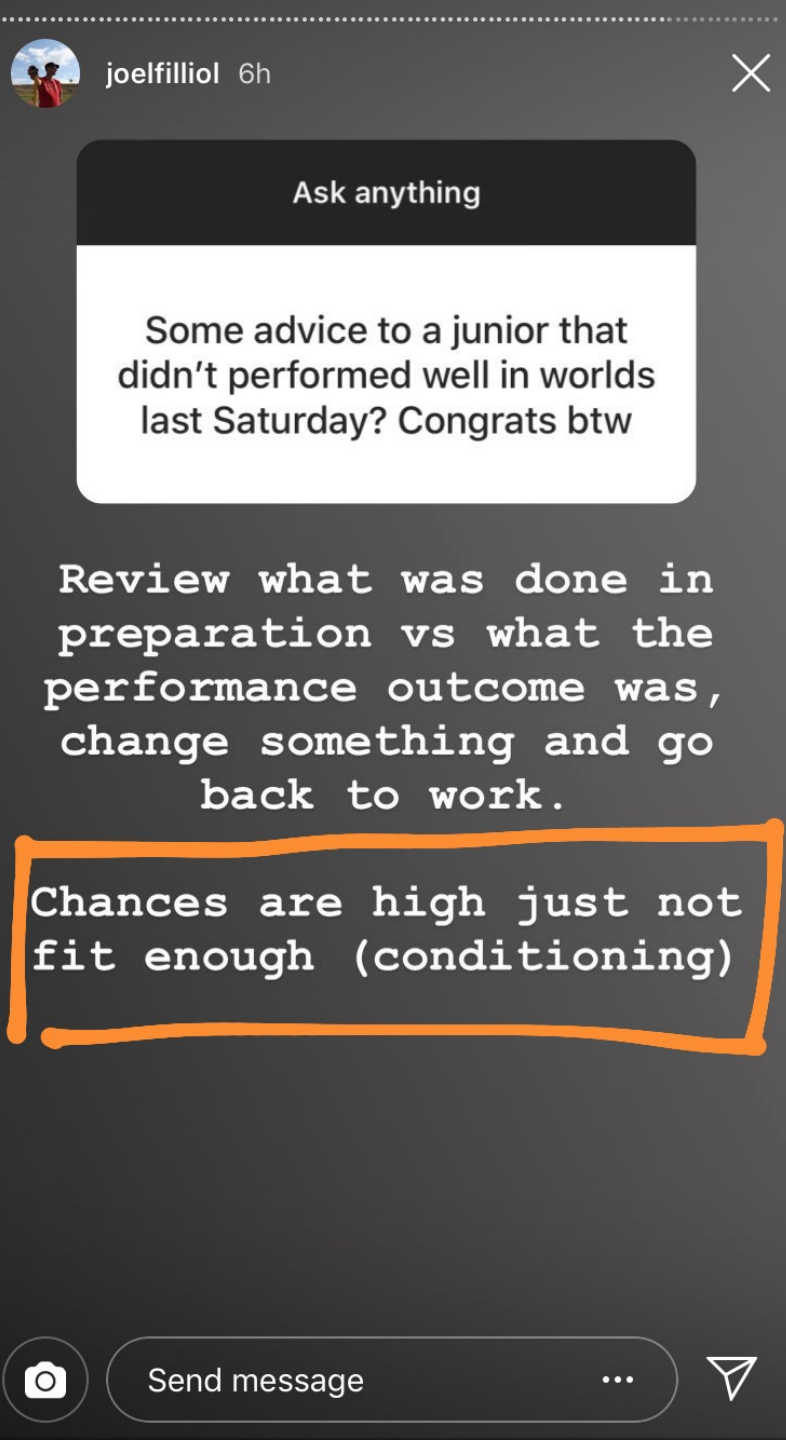




Ask anything

How much do they do on race day prior to the race?

1.5-2.5k, 45-60 mins, 30 mins



Ask anything

Some advice to a junior that didn't performed well in worlds last Saturday? Congrats btw

Review what was done in preparation vs what the performance outcome was, change something and go back to work.

Chances are high just not fit enough (conditioning)



Ask anything

What sort of volume /frequency would you recommend for a weak swimmer aiming for european cups?

Build up to 30km over 8 swims on 6 days



joelfilliol 4h



Ask anything

Any tips for juniors?

Consistency over the long
term, ie avoid injury and
illness, keep it simple
and think fit and strong
not fast



Send message





joelfilliol 10m



developing as a coach
means practising decision
making every day. Put
yourself in environments
to do that and grow
experience with different
kinds of athletes.

Ask anything

Advice for a young coach to
move towards Coaching
elite athletes?



Send message





joelfilliol 4h



Ask anything

What do you consider your
greatest coaching
achievement?

Finding success with
different athletes and
across different
circumstances over time.

Not being a one-hit
wonder



Send message





joelfilliol 9h



Ask anything

If you could go back in time to you as a young coach and tell yourself 1 thing ? What would it be ?



triathlon
Wagner Araujo / ITU Media

If in doubt, leave it out




Send message



INJURY RISK

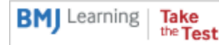
Review

The training—*injury prevention paradox*: should athletes be training smarter *and* harder? 



Tim J Gabbett^{1,2}

Author affiliations +



Abstract

Background There is dogma that higher training load causes higher injury rates. However, there is also evidence that training has a protective effect against injury. For example, team sport athletes who performed more than 18 weeks of training before sustaining their initial injuries were at reduced risk of sustaining a subsequent injury, while high chronic workloads have been shown to decrease the risk of injury. Second, across a wide range of sports, well-developed physical qualities are associated with a reduced risk of injury. Clearly, for athletes to develop the physical capacities required to provide a protective effect against injury, they must be prepared to train hard. Finally, there is also evidence that *under-training* may increase injury risk. Collectively, these results emphasise that reductions in workloads may not always be the best approach to protect against injury.

Main thesis This paper describes the 'Training-Injury Prevention Paradox' model; a phenomenon whereby athletes accustomed to high training loads have *fewer* injuries than athletes training at lower workloads. The Model is based on evidence that non-contact injuries are not caused by training per se, but more likely by an inappropriate training programme. Excessive and rapid increases in training loads are likely responsible for a large proportion of non-contact, soft-tissue injuries. If training load is an important determinant of injury, it must be accurately measured up to twice daily and over periods of weeks and months (a season). This paper outlines ways of monitoring training load ('internal' and 'external' loads) and suggests capturing both recent ('acute') training loads and more medium-term ('chronic') training loads to best capture the player's training burden. I describe the critical variable—acute:chronic workload ratio—as a best practice predictor of training-related injuries. This provides the foundation for interventions to reduce players risk, and thus, time-loss injuries.



Brad Stulberg ✓

@BStulberg

Following



When you are getting back into things, be patient. Resist the temptation to engage in “panic training,” or suddenly putting forth heroic efforts to try forcing yourself back into prime shape. This road leads in one direction: injury, illness, and subsequently worse shape.

