

SCOTT COLE

MULTISPORT ENDURANCE ATHLETE, COACH AND SPEAKER

Do more with less: Efficient endurance training



BACKGROUND

In my long career as an endurance athlete I've made a lot of mistakes. I wasted time and energy – both valuable commodities in any sport – by focusing on the wrong things. But my mistakes can be to your benefit. Listen to my journey of how I learned to invest wisely in myself and developed into an elite multisport athlete.

WHY?

The aim of endurance training is to create efficient human movement – on the water, in the forest, or on the playing field. A well-designed training program creates efficiency – *increasing your speed at the same level of energy* – and ensures more enjoyment from training, less injuries and mental mistakes, and better performance on race day. This 45-90 minute lecture is aimed at recreational & elite athletes and weaves stories of endurance racing around the globe with practical training tips, inspiring films and answers to questions about elite multisport racing.

CONTENT

- **Motivation** – finding and maintaining your inner drive to ensure consistent training.
- **Nutrition** – a balanced diet for an endurance athlete's need for effective fat-burning and measured intake of carbohydrates.

- **Training plan** – focus, plan, and invest to ensure balance with training, family, work etc.
- **Training tools** – use what the pros use: a heart rate monitor, GPS watch, threshold tests, aerobic tests, and (on-line) training logs.
- **Technique** – learn the importance of cadence in building efficient human movement when running, biking, paddling, skiing etc.
- **Between the ears** – understand the relationship and union between body and mind.
- **Logistics** – avoid common race day mistakes.
- **Tips** – fun and curious tips from the world of elite multisport racing.

Combine, re-arrange, or select the talking points above to fit your organization's needs.

