

## Notes about using this workbook:

[Please visit www.osbmultiposport.com](http://www.osbmultiposport.com) for a lot of articles and further explanations!

The worksheets include the specific daily training except for the swim and strength workouts. These are listed in separate sheets

### definitions:

strides -	form (knees up, relaxed shoulders, loose upper body, fast turnover) you can do these during the middle of an easy run and jog 1-2minutes easy between each, or at the end of a run
stretching -	always stretch for at least 4-10 minutes after every workout!
race pace is meant	to be your race pace for your next event. For sprints this will usually be in the 80-90% effort level (Z3 or Z4) For IM it is essentially mid Z2 (70-75%) with some exceptions
build -	this means each interval starts easy and finishes faster/harder
descend	means the last interval is faster/harder than the first interval
spin	easy effort, keep turnover/RPM up to 80-100 per minute
hard	as in do what you have to do to stay with group but stay under LT unless it says Z5
other running drills:	fast feet is fast turnover, short steps for about 1 minute or 50 yards sideways running - like the old football drill, run sideways and twist your arms around high knees - short steps, high knees but kicks - fast steps, foot to butt, about 50 yards skipping - good form, skip run in the hills if you have them!
big gear riding	put the chain rings in your big chain and turn a big gear at a slower RPM, pedaling concentrated in circles
Optional means do it if you feel like it, skip it if you don't! Listen to your body.	
MP	marathon pace
sub-MP	slightly slower than MP
powerstroke	swimming with good form but hard pull every stroke

**If you have any questions: [marty@osbmultiposport.com](mailto:marty@osbmultiposport.com)**