9:00 AM - 2 Jan 2019

93 Retweets 385 Likes



5



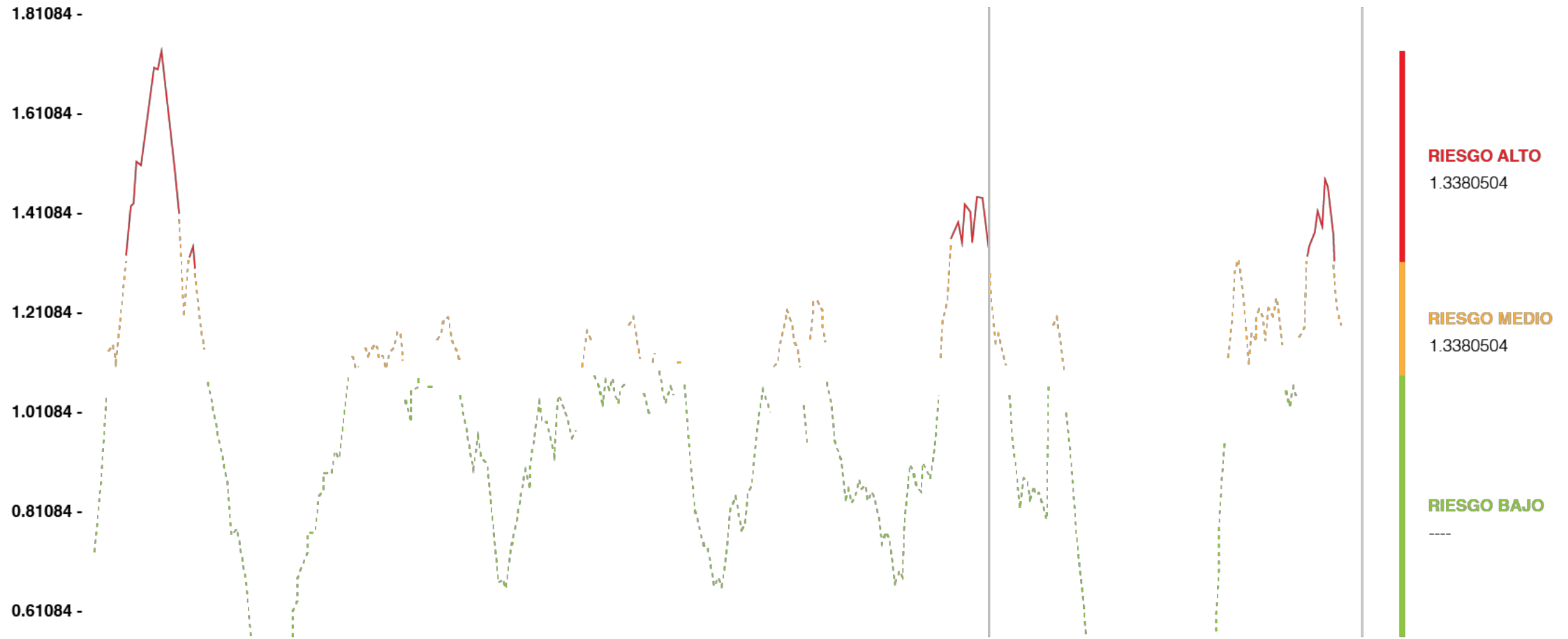
93



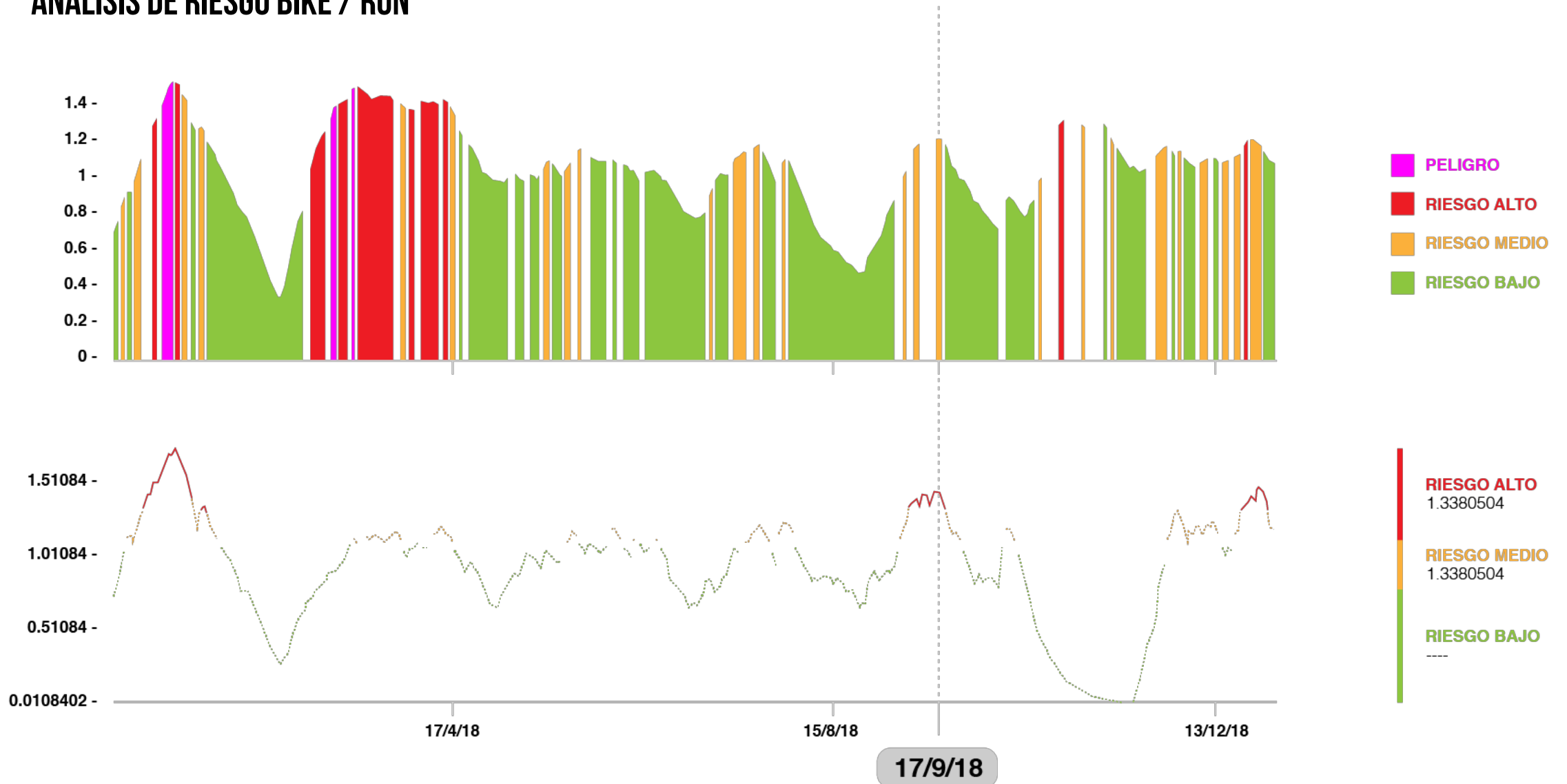
385



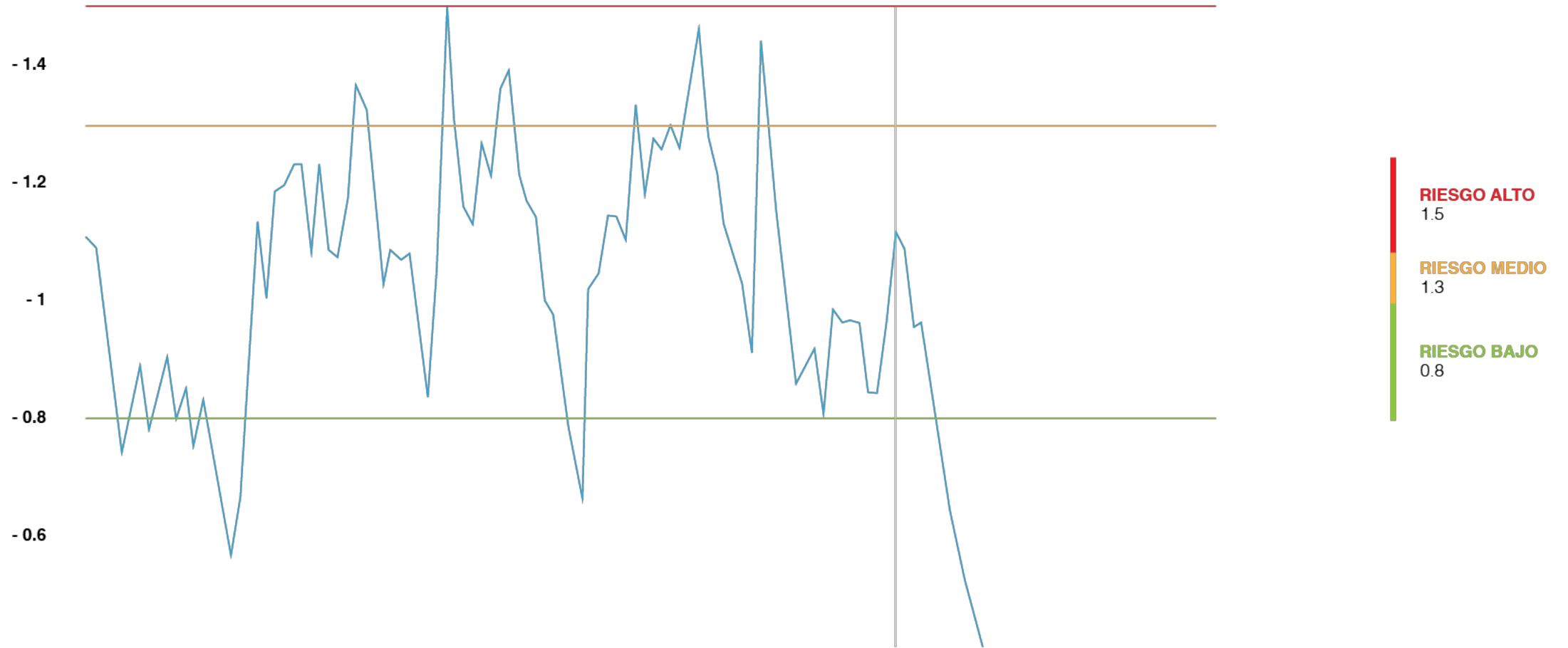
2018



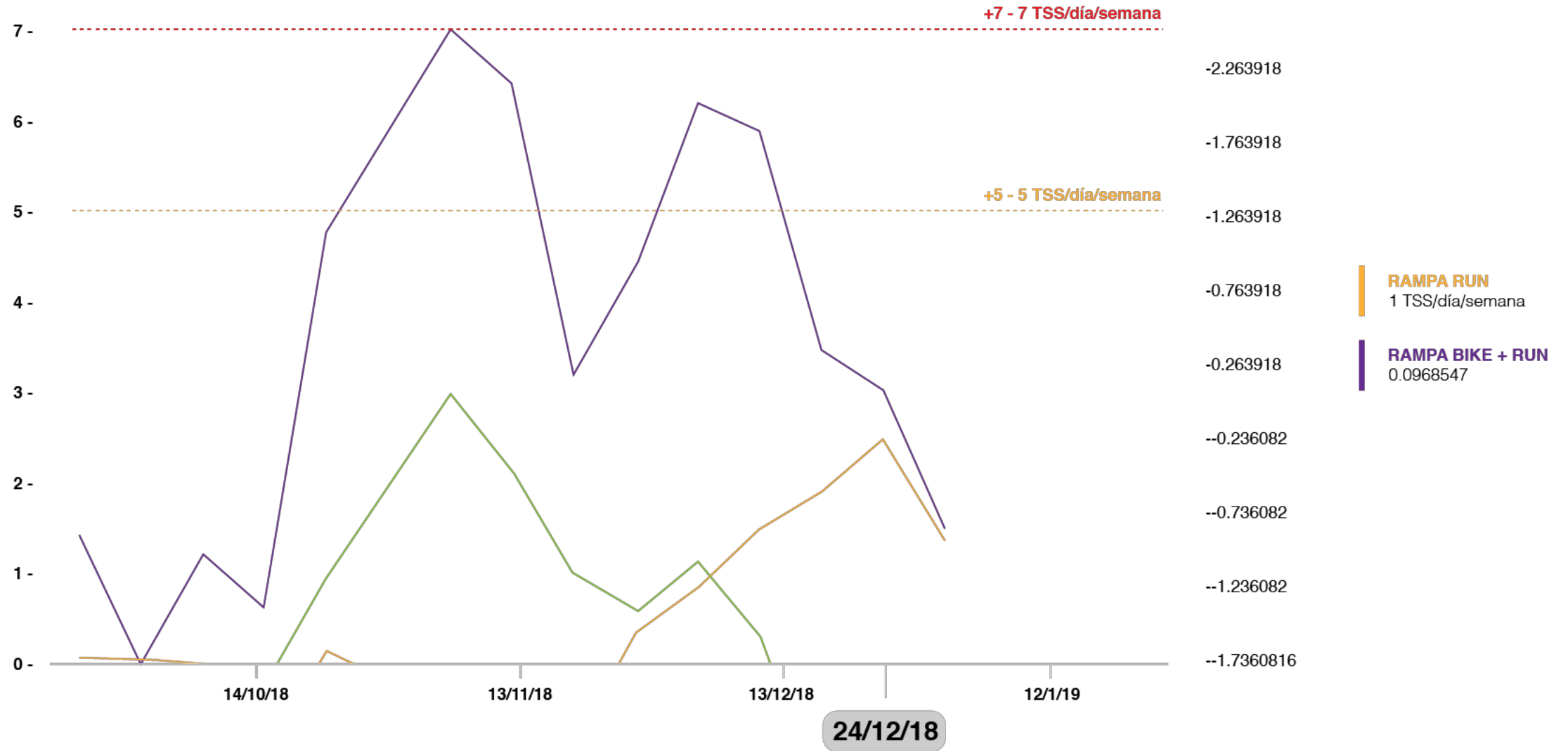
ANALISIS DE RIESGO BIKE / RUN



