

Top 10 Things to Do in the Offseason:

By: Alysia Kern Lovgren, PhD, CSCS

10. Race just for fun. Do something a little different...an obstacle/mud run, cyclocross, a master's swim meet, or an eating/running race (i.e. Krispy Kreme Challenge) to help raise money for local charities.

9. Attend a camp or clinic. Whether it is a local clinic or a camp at a fun destination to get away from the cold, a change-up to your routine as well as a solid block of training and coaching can help push you to the next level.

8. Buy new gear. Put Santa's Christmas money to good use and replace those old worn-out cycling shorts and swim suits to make sure your training partners aren't getting a peak of a little too much.

7. Increase flexibility, balance, coordination, and strength. Yoga, Pilates, or TRX suspension training are great additions to your training program to help with injury prevention and improve economy.

6. Rest and recover. For 2-4 weeks, incorporate unstructured training time into your routine to mentally and physically recover from a demanding season. Workout only if you want to, and rest as much as you feel like you need. SLEEP!!!

5. Train your weakness. Spend more time working on technique and base building in your weakest sport and not just your favorite sport.

4. Focus on technique at the pool. Perfecting your swim stroke is the key to faster, more efficient swimming. Have your swim splits remained the same even though you swim for hours each week? Maybe it is time to hire a coach to have your swim stroke analyzed, so your pool time can be properly focused and lead to improvements.

3. Develop strength and power – Both a solid weight training program and sport-specific hill workouts are important this time of year for building strength and power.

2. Enjoy life. Focus on family and friends as well as other hobbies. For great crosstraining, play team sports or go mountain biking, hiking, skiing, or rock/wall climbing. Or even enjoy some relaxation time by playing an instrument, reading a good book, or baking. Making time for these things now will help you to avoid burnout later in the season.



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1. Work on technique. Focusing your efforts on improving your economy in each sport will pay off big later in the season. This is the perfect time to focus on running and cycling drills. Making small changes now can significantly reduce racing splits later.

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