

The “Magic” workout.

We all know what these are. These are the “secret” workouts of a coach which will turn you into a world class athlete in a matter of weeks. We scan articles in Triathlete magazine, forums on Slowtwitch, read books by famous coaches and talk to our training partners in search of that one (or two or three) “magic” workout that will radically and quickly transform us and send us to the next level. One coach tells you to add 6-8 10 second hill repeats 2 times per week and you will set your PR. Another’s “magic” workout is a reverse tempo brick. An article advises that every runner needs to add 200 meter repeats faster than 5k pace every week and on it goes. Well I have some bad news. There is no magic workout.

I recently put together my list of top 10 training principles for endurance athletes. You can find it here:

<http://www.trismartusa.com/philosophy/TriSmart%20training%20tips%20poster%20v3.pdf>

The first training principle is: *A successful endurance athlete must: 1) train consistently; 2) rest properly; 3) avoid injury; 4) keep a training log; and 5) be patient.*

Endurance training and racing takes time. It takes time for endurance to develop. In order to do this you must train consistently, year in year out, with minimal breaks and without big swings in fitness. Nothing else will make you go faster over a long period of time. In order to reap the gains of consistent training you will need to rest properly in order to adapt to your gains and to help keep you injury free. You can’t train if you are injured. Keeping a log helps you focus on your plan, what you did, how you responded and if you rested enough. And finally you need to have patience. While we all want to go faster now, studies have shown that no matter your age, with consistent training, most age groupers can continue to improve for up to 7 years.