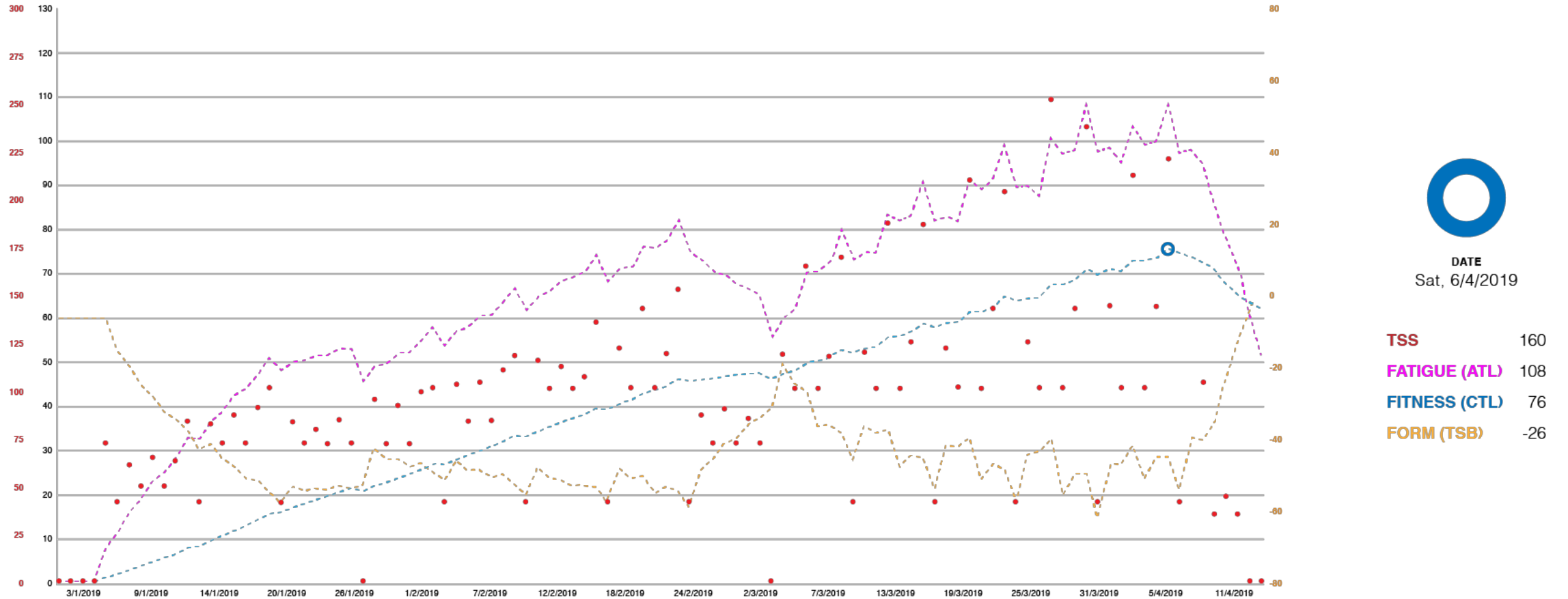
DATA SERIES 20 WEEKS 1 TSS/DAY



20 WEEKS



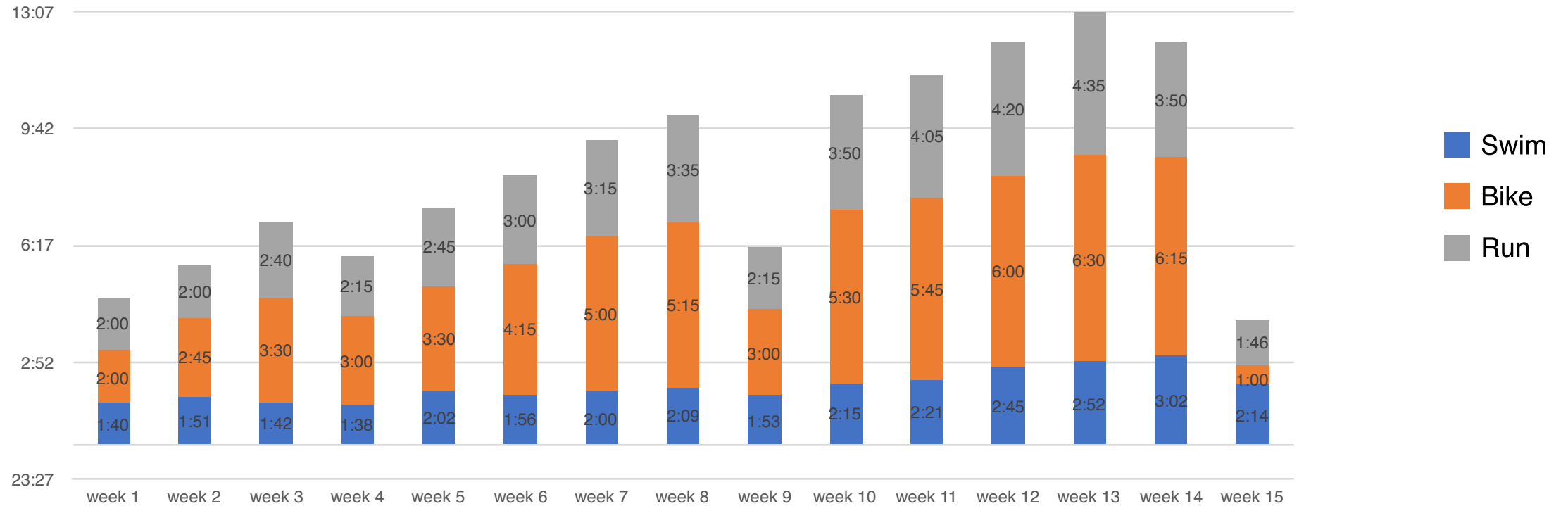
CONSTANCIA - 76 CTL



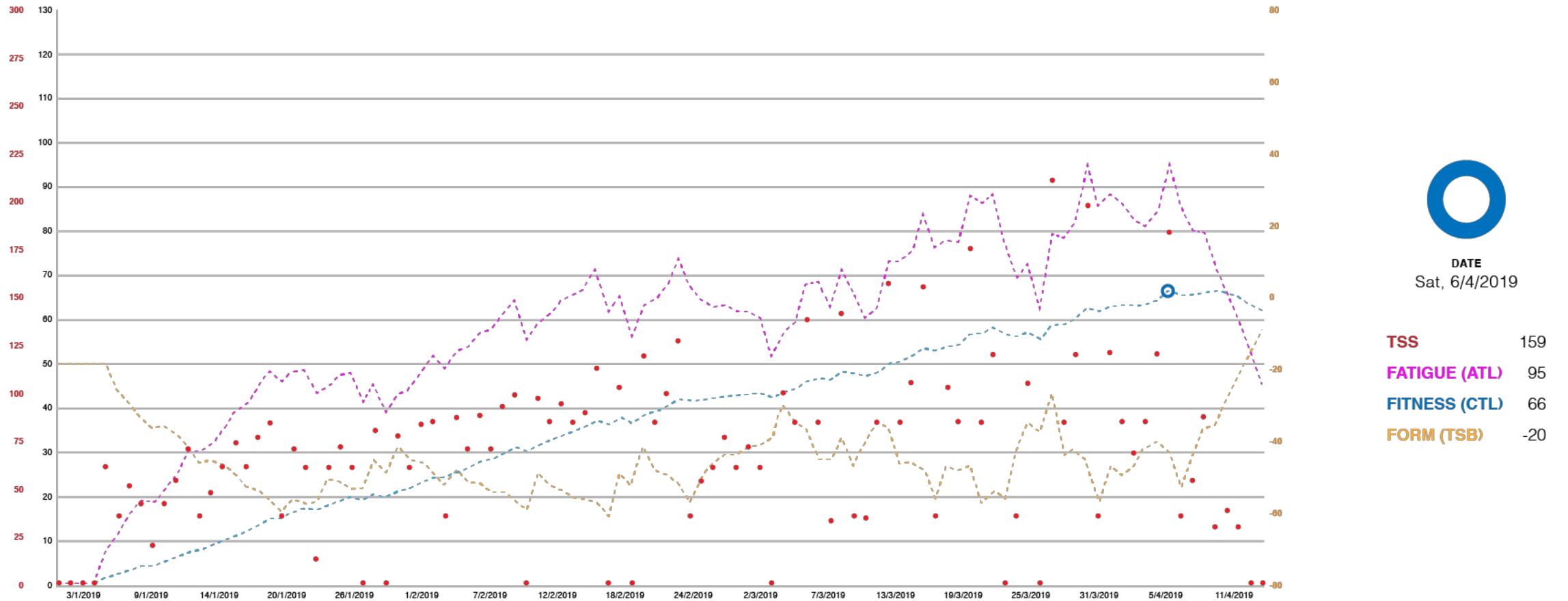
Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

