

	<p>(3) BRUK'S CALF RAISES. Bruk showed me this week how to do calf raises without flaring up either my plantar fasciitis or the fascia tissue in front of my Achilles' tendon. I should try this next week while I am starting a cycling build.</p> <p>(4) RICK NILES MAINTENANCE PERIODS. While I was at Duathlon Nationals, Mary and I talked about the need to increase our running speed. But I don't think this is going to happen without a dropping any attempts at simultaneously improve my cycling. Then I thought about Rick Niles trick of having three week builds in each sport with "maintenance" workouts in the other sport. For running, this can just be a few miles Z1-2 with a few sprints or plyos.</p>
July 27	<p>(1) DOING A BENCHMARK WEEK. Earlier this week, I did some extended, low-cadence work to get ready for State TTs and was amazed at how badly I did them. I didn't have any strength like I did earlier in the season. Sure, part of that was the crazy DuNats/Seafair travel weekend, but part of it was clearly a loss of this aspect of my fitness. While my AT ceiling is probably doing well from all the work around there, I think the roof of my fitness house is needing some raising as it feels quite low. Also so does the foundation as today's ride down to Black Diamond had me suffering, suggesting some long distance in sweetspot is in order. End of July and beginning of August seems like a good time to rounding things out again.</p> <p>(2) ONE-SPORT FOCUS AND RICK NILES MAINTENANCE TRAINING. The next few weeks will see me focusing on one sport at a time for 3-4 week builds while keeping the other sport in "maintenance" (lots if Z2 with some easy sprints). The goals are (1) to really build sport-specific quality that only single-focus training can bring, (2) prevent running injuries by limiting length of builds, (3), get more z2 work, and (4) simplify my training. I'm thinking that my cycling build over the next weeks will include 3 weekly elements: hard low cadence hill work, long Carnation intervals, and hard longer (eg 60 mile) weekend rides at 85-92% FTP. Also, will include GHR and glute work. I'm thinking that my running builds should be classic weekly mix of speedwork on Tuesday, tempo runs on Thursdays, and long weekend runs.</p> <p>(3) OBSESSED WITH INJURY PREVENTION. Everyone at DuNats was injured. Injuries also killed my running this year. This MUST change for next year.</p> <p>(4) STARTING MY BLOG. I need to get sponsorship. Might as well put together all the stuff I know and make it a better quality blog than just self-promotion (like everyone else).</p>
August 3	<p>This week has been relatively hard.</p> <p>(1) PREOCCUPIED WITH JOB SEARCH AND BLOG. I didn't quite expect my blog to take as much time as it does. Then, in the middle of it, a great job opening shows up at the Department of Education. Looking back, I think that this non-training stress didn't help me. Also, I have been getting to bed super-late, which clearly didn't help.</p> <p>(2) A VERY MIXED WEEK. This week included three key bike workouts— a hill climb, tempo and a long ride. My performance on all of them were fairly mixed. My tempo ride wasn't as good as last week, but I think that is mostly due to heat and bad nutrition. I'll repeat the tempo work on Tuesday and spend most of the week in recovery for the weekend TT. My long ride was scaled back a touch from last week because of the heat. My hill intervals WERE going better than last week but I couldn't finish because of a schedule conflict.</p>
August 10	<p>(1) CYCLING IMPROVES WITHOUT RUNNING. In many senses, this was an ideal cycling week for building intensity and power. By dropping my running, my cycling power naturally rises. For instance, my power on Tuesday after a week of no running was formidable-- a perfect warmup for a hard TT on Sunday.</p>