

If you compare two triathletes with the same fitness levels (VO2 max) and the same lactate threshold, and one is much faster than the other, what explains the difference?

The answer is ECONOMY.

Economy is the the measure of energy cost of an activity. And the goal of every triathlete should be to spend less energy at a given velocity, whether they are swimming, biking or running. When we describe economy, we are actually taking about efficiency, just like the fuel efficiency feature every Honda commercial boasts about! The term “efficient” expresses the relationship between the work being done and the energy expended. It involves the minimization or elimination of unwanted or counter-productive muscular movement.

Did you know that you can impact ECONOMY in all three events with a well-coached strength training program? Key wording...‘well-coached.’ Your technique on certain strength movements will make all the difference and the benefits include a reduced amount of muscle activation at a given load, which is positive because there is now a smaller metabolic demand for the same force output. Also, a motor unit reserve is created and available for additional work, meaning you spare some muscle for work later on, which also means you spare muscle glycogen and use fat as fuel more readily.

Want to learn more AND become efficient at what you do? Contact an expert at Human Motion today!

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