HORAS PROMEDIO A LA SEMANA - CONSTANCIA



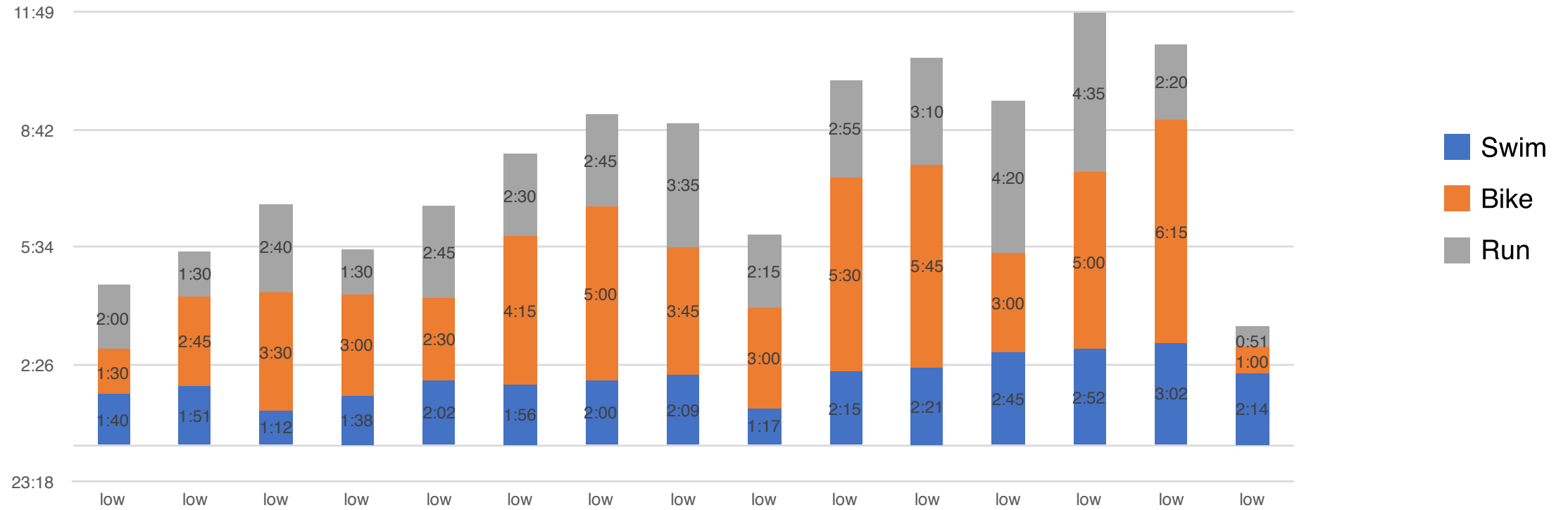
INCONSTANCIA - 66 CTL



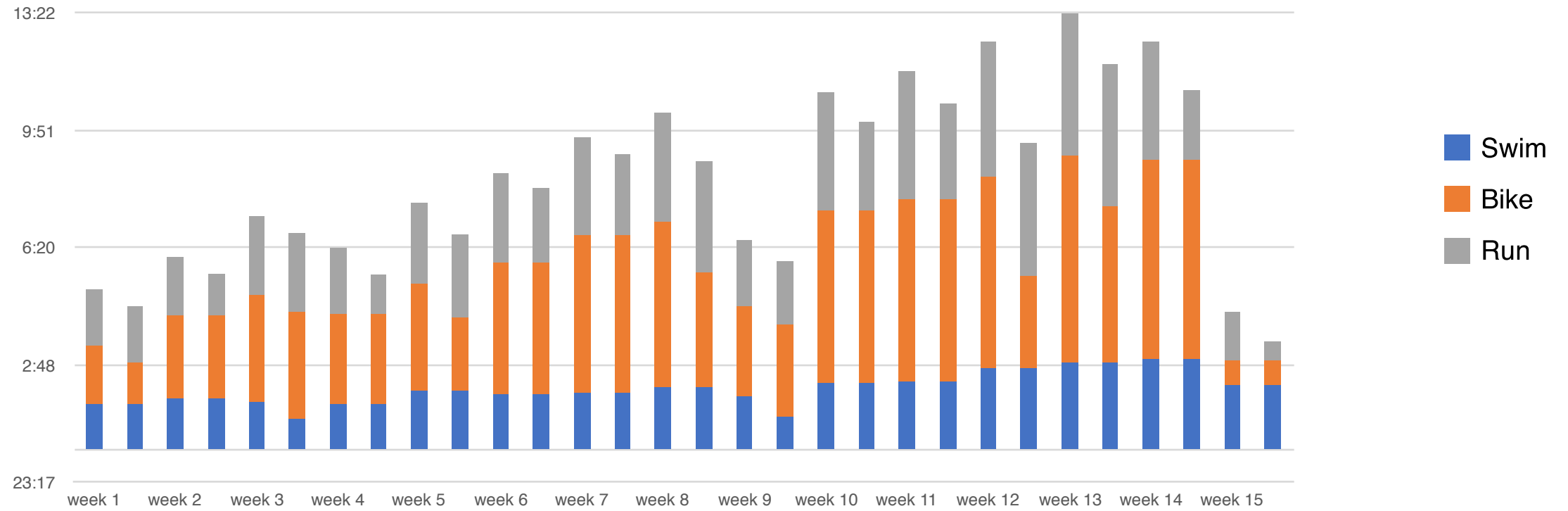
Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

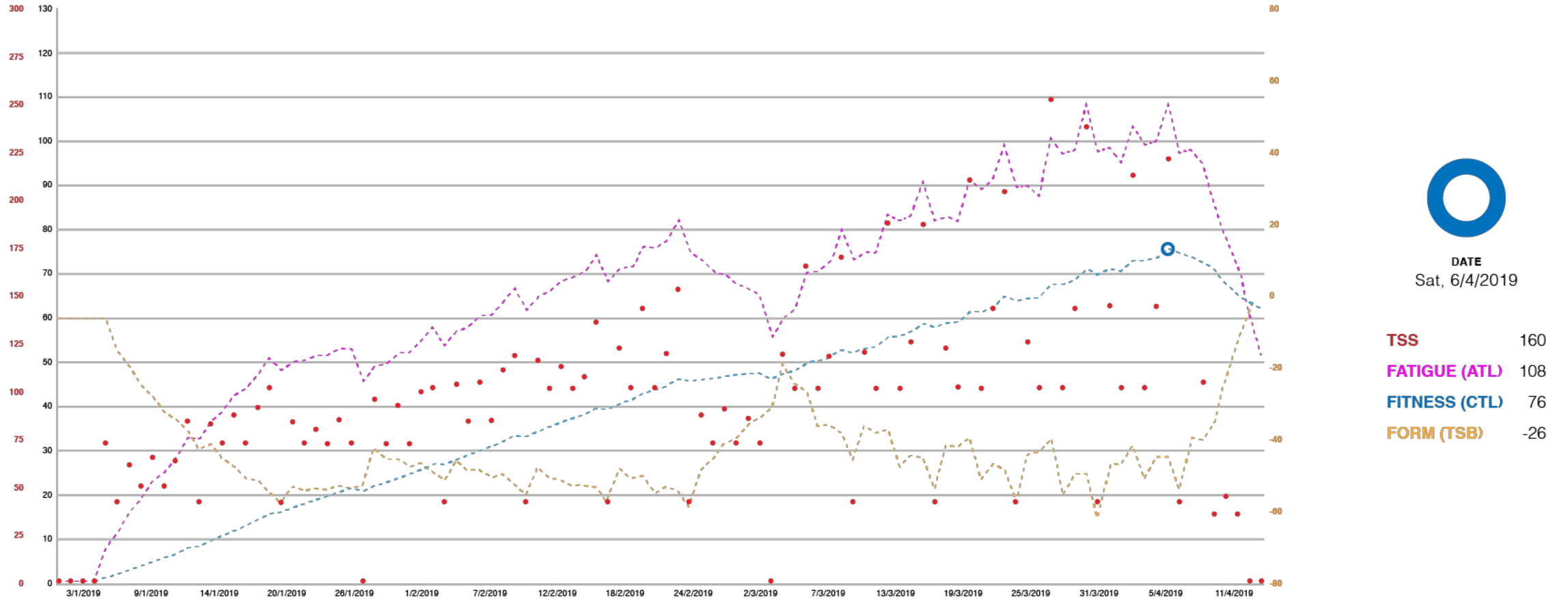
HORAS PROMEDIO A LA SEMANA - INCONSTANCIA



