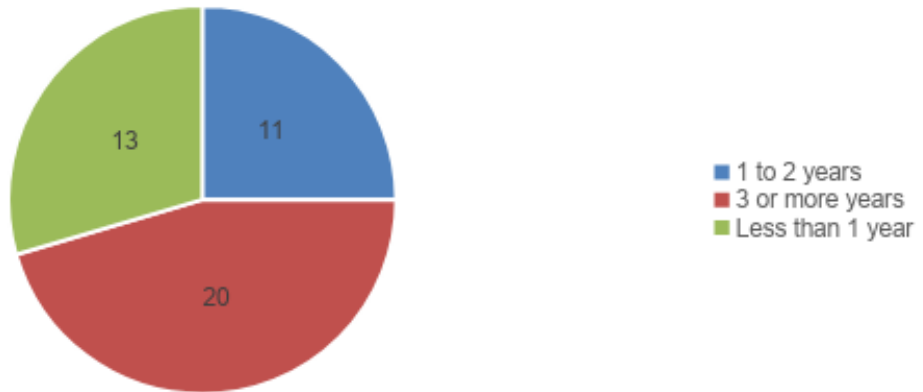


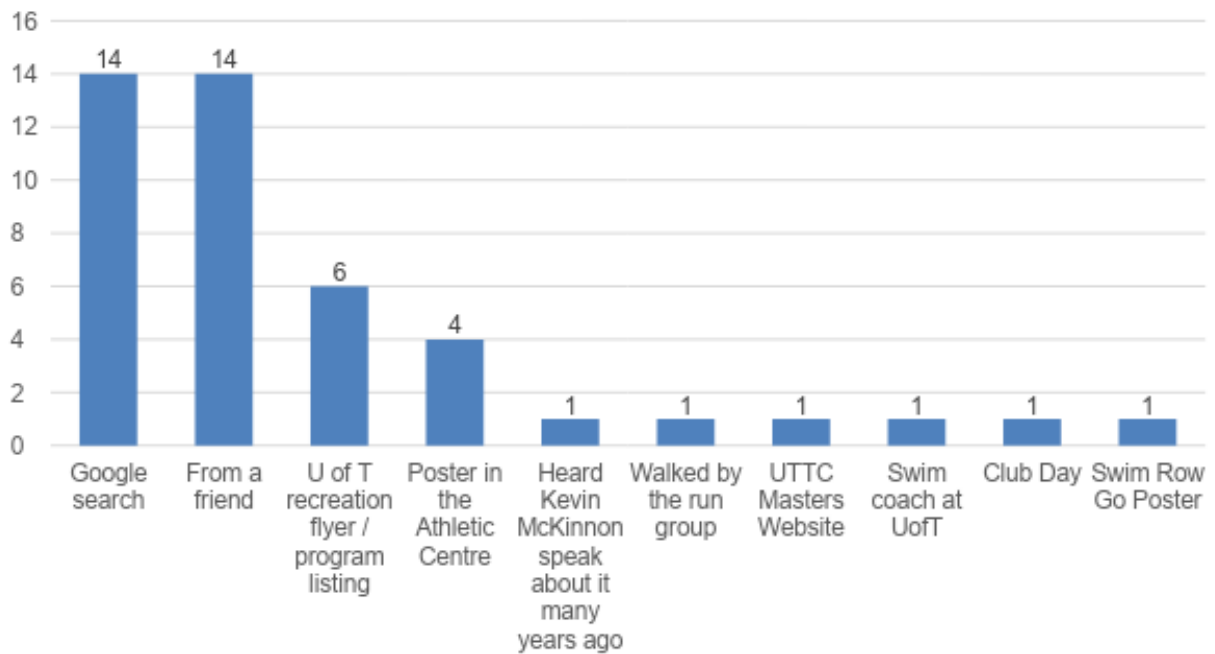
# 2018 Triathlon Club Survey Results

## Section 1: Club Demographics

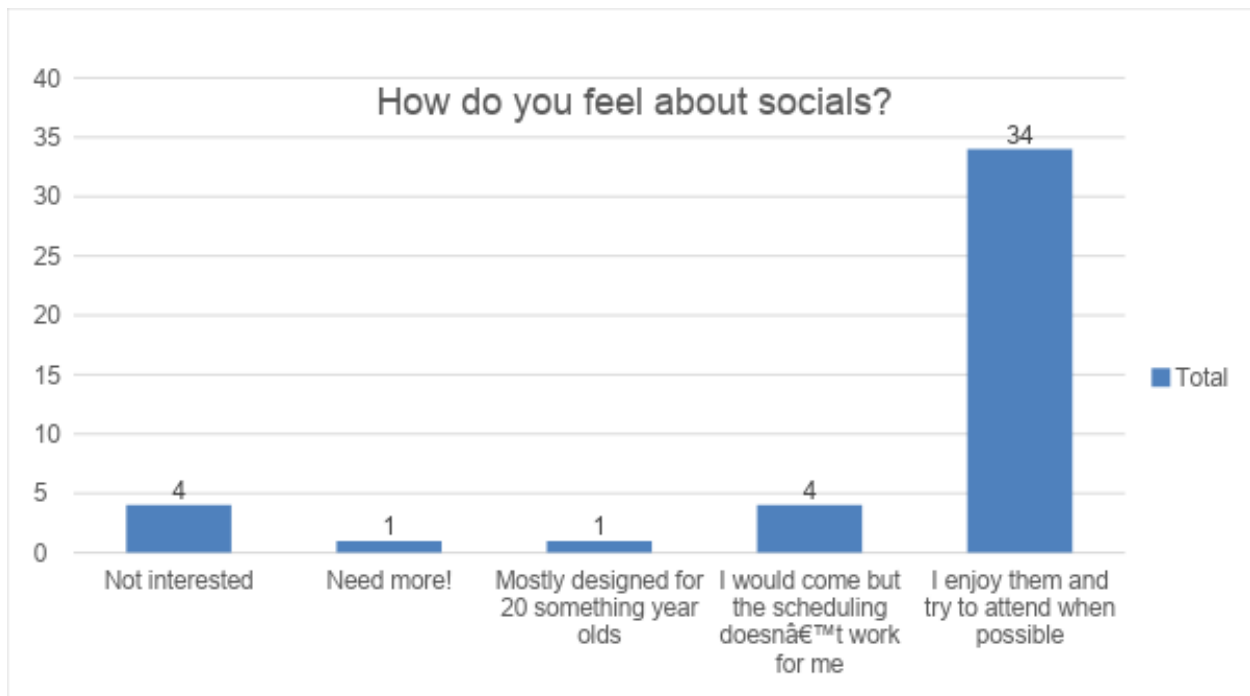
### How long have you been part of the Club?



### How did you hear about the club?



## Section 2: Socials



### Suggestion for Socials

- Different activities such as cross country skiing, rock climbing, escape room, obstacle course, dancing, skating, karaoke, hikes
- Different locations or a quieter bar.
- Trivia is a hit

**Action:** The incoming Social Coordinator will receive these suggestions for consideration. Members are welcome to reach out to the incoming Social Coordinator if they'd like to help organize a