

## 80/20 effect

Recently I have read a book called 80/20 triathlon by David Warden and this was after hearing about this training method time and time again on many different podcasts. This is a game changer and after reading the emphasis behind this training method, it makes so much sense.

Basically putting, it teaches you to spend 80% of your training effort in a low intensity format while the remaining 20% is in the high intensity range. These ranges are calculated using your heart rate zones, which can be calculated very easily on the website link here:

<https://www.8020endurance.com/8020-zone-calculator/>

Just enter your max heart rate, which is easily done by 220 minus your age, and in my case that was 175 Beats per minute. Once you have your BPM in each zone, you can then relate that to the different workouts on offer and spread it across the different disciplines.

Before this method, I was just going out in each session, and training to whatever intensity I felt best, and 9 times out of ten ended up chasing better times to prove that I was getting somewhere. This ended up with me making each training session a competition and that is not good for recovery at all.

After my first session working in the low intensity range, it felt weird and did not really feel like I had done anything. And also, my Strava results didn't look good either, but you have to put pride to one side in this instance and stick to the plan. Believe me, it works.

Another mistake I made was to fully rely on my watch to record my heartbeat, and that was hard, because it was all over the place, so I invested in a heart monitor that straps around your chest. This helped no end too and regularised the results I was getting which made it easier to maintain a constant effort within the zones.

If you purchase the book, it shows you the varying training plans for each distance and ability you want to compete at. You can then write it out or copy the plan and run with it. You can also sign up on the website and get a training plan made up for you too, which can then transfer into Training Peaks so you can follow it easily and record all your results as you are going along.

Typical weeks training:

	Swimming	Cycling	Running
<b>Monday</b>	Rest	Rest	Rest
<b>Tuesday</b>		CF10 - 15 minutes in Zone 1, 35 minutes Zone 2, 10 minutes Zone 1	RCI3 - 5 minutes Zone 1, 5 minutes Zone 2, 4 x (8 minutes Zone 3/3 minutes Zone 1) 5 minutes Zone 2, 5 minutes Zone 1
<b>Wednesday</b>	SCI11 - 500 Zone 1, 3 x (300 Zone 3/15" rest) 500 Zone 1	CR9 - 60 minutes Zone 1	
<b>Thursday</b>		CF10 - 15 minutes in Zone 1, 35 minutes Zone 2, 10 minutes Zone 1	

<b>Friday</b>	SAe1 - 250 Zone 1, 4 x (500 Zone 2, 60" rest) 250 Zone 1		RF8 - 5 minutes in Zone 1, 45 minutes Zone 2, 5 minutes Zone 1
<b>Saturday</b>		CCI10 - 10 minutes Zone 1, 15 minutes Zone 2, 4 x (8 minutes Zone 3/3 minutes Zone 1) 40 minutes Zone 2, 10 minutes Zone 1	
<b>Sunday</b>	ST4 - 250 Zone 1, 750 Zone 3, 1000 Zone 2, 250 Zone 1		RF12 - 5 minutes in Zone 1, 80 minutes Zone 2, 5 minutes Zone 1

For the swim sessions whilst the pools were shut, you could swap these for a strength session or a session on the swim bands or you could increase the run and cycling for these also.

If you haven't already read this great book, it's a must read. Happy training and enjoy being back in the pools.