TITLE



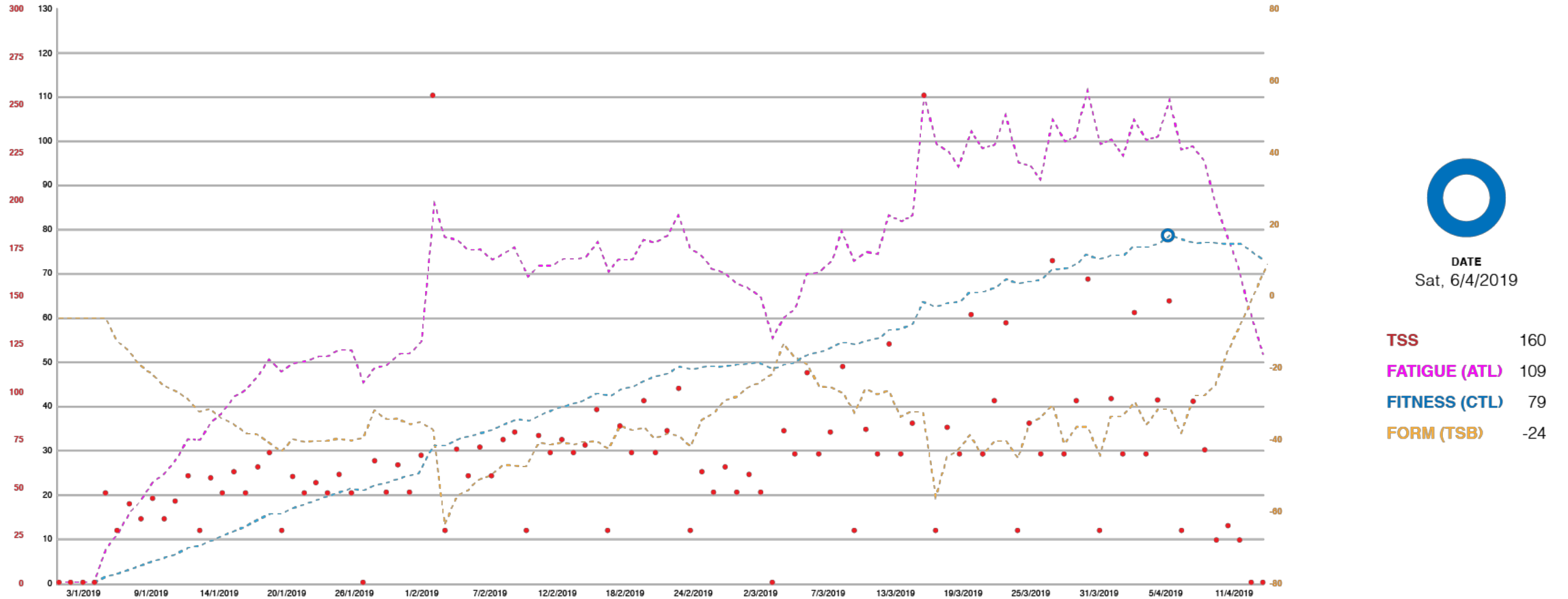
CONSTANCIA - 76 CTL



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

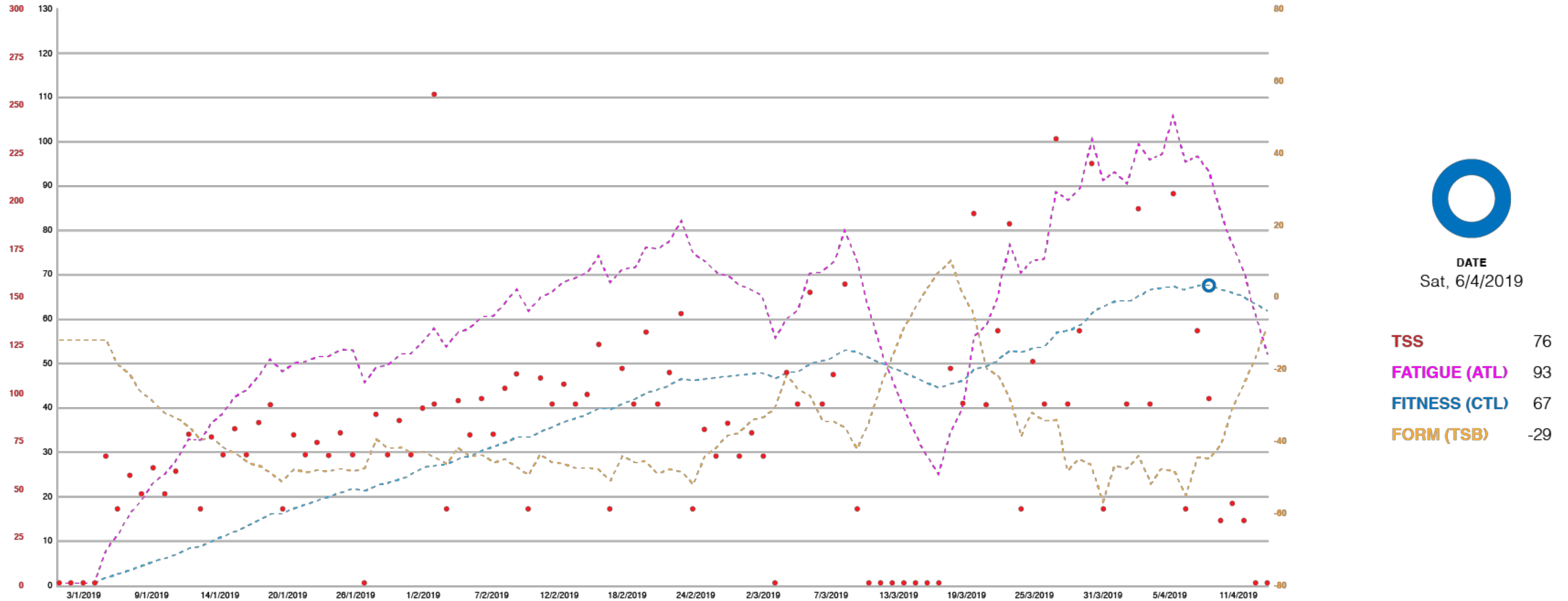
2X 4 H BIKE



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

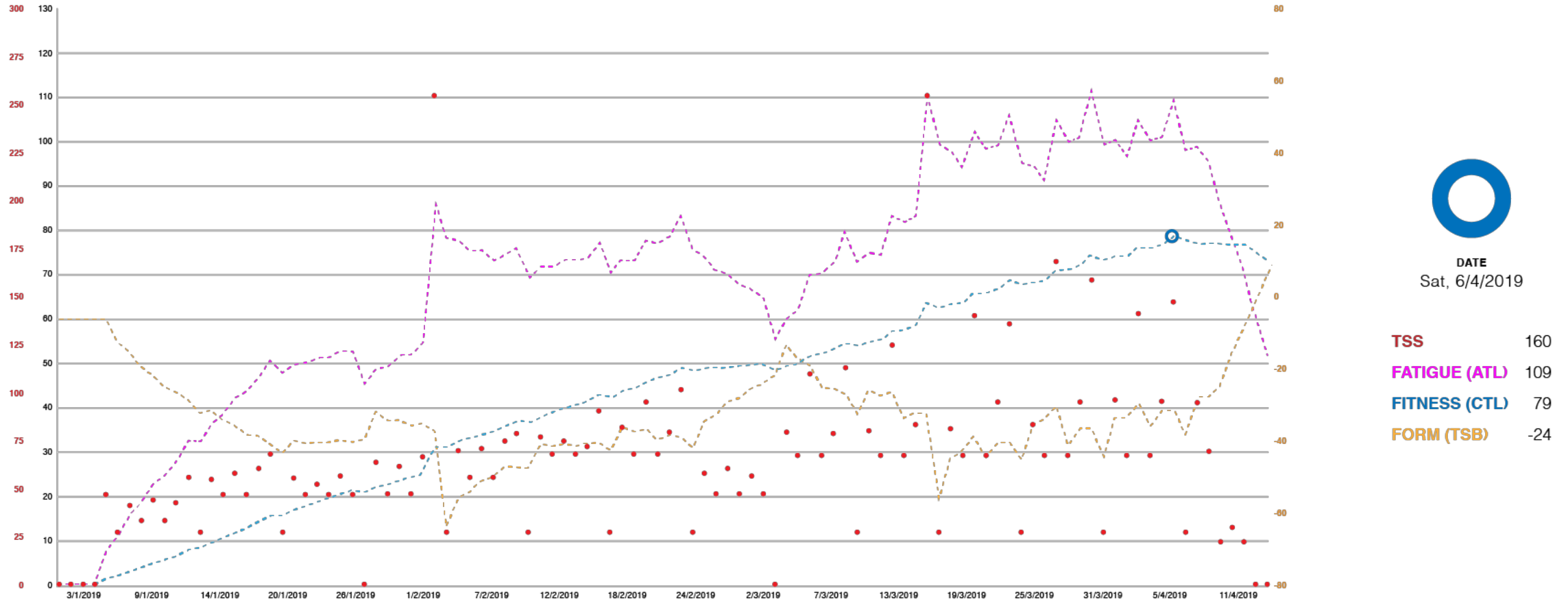
LESION 1 SEMANA



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

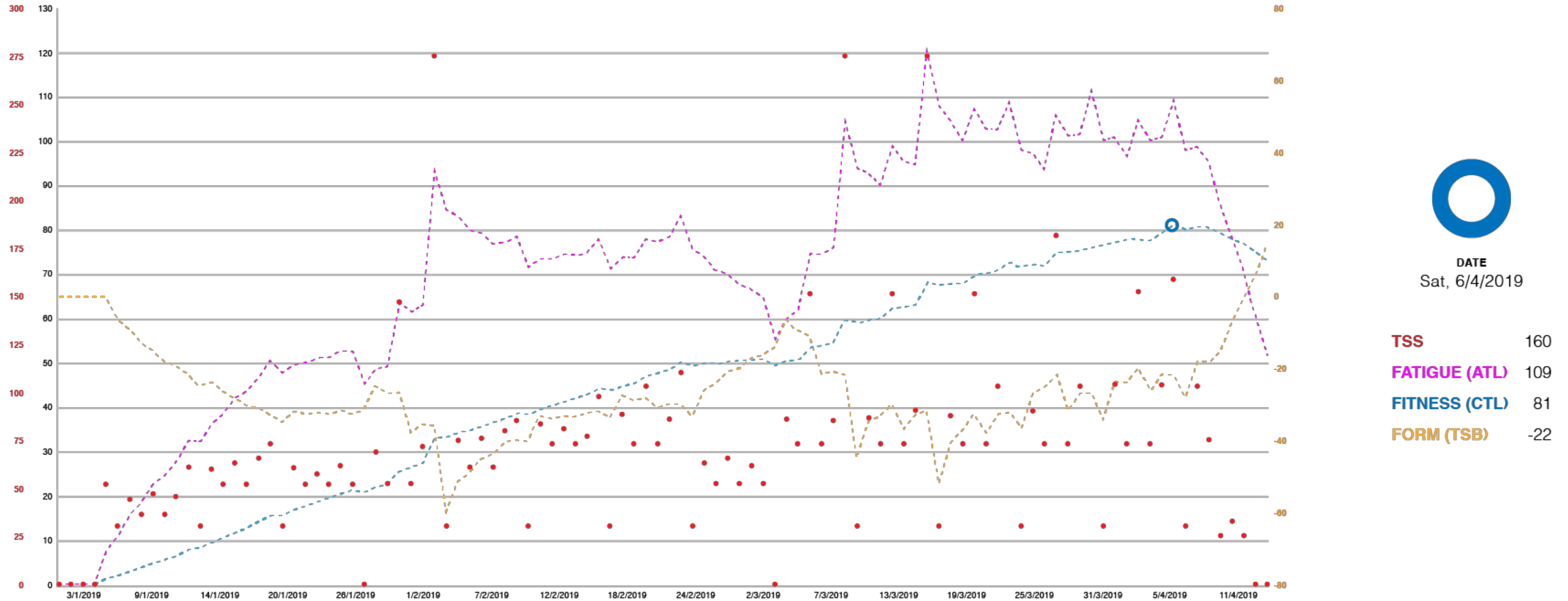
2X 4 H BIKE 1X 2H RUN



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