specific activity. Socials will continue to be most frequently held on Thursday and Friday evenings, with some weekend events.

### Section 3: Run Workouts

#### How do you like Run workouts?

- Warm up too long in winter
- Prefer indoor track in winter
- Hill repeats are popular
- More feedback on running form
- Change in timing (requests for both earlier and later start times)

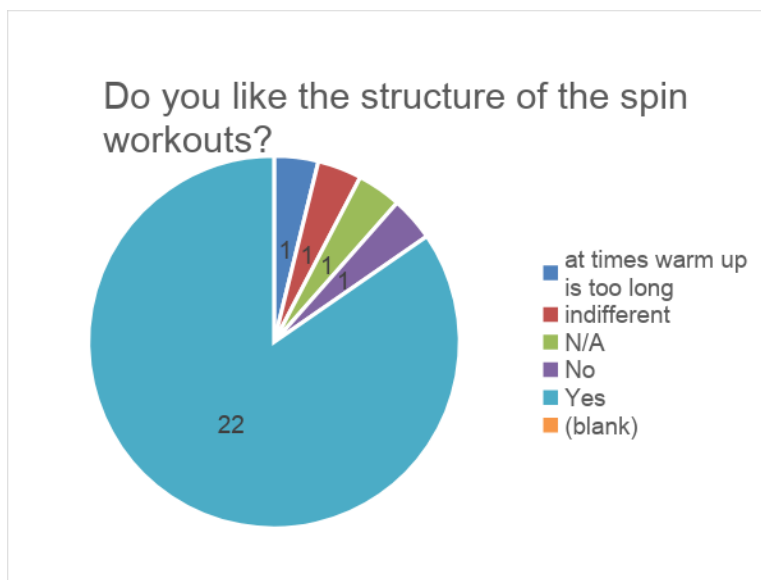
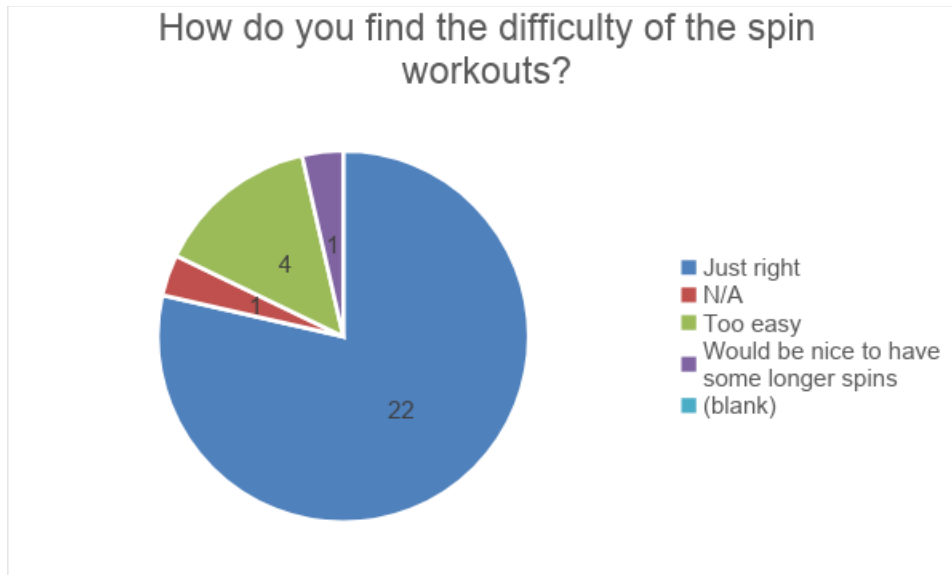
**Action:** Justin will continue to lead shorter warm ups in winter, and provide more verbal cues and feedback regarding form / technique. In summer, he'll be able to provide more demos (which are hard in winter when he needs to dress in many layers and boots).

