



5 Top Tips for the End of the Triathlon Season and Getting Back into Winter Training

Matt Chipping is a regular at the Castle Series and recently competed at the Ironman World Championships in Kona, Hawaii.

Here he provides 5 top tips for the end of the triathlon season and getting back into winter training:

1) Take a break! This may seem counterintuitive, but before you dive head-first into winter training you need to give your body and mind a chance to recover from a busy season of training and racing. I usually have about a month where I do very limited training and put more energy into other areas of my life, doing very little thinking about triathlon or sport! This means when it comes to training again you feel motivated and excited to get going again, not dreading it!

2) Look back on the season and set your goals - to improve over the coming year it is really helpful to look at what went well in your previous season and what improvements you're going to try and make for the coming year. These improvements might be things such as looking at your swim technique, having a bike fit or researching some equipment you are looking to upgrade. Whatever it is, spend some time reflecting on what went well and identifying 2 or 3 changes for the upcoming season!

3) Start slow - race season is a long way away, so ease yourself back into training for the first couple of weeks and be careful not to burn out or put yourself at risk of injury. Due to the weather restricting outdoor training hours, I train a fair amount less over winter than I will during the summer. Focus on logging consistent weeks and good quality training sessions, not trying to be fully race ready by Christmas.

4) Bike indoors - with apps like Zwift taking us into a virtual world where we can ride alongside others, indoor training for the bike is becoming increasingly popular. Whether you choose to use any of these apps is up to you, but there is no replacement for good old-fashioned graft on the bike indoors! There's no freewheeling or breaks at traffic lights, no bike to clean and it means a 1-hour session indoors will be really effective training for when the weather improves and you can get outside again.

5) Don't worry about race weight! I'm not a big believer in having a target race weight in any case even at the height of summer but certainly don't try to lose significant weight over the winter months. The winter months make us a little more vulnerable to illness anyway and it's more effective to fuel yourself properly and hit your training sessions consistently rather than trying to cut calories and put yourself into a fuel deficit.

If you would like to follow my winter training, take a look at my [STRAVA](#).

Matt Chipping