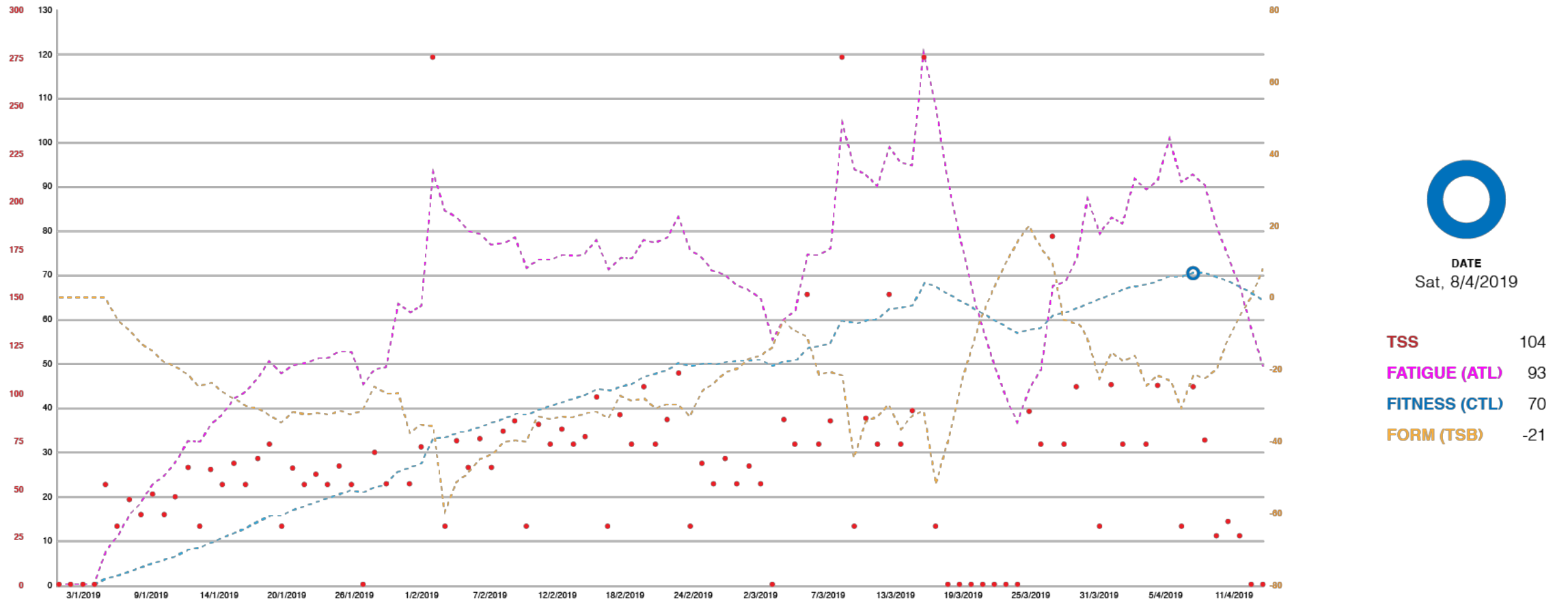
2X 4 H BIKE 2X 2H RUN



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

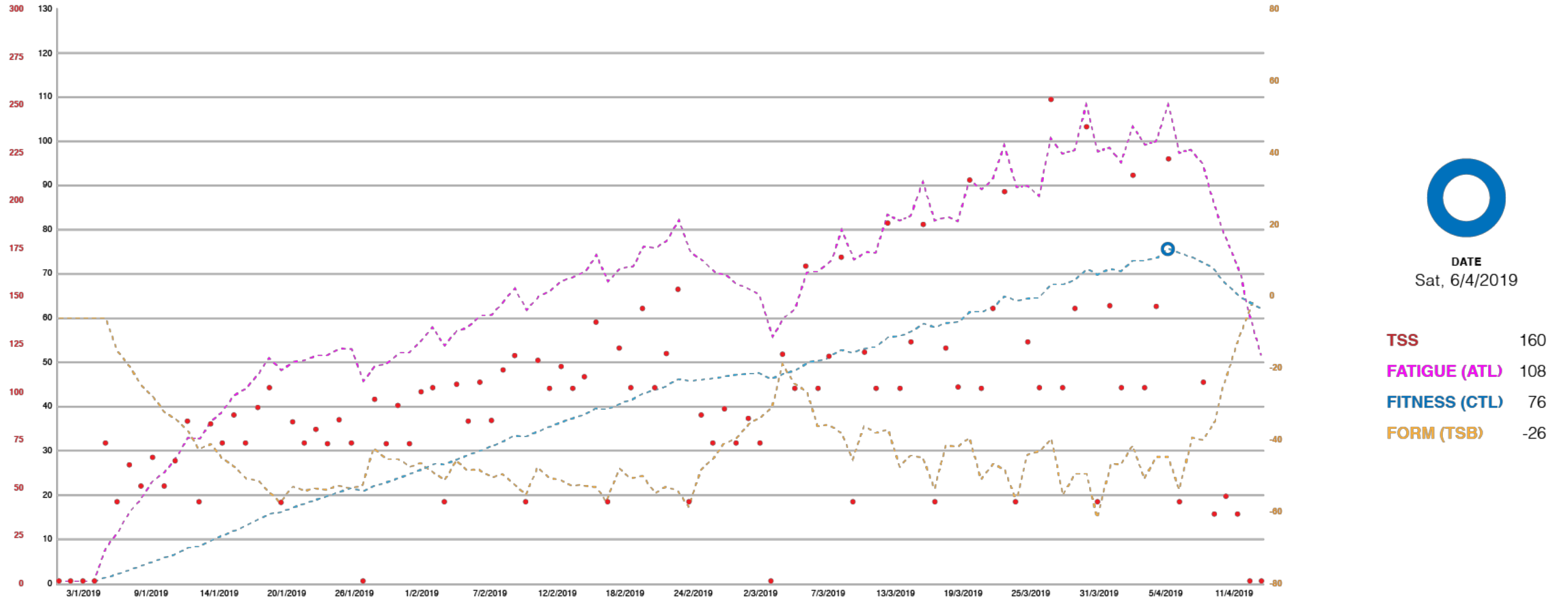
2X 4 H BIKE 2X 2H RUN – 1 SEMANA LESION



Performance Management - Workout Type: All Workout Types

1/1/2019 - 14/4/2019

CONSTANCIA - 76 CTL



DATE
Sat, 6/4/2019

TSS 160
FATIGUE (ATL) 108
FITNESS (CTL) 76
FORM (TSB) -26

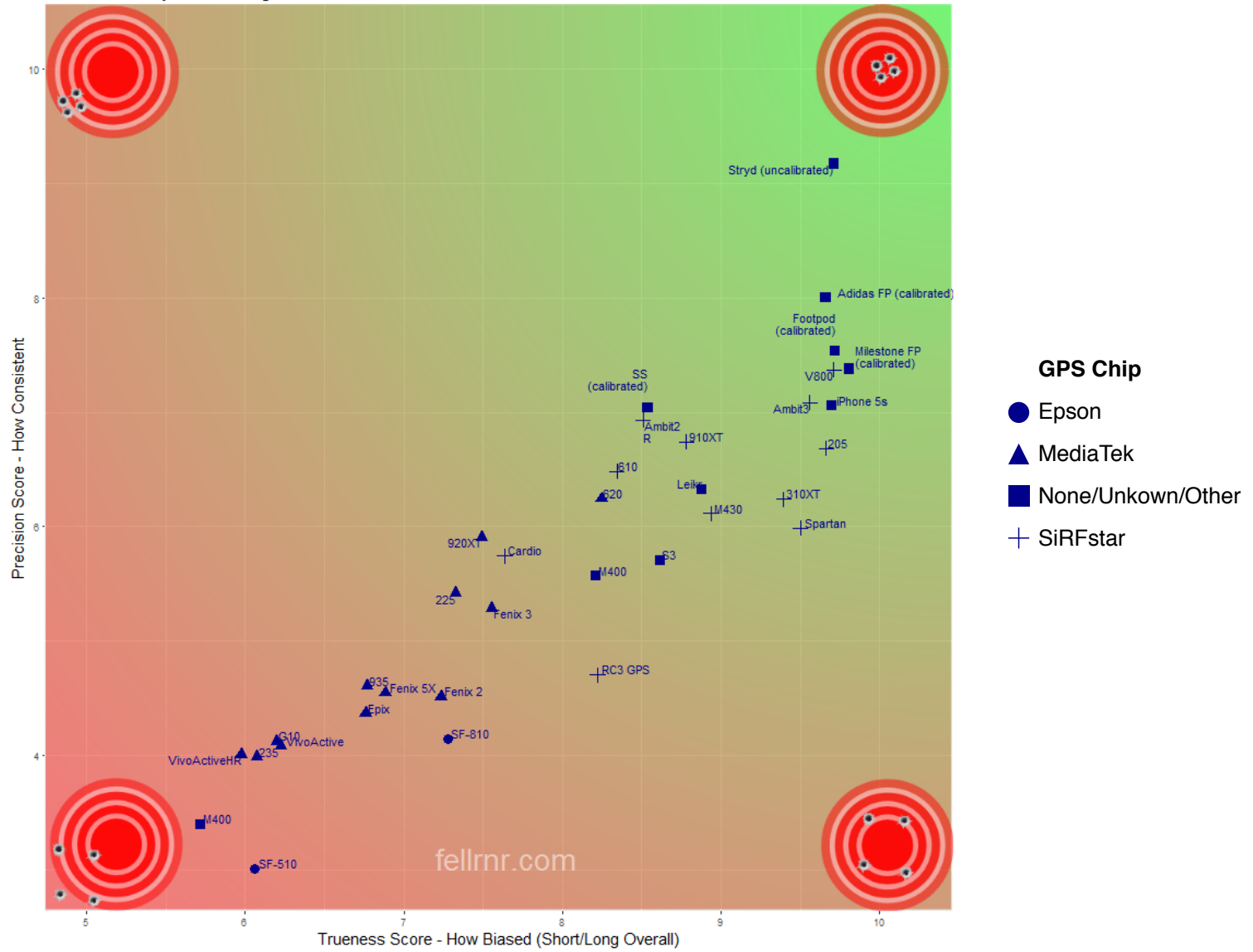
Performance Management - Workout Type: All Workout Types

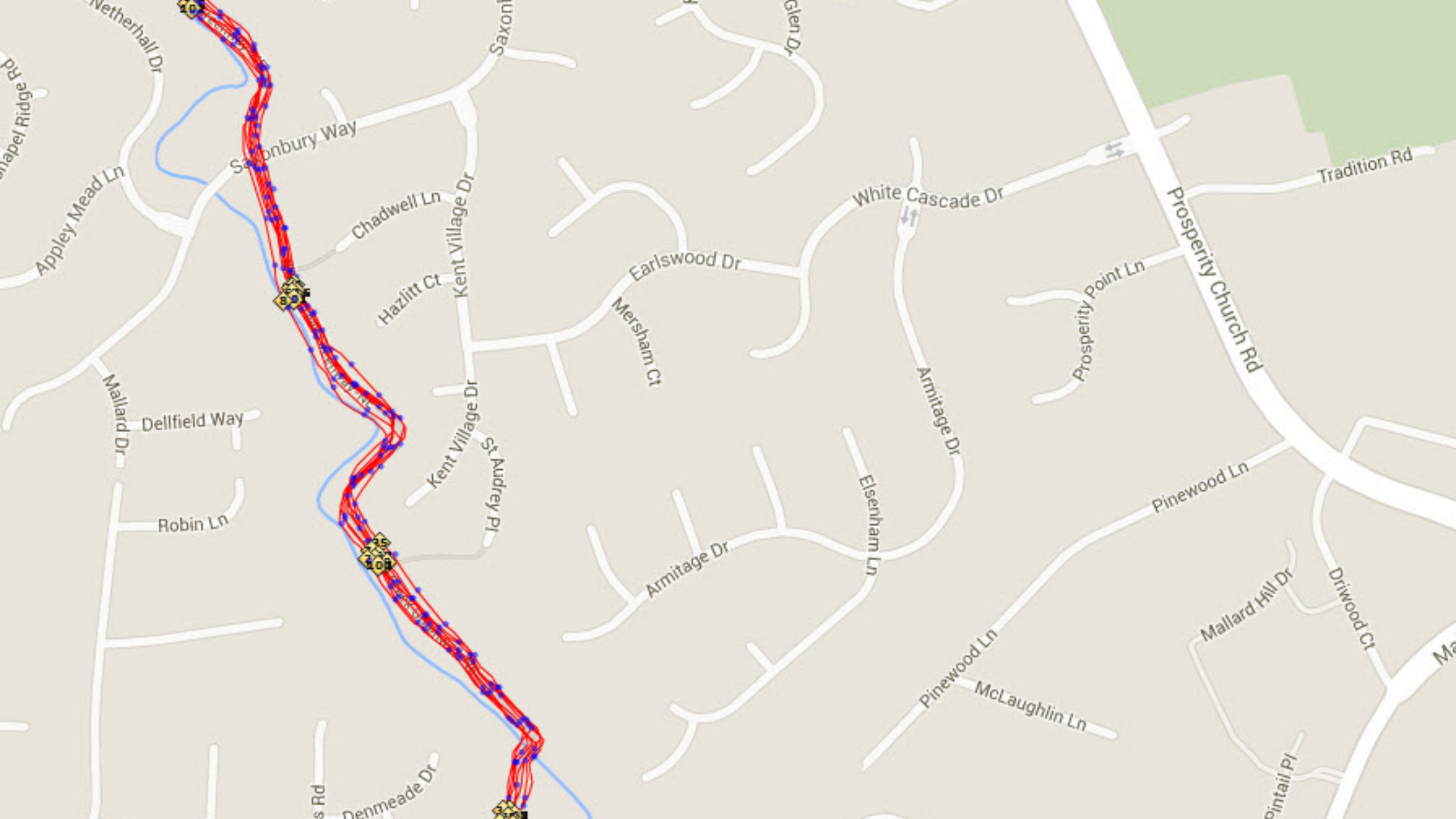
1/1/2019 - 14/4/2019

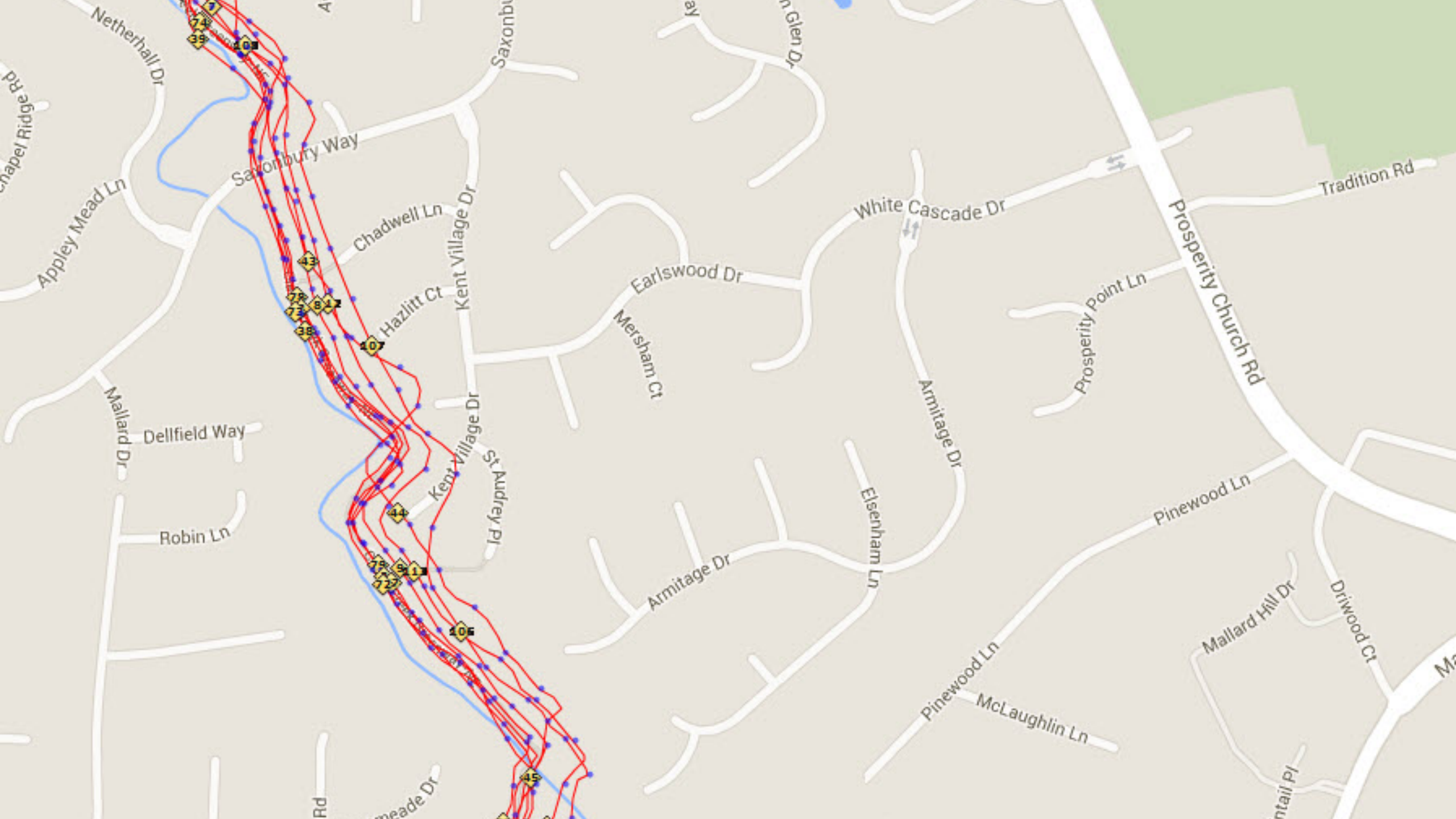




GPS Accuracy of Running Watches







Netherhall Dr
Appley Mead Ln

Saxonbury Way

Chadwell Ln

Hazlitt Ct

Kent Village Dr

St Audrey Pl

Earlwood Dr
Merham Ct

White Cascade Dr

Armitage Dr

Elsenham Ln

Armitage Dr

Pinewood Ln

McLaughlin Ln

Pinewood Ln

Prosperity Church Rd

Mallard Hill Dr

Driwood Ct

Antail Pl

Tradition Rd

Mallard Dr

Dellfield Way

Robin Ln

Rd

meade Dr

Saxonbu

Kent Village Dr

Kent Village Dr

St Audrey Pl

Earlwood Dr
Merham Ct

White Cascade Dr

Armitage Dr

Elsenham Ln

Armitage Dr

Pinewood Ln

McLaughlin Ln

Pinewood Ln

Prosperity Church Rd

Mallard Hill Dr

Driwood Ct

Antail Pl

Tradition Rd

Mallard Dr

Dellfield Way

Robin Ln

Rd

meade Dr

Saxonbu

Kent Village Dr

Kent Village Dr

St Audrey Pl

Earlwood Dr
Merham Ct

White Cascade Dr

Armitage Dr

Elsenham Ln

Armitage Dr

Pinewood Ln

McLaughlin Ln

Pinewood Ln

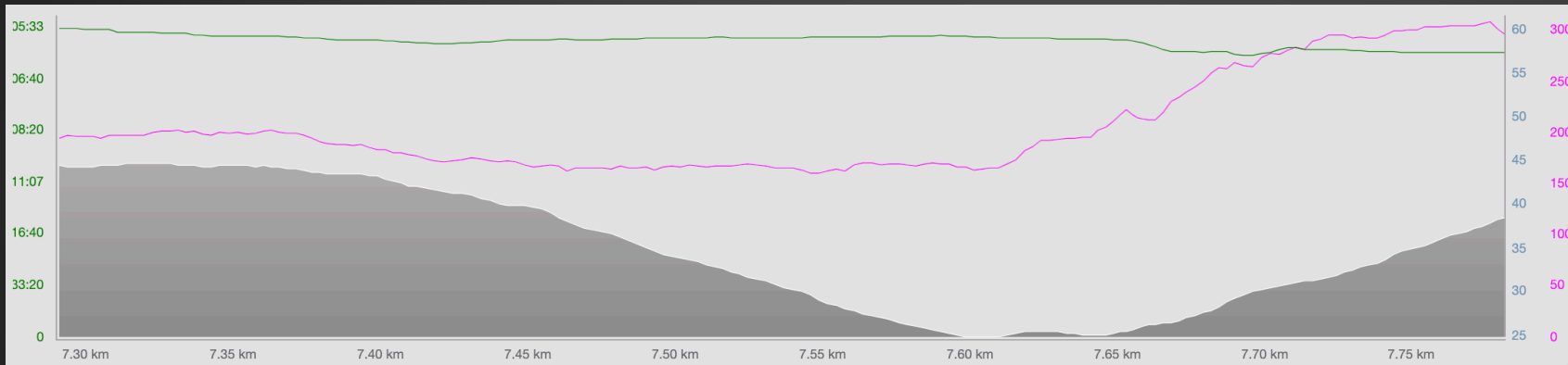
Prosperity Church Rd

Mallard Hill Dr

Driwood Ct

Antail Pl

Tradition Rd

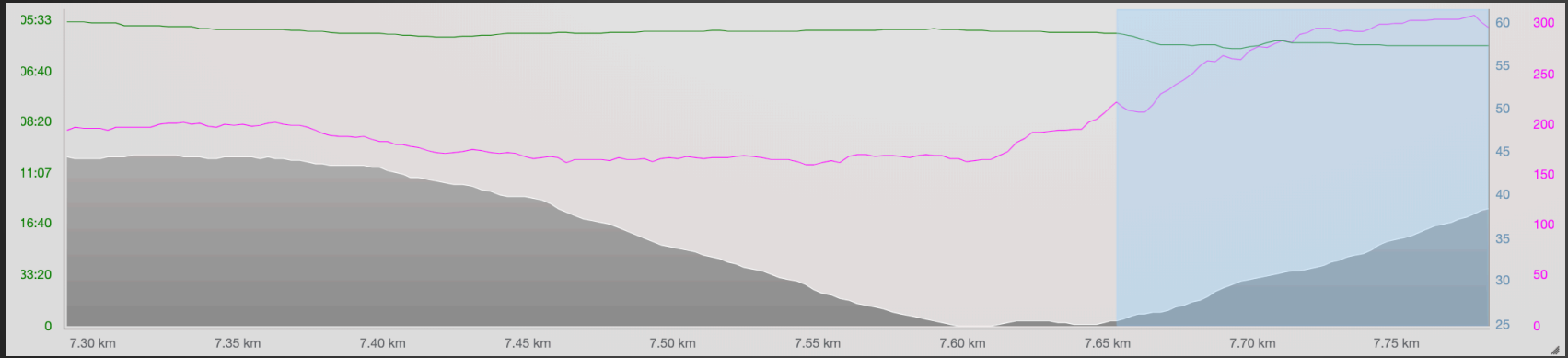


completa

Duration **02:54** Distance **0.49 km** TSS **3**

Work	36 kJ	IF	0.91
NP	209 W	VI	1.01
Pa:Hr	-2.98%	EF	75.09
El. Gain	6 m	Grade	-2.1%
El. Loss	16 m	VAM	116 m/h
W/kg	3.13		

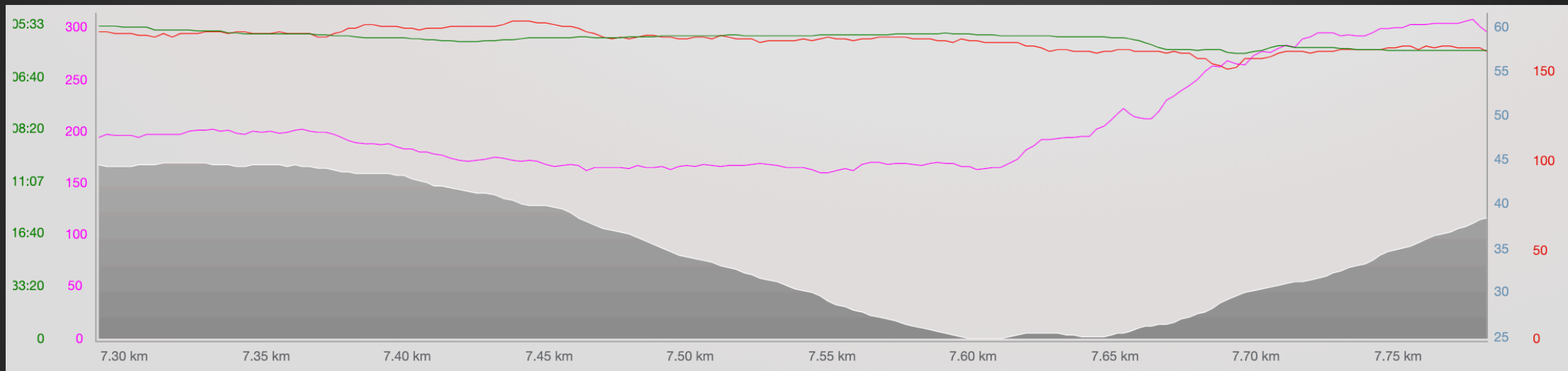
	MIN	AVG	MAX	
Power	160	206	308	W
Heart Rate	151	167	178	bpm
Cadence	85	90	92	rpm
Speed	9.81	10.1	10.7	kph
Pace	06:07	05:55	05:35	min/km
Elevation	25	35	45	m



final

Duration	00:48	Distance	0.13 km	TSS	1
Work	13 kJ	IF		1.21	
NP	279 W	VI		1.02	
Pa:Hr	3.22%	EF		104.63	
El. Gain	11 m	Grade		8.3%	
El. Loss	--	VAM		795 m/h	
W/kg	4.16				

	MIN	AVG	MAX	
Power	212	274	308	W
Heart Rate	151	160	164	bpm
Cadence	85	87	91	rpm
Speed	9.81	9.62	10.3	kph
Pace	06:07	06:14	05:48	min/km
Elevation	25	31	38	m



Last 90 Days

Time to Exhaustion @ FTP (TTE) mFTP

h:m:s	w
0:31:48	303

Last 90 Days

Endurance Readiness - **FM** 34%
Endurance Readiness - **30K** 47%
Endurance Readiness - **HM** 67%

Last 90 Days

FM kJ Requirement* **kJ** 3,445
30K kJ Requirement* **kJ** 2,449
HM kJ Requirement* **kJ** 1,722

Last 90 Days

Maximum Workout **kJ** 1,157