

DELTA

Training Partners by Coach Daren

Training partners are the best thing since sliced bread! There have been countless long runs and really long bike workouts where my partner kept me going mentally and physically. They are there early on the cold January mornings without fail, and on the sweltering summer days. My pace would certainly slack off without their encouragement, and my motivation to go the entire distance written in the training plan might suffer.

Did you notice that I said, “they are there”, and not “she or he is there”? That’s right – I train with several partners. The odds of you or anyone finding a training partner with the exact same goal races, the exact same swim, bike, and run speed, and the same availability for workouts during the week are about the same as winning the lottery. It is however, fairly easy to find one partner for each of the three disciplines or maybe even for two of them.

My point to all this is simple: if you train with the same athlete all the time for all workouts one of you is bound to be slowing down the goal pace to match that of your partner. OK, so having a partner is a cool thing, but why in the heck would you regularly train at a pace below that which you need to be training? Why would you regularly destroy your personal chances for improvement?

I highly recommend using training partners. Notice the plural “partners”. Find one in each discipline of training, and find one who will compliment your training pace and training session length. You will thank yourself for doing so on race day.

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Triathlon