



# 3 Steps to Achieve Peak Performance and Balanced Well-Being As A Lifestyle Endurance Athlete



Excelling as a lifestyle endurance athlete isn't just about training hard; it's about training smart and supporting your whole self. As a coach for 25 years and a competitive endurance athlete since 2007, I've faced the same challenges—overcoming injuries, balancing training with life's demands, and staying resilient. This guide shares three essential steps that empower you to reach peak performance while maintaining balance. With an adaptable training plan, targeted coaching, and a foundation of holistic wellness, you'll be equipped to thrive both in sport and in life. I'm hooked for life—and I'm here to help you thrive, too.



A background image of a person running, overlaid with a semi-transparent grid pattern. The person is in motion, wearing a light-colored tank top and shorts.

## STEP 1

# CREATE A PLAN THAT FITS YOUR LIFE

To reach peak performance without burnout, lifestyle endurance athletes need a training plan that adapts to life's demands. Using TrainingPeaks, your plan is tailored to your goals and lifestyle, evolving as you progress and circumstances change. Setting clear, measurable goals and conducting weekly reviews will keep you on track.

MON	Active recovery (30-45 min yoga)
TUE	Tempo (45 min run or ride)
WED	Strength (focus on core and stability, 30 min)
THUR	Threshold (cycling or running, 5x3 min interval)
FRI	Rest day (full recovery)
SAT	Zone 2 endurance (run or ride, 1.5 - 3 hrs)
SUN	Flex day (adapt based on energy levels)



# STAY ON TRACK WITH TARGETED SUPPORT

Targeted support is key to maximizing each workout and staying on a path toward peak performance. Through regular coaching sessions and performance analysis, you receive tailored feedback that ensures you're training effectively. This consistent guidance empowers you to make real-time adjustments, keeping every workout aligned with your goals. Open communication with your coach allows for dynamic adjustments, ensuring your training adapts to your evolving needs.

## MONTHLY CHECKLIST



**Review Progress:** Check recent training data (pace, heart rate, recovery scores) and note trends.



**Identify Challenges:** Note any obstacles (time constraints, fatigue) that impacted your training.



**Set New Goals:** Based on performance, set a monthly goal (e.g., increase long ride distance by 20 - 30%).



**Plan Adjustments:** Modify training loads, swap sessions, or add recovery days based on current needs.



### STEP 3

# ENHANCE YOUR WELLNESS

A high-performing athlete isn't just physically prepared but also mentally and emotionally balanced. Your holistic health is supported through guidance on nutrition, hydration, sleep hygiene, stress management, and recovery practices. By prioritizing one wellness area at a time, you can see gradual but meaningful improvements in overall well-being, which directly boosts athletic performance.





Ready to go beyond race day and transform  
your performance and well-being as a  
lifestyle endurance athlete?

**Let's talk about it!**

**BOOK A FREE CALL**

