

The Importance of Base Training

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One Step Beyond

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Base Training

- Is exercising at *mostly* aerobic levels of effort.
- Perceived effort ranges from easy to 'comfortably fast.'
- Maximum heart rate is about 20 beats per minute below your lactate threshold (not your maximum) heart rate or up to 75% of functional threshold power (FTP)
- Includes strength training and drills/plyometrics

Base Training – key concepts

- Develops the aerobic energy system
 - Increased blood flow
 - Increased cellular adaptations
- Improves muscle coordination and repetitive patterns (re: practicing form drills)
- Increases connective tissue strength and durability
- Increases muscular strength and endurance
- Allows for a higher starting point for anaerobic energy system takeover

Base Training - beginners

- Should be all easy-steady efforts for new athletes
- Should be all light resistance for new-to-strength training athletes
- Should be at least 8 weeks long for new athletes
- Should not include any “hard” workouts for 8 weeks

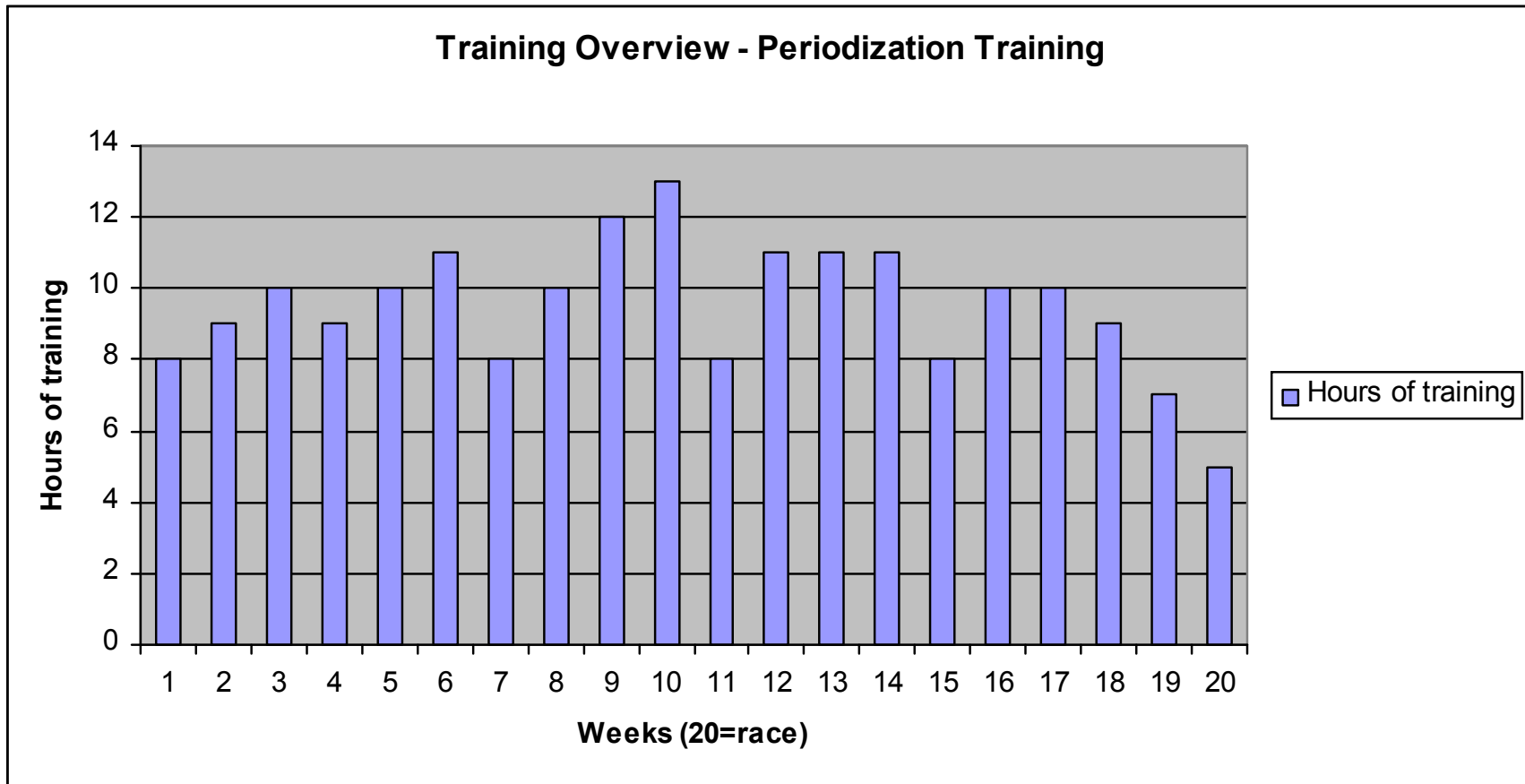
Base Training - advanced

- Can include some tempo/moderate hard for returning athletes
- Can include limited anaerobic / fast workouts for returning athletes
 - Alactate strides / sprints
- Maximum 10% of weekly volume at higher intensity in early base phases (first 2 months).

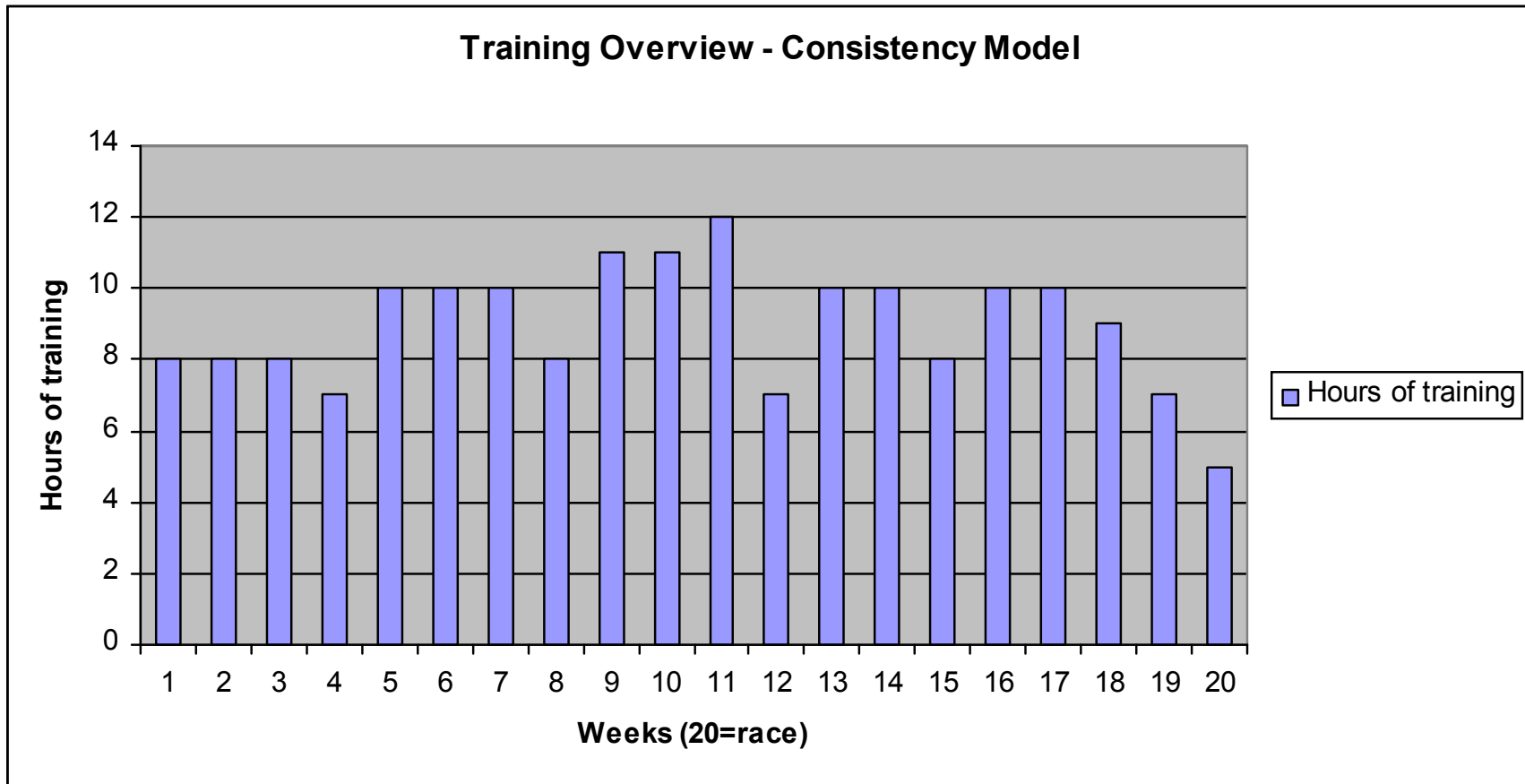
Keys to Season Success

- Long term planning and goal-setting
- Development of strong aerobic conditioning (base training)
 - Consistency and frequency, then duration
- Rest and recovery periods
 - Avoid injury and burnout
- Improvement of lactate threshold / power threshold (build / race prep training)
- Appropriate intensity training
 - race specificity

