THE WORKING TRIATHLETE
Maximum Performance with Brutal Efficiency

Includes 12-Week General Prep and Half Iron Specific Training Plans

CONRAD GOERINGER
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MAXIMUM PERFORMANCE WITH BRUTAL EFFICIENCY

By Conrad Goeringer
Acknowledgements

This book would not have been possible without the editorial prowess of Alex and all the coaches, mentors and athletes I’ve had the privilege of working with over the last two decades.
Preface

Who are you?

If you are reading this book, you are likely a working professional with a rich life who either has a budding or mature interest in triathlon. You have a plethora of responsibilities apart from training, including family, work and travel. Add the prospect of high-level triathlon training on top of all that and you might be wondering if you will ever get the chance to sleep again. And — what’s amusing — if you are like many triathletes, you may be rationalizing the prospect of not sleeping again. We are a hardcore bunch.

If you have spent time around triathletes, you probably have noticed the high occurrence of type-A personality types within the community. Yes, there are laid-back triathletes who do not care about performance, but relative to participants in other sports, triathletes are fiercely goal-oriented. Assuming you fit the mold, you are likely the kind of person who, when you set out to do something, does it (and not just for completion, but for dominance). You don’t know how to function in any other way and that is generally a good thing; however, when you have numerous goals, pursuits and relationships to chase and cultivate simultaneously, your ability to grow in each of those areas is stifled. This is often an issue for triathletes, especially those who feel as if they need to train an inordinate number of hours per week to be competitive. “Sorry Johnny, I can’t drive you to baseball practice this morning because I have to ride my bike for seven hours” is not something you should have to say to your kid. When you try to tackle too many things and do them well, you end up not doing any of them well, and your family, friends, employees or co-workers will grow to resent you.

There are two solutions to this common problem of wanting to do too much in too little time: (1) Eliminate or alter your goals (you probably do not want to do this (2) Pursue your goals more efficiently (you probably want to do this).

If you are like most high-achieving individuals, you do not want to compromise performance goals. You want to push your limits and complete races as fast as your potential allows. Nonetheless, you realize that there is more to life than just triathlon and that committing an excessive amount of time to the sport can jeopardize your other ambitions. If you want to excel in all areas of your life, then you need an efficient roadmap to help you achieve more in fewer hours and — insofar as triathlon training goes — this book will help you do just that.

Why I wrote this book

As a passionate coach, triathlete and professional, I’ve always been interested in people who achieve in athletics, business, or otherwise. One common trait that successful people have is their ability to accomplish
more in less time. Yes, you can get there with brute force, but the best way to excel in any given field is via focused practice and execution. The same concept can be applied to triathlon.

I wrote Working Triathlete to convey principles and strategies that allow the motivated working athlete to achieve more in less time. The focus is not on creating a gentle or easy training plan — it is on creating an efficient one that, by distilling the most essential training principles and time management hacks, will equip you with the tools to become a better (i.e., faster) triathlete.

As a coach, I get tremendous joy helping others break through their perceived limitations. I know what it is like to juggle numerous responsibilities while still putting in the work to perform at a high level and I consider it an honor to pass along the strategies that my clients and I have used to achieve maximum (i.e. age-group world-qualifying) performance in fewer hours. I’ve worked with high-power executives, graduate students, intercontinental pilots and time-strapped parents, all of whom have been able to achieve lofty performance goals without decaying into ego-centric, self-obsessed triathletes. If you wish to be fast as well as capable of discussing something besides training at dinner parties, this book is for you.

**What I am assuming you want to achieve**

The framework and principles of the Working Triathlete are informed by the assumption that you are motivated to perform well. Though you could haphazardly exercise each day at a random pace and still finish a triathlon, I am assuming that you want to reach your maximum potential given your time constraints. To do this, you need a sustainable and well-structured plan that aligns with your lifestyle and allows you to achieve performance gains in the most brutally efficient manner possible. This does not mean that all training prescribed herein will be painless or effortless, but it will be balanced, time-efficient and fulfilling. Whether you travel for work half the week, are in the throes of medical residency, or put in the typical 9-5, you can achieve great results if you glean recommendations from this book and assimilate them into your training.

**What this book is not**

Although beginners will reap value from reading this book and adhering to its principles, my focus is on conveying an approach that committed athletes can harness to get faster. This is not a “My First Mini Triathlon” kind of book, nor is it driven by a “Just Finish” philosophy. Certainly not everyone can or should be gunning for the podium, but there is much satisfaction to be gained from setting challenging performance goals and achieving them — whatever they may be. As such, the intent of this book is not to be a comprehensive primer on all things triathlon or serve as a shortcut to the finish line; the intent it is to convey a concentrated approach that dedicated athletes (beginners and elites alike) can use to boost race performance.
How this book is structured

The first part of this book (Chapters 1-4) covers the more technical aspects of training, including the training cycle, zones and other nitty gritty items. After laying out the foundational vocabulary, I explain how the Working Triathlete approach differs from other plans and what a typical macrocycle looks like. In Chapter 5, I go over the special principles that drive an efficient training program, including hacks and tips that will get you fitter faster.

In the second part of the book, I dive into the disciplines and explore each the swim, bike and run in more detail and explain how each fits into the training plan. I also cover the importance of strength training and offer core exercises that you can utilize to efficiently build power and remain durable.

The third part of the books contains two training plans: one 12-week General Prep plan and one 12-week half iron plan. Utilize these to see how a macrocycle evolves and as a framework for your own training. More detailed plans are available at www.workingtriathlete.com.

Throughout the book we will discuss the training approaches of four real-world athletes to see how each, with their unique schedules, backgrounds and abilities, were able to successfully train for and exceed their goals.

Why this books is unique

There is no shortage of triathlon books and training plans available for sale and many will make you faster. However, most come from a general and inoffensive perspective as they try to cater to the masses. They lack a niche focus and tend to be filled with a lot of fluff trying to be all things to all athletes. If you have not guessed it yet, Working Triathlete, although grounded in proven training principles, does not take the traditional approach to training. The purpose here is not to repackage the common textbook knowledge pervading triathlon into a riskless philosophy, relate it to a boiler plate training regimen and have athletes execute it. Rather, the purpose is to equip you with knowledge derived from sound training principles that will allow you to adapt the hyper-focused training plans herein in an efficient manner to suit your lifestyle. The goal is to make you ruthlessly and unapologetically efficient so that you can perform (and excel) in not only triathlon, but in all areas of your life.