

Training Document:

## Introduction to Training Plans by Gale Bernhardt

Hello and welcome to my training plans on ActiveTrainer! My plans are structured to build your overall fitness, endurance, muscular endurance (the ability to swim, ride or run at race pace) and economy (the oxygen consumption required for a given pace.) Each plan helps you along the training process so you can successfully cross the finish line and meet your goal. The training plans have been tried and tested by athletes around the world. I want you to be successful too.

A brief description of each plan is available at [www.activetrainer.com](http://www.activetrainer.com). I encourage you to read each description to help you decide which training plan is right for you. Some of the training plans may look familiar because they appeared in a *Triathlete* magazine column or in one of my books: *Training Plans for Multisport Athletes*, or *Triathlon Training Basics*. You can use the magazine or the books to compliment the online version of the training plan. In some cases, the online training plan includes new workouts and may not perfectly match the print-version.

The online training plan is a great value and you receive:

- ▶ A state-of-the-art online training system.
- ▶ A multi-week professionally developed training plan that includes specific workouts designed to help you succeed. ("I need to run 30 minutes, but what specifically should I be doing—fast, easy, formwork, etc.?" )
- ▶ The flexibility to modify the plan to fit your personal needs and busy schedule.
- ▶ A daily log that tracks items such as workout time, fatigue indicators, distance and comment sections.
- ▶ Access to a message board hosting online coaching support to answer training questions.

To get started on your training plan, click on the hot-link steps on each page after you purchase the training plan that's right for you.

I look forward to helping you reach your training and racing goals.

*Gale Bernhardt*