

## HOW TO EXECUTE THE PERFECT POST-SEASON

This is the most critical phase of the year. It's the time when we build the foundation upon which the entire next season will rest. We'll focus on rejuvenation, resilience-building, and technique development. We dial down the volume and intensity, and give ourselves time to recharge -- but we don't abandon structure or unplug for weeks on end.

Everyone's Post-Season will look a bit different, but here's some guidance to get you started:

### STEP ONE

If you've had a busy season and/or are coming into this phase of the year with significant accumulated fatigue, take 7-10 days completely off structured training. This certainly isn't a requirement to kick off your Post-Season, but it can be helpful for some athletes. If you do this, here's a couple of tips:

- **Go guilt-free:** replace the default sessions in your plan with Rest Days, and/or turn off your Today's Plan notifications.

- **Turn your back on triathlon:** You can certainly remain active - but don't feel obligated to swim, bike, or run in a structured manner. This can be a great opportunity to dust off the hiking boots or mountain bike.

### STEP TWO

Lean into the Post-Season mission to rejuvenate. This will likely include:

- **Reduced training volume.** Don't hesitate to scale back. You can do this by leaning into the time-starved sessions, and/or by focusing on KEY sessions and eliminating one or more supporting workouts. And while not labeled KEY, we strongly recommend retaining strength sessions as well. This allows for a huge range in training load (4 to 12 hours per week + up to 2 free/rest days).

- **More soul-filling sessions.** You'll begin to see options, especially in weekend workouts, to lean into fun activities with less structure. That might mean replacing a structured ride with a gravel biking day trip, or swapping your long run with an afternoon kayaking, hiking, or skiing.

### STEP THREE

Rekindle your motivation with a project. With its reduced volume, Post-Season is a great time to focus on an area of improvement you couldn't give attention to race season. It's also a great time to dial in new tech, equipment, and fueling options ahead of next season. Again, this isn't required - but if you choose to do it, now's the time:

- **Pick a project or specific mini-goal:** whether it's a resilience-building 'run project', a mission to improve your end-of-range cadence, or a goal to PR your deadlift.

- **Dial in your equipment and strategy.** Now - not three weeks before your race ;) - is the time to get a bike fit, experiment with different fueling and hydration options, and test out new gear.

## A POST-SEASON CASE STUDY

Let's take a look at how a Purple Patch athlete, James, might approach his Post-Season.

James has had a successful season, but he's more than ready to shift gears. He doesn't have a race on the calendar until next May. He's excited to recharge and trade in those long weekends on the TT bike for some family time and maybe even a bit of skiing. And while he's putting triathlon on the back burner for now, he's got some big goals for next year...

## STEP ONE: RESET

James is going to take a full week off of training. He's deleted all his workouts out of the calendar for next week so that he doesn't feel the pressure or obligation to complete them. He's instead put in Rest Days for the next 7 days (so the Baseline sessions don't auto-populate bck into his calendar). He'll take his dog for walks, and bike to his favorite coffee shop with his friend, but that's the only activities he has planned for the week.

## STEPS TWO & THREE: RECHARGE & REFOCUS

After his week off, James returns to structure -- with some modifications. He's been training 10 hours a week on average, but he's going to reduce that to 5-6. He also wants to take on a Run Project to build some run resilience ahead of next season. How does he go about this?

- He focuses primarily on KEY sessions and strength (black) and only does time-starved versions.
- He adds in one rest day per week and makes time for soul-filling fun on the weekend (gold).
- He adds in a few extra very short, very low-intensity runs to his week for his Run Project (red).

In practice, this is how his week will change:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEFAULT BASELINE SESSIONS	SWIM — STRENGTH	<b>KEY BIKE</b>	RUN	<b>KEY BIKE + KEY BRICK RUN</b>	<b>KEY SWIM</b> — STRENGTH	BIKE	<b>KEY RUN</b>
JAMES' UPDATED VERSION	<b>KEY RUN</b>	<b>KEY BIKE</b> — 15 MIN RUN	RUN — STRENGTH	<b>KEY BIKE + KEY BRICK RUN</b>	<b>KEY SWIM</b> — STRENGTH	15 MIN RUN — SKI DAY	REST DAY (MAYBE A HIKE WITH THE KIDS)