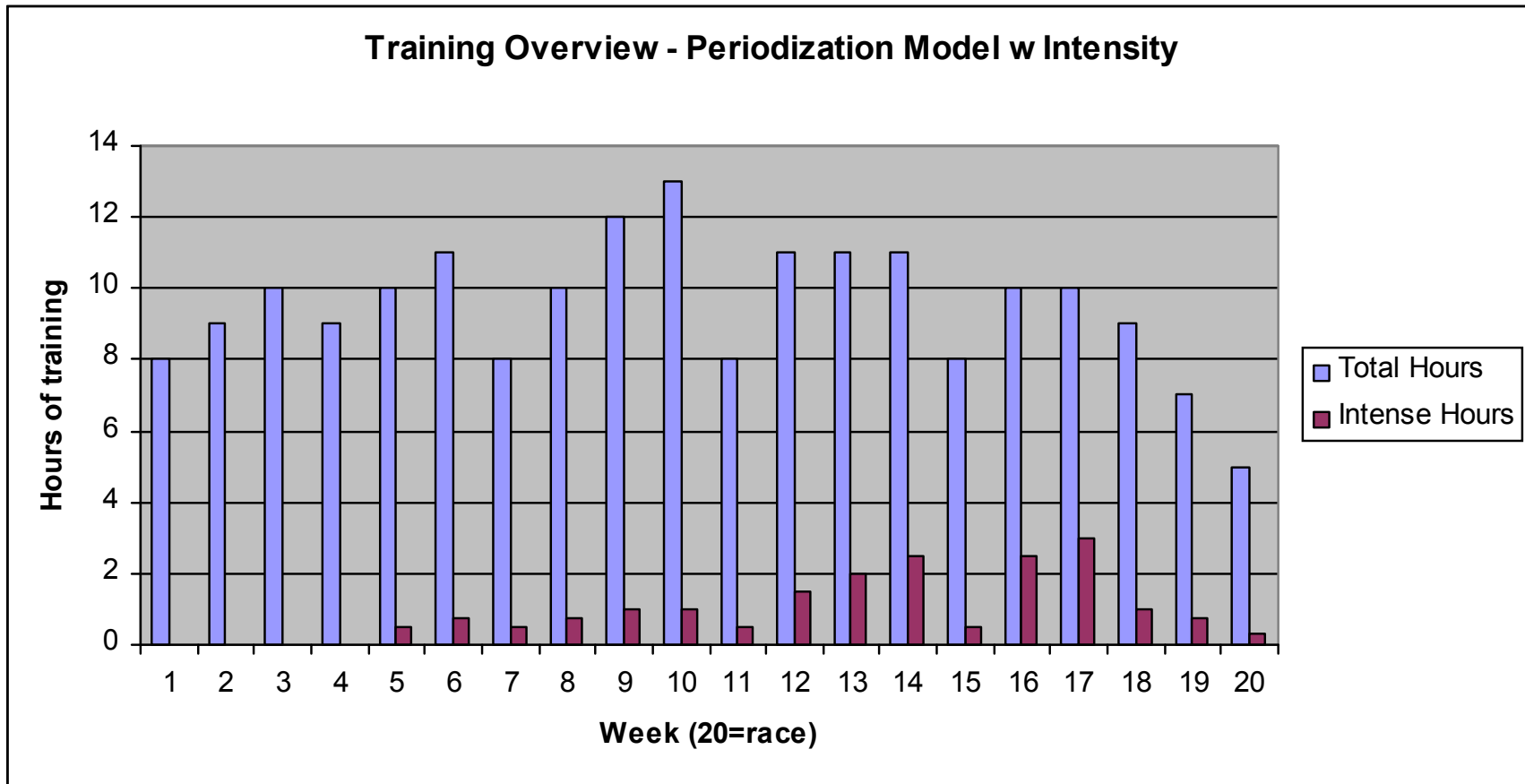
General Principles



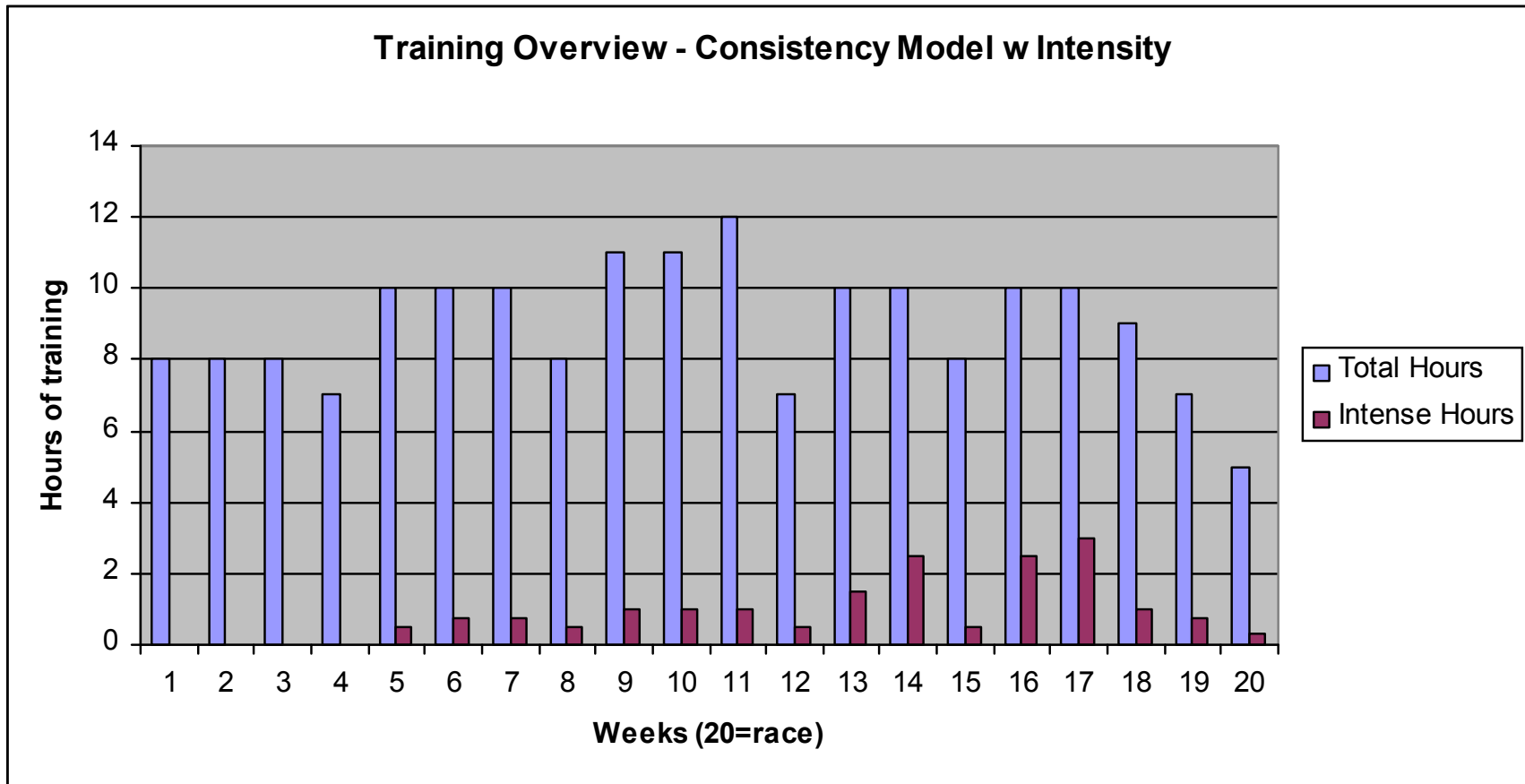
General Principles



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General Principles



Questions?



- Marty and Brianne Gaal are the head coaches of One Step Beyond, based in Cary, North Carolina. OSB provides personal triathlon planning, group training sessions, individual training sessions, and hosts the TAC-OSB Cary Masters swim team. You can read all about OSB and our coaching staff at www.osbmultisport.com.

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