Notes: We wish there was an indoor track for us to use. We've explored this option with no success. The field house track is booked weeknights by Masters and by Varsity, and we are not allowed on there when they are. The Varsity stadium track is fully closed in winter.

We'll continue to switch between neighbourhood blocks and hills (namely Glen Edyth).

Regarding timing: some people request earlier, some people request later. Last year we did a survey and the overwhelming majority chose 6:00 pm and 6:15 pm. The interval runs are now on Mondays because Justin is unavailable on Tuesdays and Nike started booking the Central Tech track on Tuesday evenings (in the summer), which meant we could not run there.

## Section 4: Spin Works



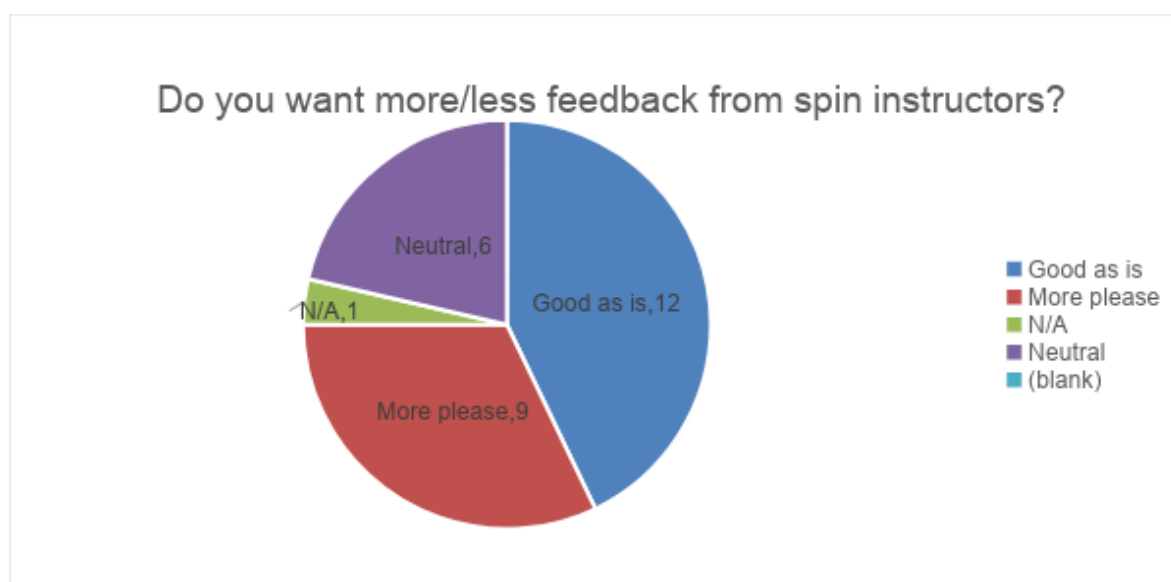
**If you don't like the spin workout structure, please share your preferences / suggestions:**

- Start at 7am, less of a warm up and a longer main set
- More information about the long-term goals / how the workouts are planned
- Increase the length to 1.5 hours
- More variety in music
- Suggest re-asking AC whether evening spins can start earlier (e.g. 6pm or 6:30pm).

**Action:** Spin leaders who are able to stay for 1.5 hour sessions will offer this. