



Endurance Athlete Training - Super Summary... DB#29

‘One-age summary’ based on my experience



Endurance Athlete Training Overview

Super Summary... DB#29

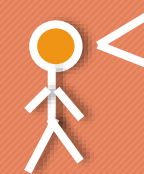
Background:

As in any subject we might get interested in we research & at times devour all the data we can find so we might find a starting point and areas to experiment with along the way. My path of running to martial arts to motorsports to cycling has led me to an overview that might be a good starting point for you. My experience with endurance training spans 20+ years with a curiosity centering around increasing performance through competition within myself.

After 50+ books read ...

Becoming your own Coach - Why?

- 1) Understand how your body reacts to 'damage' or stimulus.
- 2) Experiment with inputs & outputs of your training to find what works for you.
- 3) Breaking limitations that your past and your mind has to offer to progress.





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These are my lessons and learning, please use it and share it if you like.

I do not receive any compensation for any these products, yet in full Disclosure:

- I am not a doctor nor do I play one on the internet or anywhere else.
- The thoughts that follow are from my own experience, learning & pain.
- Thank you!



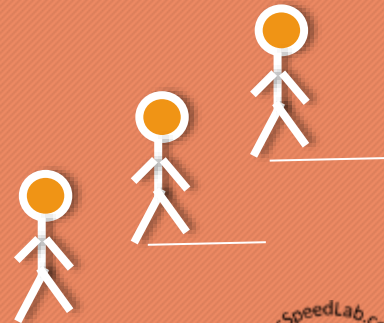
experience



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- ❑ **START: $(180 - \text{AGE}) = \text{average heart rate (BPM)}$ to spend 80-90% of you exercise time at.** Simple that's it!
If building endurance 'base' or 'burning fat' spend most of your time here, the benefits are building stamina, increasing energy & focus to live.
BPM = Beats Per Minute. (deeper blog DB#22)
- ❑ **INTERVALS/HARD EFFORTS: $(180 - \text{AGE}) + (20 - 25) = \text{YOUR HARD EFFORTS average heart rate (BPM)}$.**
A simple way to calculate 'damage' on the fly. (deeper blog DB#23)
- ❑ **FEED DURING: Become your own chemist, control what you eat while you train.**
Mix up your own specific caloric needs to sustain longer endurance efforts. 1/3 less calories & 1/4 less cost (deeper blog DB#19).
- ❑ **FEED AFTER: As a chemist trial what helps your body recover faster.**
Consume 20g of protein @ 1/4 the cost + with carbs within ~ 20 minutes of finish & a healthy meal within 2 hours. (deeper blog DB#20).
- ❑ **FEED SNACK: Have a self-created, non-processed bar.**
15 minutes of preparation at 1/4 the cost of processed bars. (deeper blog DB#21)
- ❑ **PERIODIZATION/RECOVERY: You did the 'damage' now let your body recover.**
Set period of pushing yourself & resting into your training. (deeper blog DB# 22 & DB#26).
- ❑ **STRETCH: Spend 10 minutes in the morning loosening that tight body.**
Yoga/Stretching allows you feel better with minimal time & effort. (deeper blog DB #15)
- ❑ **WEIGHTS: Let's get some muscle to make you stronger in your sport.**
Strength, injury prevention, ascetics all help you feel better (deeper blog DB#28)
- ❑ **REFERENCES & INSPIRATION** (deeper blog DB#27)



Live well