

Titans Multisport's Free Quick Guide To Fitness

To Improve Nutrition:

Key session: Nutrition testing for race, and the table below:

*Always consume electrolytes during sessions harder than easy intensity

Type of Session	Duration	Carbohydrates (g/hour)
Recovery	less than 1 hour	0
Easy	less than 1 hour	0
	60mins-90mins	30
	90mins-150mins	45-60
	150mins+	75-90
Tempo	90mins & less	60
High Intensity	less than 1 hour	30
	60mins-90mins	45-75
	90mins+	75-100
Post Session	-	4:1 carb:protein ratio

To Improve Endurance:

Key sessions: Long easy sessions (zone 2) & zone 3 intervals

Reason: Building an aerobic base is key for endurance, as well as being able to perform at a high percentage of your Vo2max. This is sometimes referred to as improving your **LT1**.

To Improve Speed:

Key sessions: High intensity intervals (zone 4+)

Reason: A higher anaerobic capacity indicates better performance in explosive and high-power movements. This is sometimes also referred to as **LT2**. High intensity intervals are vital in raising this anaerobic capacity.

To Improve Efficiency:

Key sessions: Steady-State workouts

Reason: Efficiency in endurance sports refers to the ability of an athlete to perform at a given intensity while using the least amount of energy. Training at this intensity is key to improve efficiency

To Improve Strength (Muscular Force):

Key sessions: Hill repeats & Gym work

Reason: Muscular force in endurance sports refers to the ability of the muscles to generate power over extended periods of time during physical activity. A higher muscular force also allows more efficiency and aids injury prevention.

To Improve Mental Fitness:

Key sessions: Race pace workouts (with a few extra notes*)

Reason: A mentally fit athlete can push through mental barriers, overcome challenges, and remain composed under pressure, which is crucial for success in endurance events. It's also useful to track as a metric when considering overall well-being of an athlete.

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