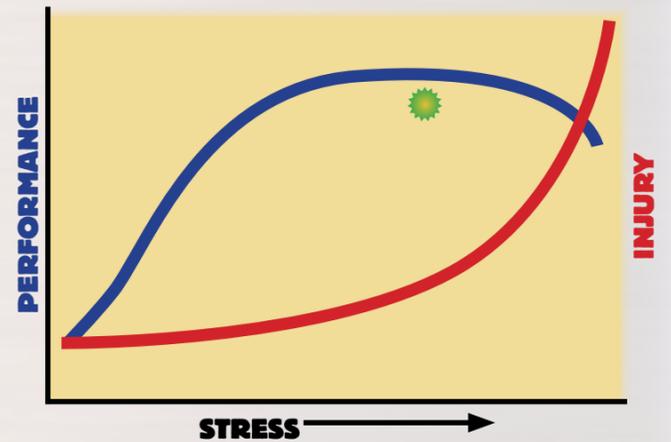


# 10 Training Principles for Endurance Athletes

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

2. **Training:** Stress—Recovery—Adaptation  
**Coaching:** Applying stress—prescribing recovery—judging adaptation

3. **Proper Training Load:** As you increase stress, you increase fitness and performance. However, the more you increase stress, the less benefit you receive (diminishing returns). The more you increase stress, the chance for injury increases (accelerating returns). Optimal training is that place where performance increases but no injury occurs. **Sometimes less is more. Sometimes more is more.** The key is communication between coach and athlete.



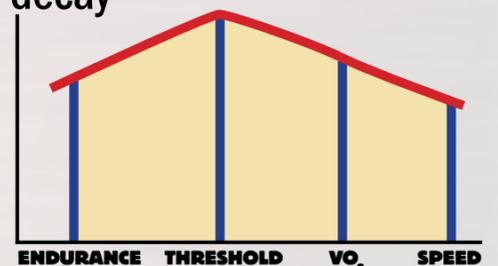
4. **Technique:** Speed is a function of **good technique**. Injuries are a function of **poor technique**.

5. **Training Periodization:** General → Specific  
 Endurance → Race Speed

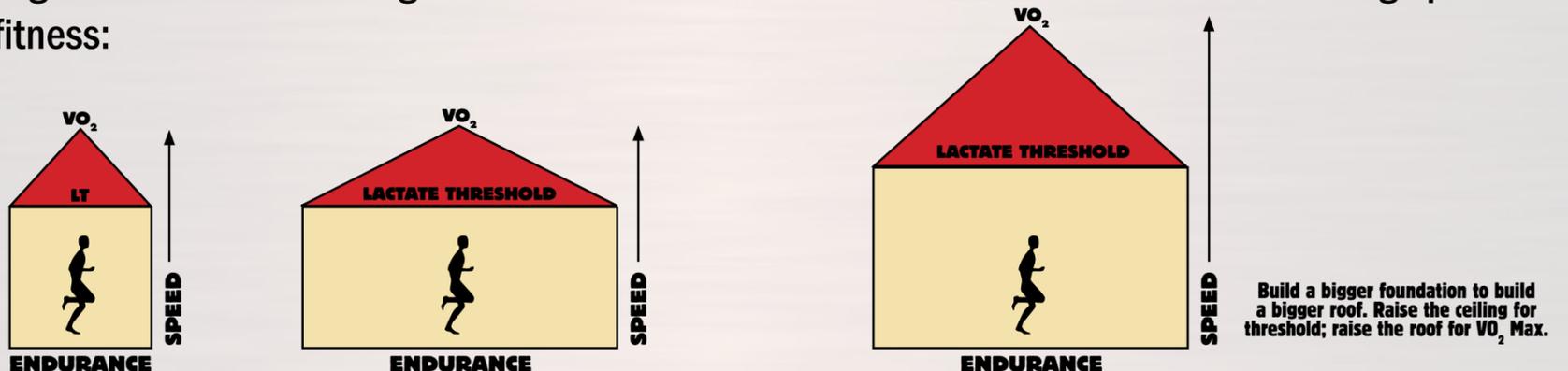
6. **Fitness Characteristics:**



7. **Training continuum:** Endurance → LT/Tempo → VO<sub>2</sub> → Speed  
 Training in each zone affects/increases other zones, but the further the “distance” from the zone trained the less the effect.



8. **Training priorities:** Basic endurance → Speed → Increase distance/endurance  
 Building fitness is like building a house. Build a foundation then raise the roof. Your “living space” is your fitness:



9. **Improve Weakness:** Maintaining fitness and improving upon fitness is like spinning plates on sticks.  
 Endurance — Speed — Strength — Technique — Mentality

Focus on the wobbly plate.

10. **Train to Race:** Practice your nutrition, sighting, open water swimming, race pacing, riding in the aero position, changing flat tires and transitions. Train in your race conditions: heat, humidity, cold, hills, etc.