

Session 6:1 – Evaluating training

Reviewing the last 6 weeks

We're into the final week now, so again a time for reflection. How have you found the plan?

What have you learnt in terms of skills or techniques or training knowledge?

If you've been writing notes on the sessions, have you re-read them now, to see how you've developed over the last 6 weeks – what you found hard at the beginning, and what you find easy now?

What have you learnt about yourself as an athlete, how you like to learn, how you like to train, what motivates or discourages you?

And how can you use this knowledge to keep growing and developing as an athlete?

How have you found the process of following a plan? Did it help you stay focussed on your training? Or do you prefer to decide on your own training sessions? And how did you find the plan itself? If you have any comments or suggestions I'm always interested to hear so that I can continue to better support the athletes I work with.

Importance of evaluation

I always encourage my athletes to evaluate so that we can learn and improve. Evaluate sessions to capture learnings, evaluate their week so that they can see how they've improved and where we need to focus our attention going forwards, and evaluate races so they can do even better next time.

So spend a bit of time during the rest of this session thinking about your main learnings about you and your training and things you would like to take forwards after the end of this training plan.

Session 6:3 - Next steps

What do you plan to do next? Will you continue with turbo training and if so, how will you ensure that you keep some structure in your week, and in your training? You could of course just repeat this training plan, certainly the drills and skills are completely repeatable, and the sort of things that I work on with all my athletes on an ongoing basis. But I'd suggest you want to progress things a bit.

You've got the basic building blocks now, so you can go ahead and develop your own training plan.

Remember the main building blocks of a training plan:

- **Progression** – how will you ensure that you build rather than maintain fitness by increasing the demands on your body so that it's forced to continue to adapt
- **Appropriate** – we started 6 weeks ago in the context of Corona virus. I really hope that by the time you get to week 6 restrictions are lifting and you're able to train outdoors again and we don't need to be so concerned about the impact of training on our immunity. Plus you've got 6 weeks training under your belt now, so you should be able to build up the training. And how will make sure that you can continue to adapt by building volume or intensity?

Six Week Intro to Turbo Training Plan



- **Recovery** – ensure you keep at least one rest day a week, and if your training volume is significant, then a consolidation week every 3-4 weeks. Plus ensuring you stay focussed on diet and sleep.
- **Consistency** – what can you commit to every week? Rather than getting excited and planning to train 6 days a week and give up after the first week, start with what you know you can achieve and build from there.

Or if you're interested in some coaching support I have a wide range of support and plans available, find out more at <https://www.feelfitwithlucy.co.uk/how-i-can-help>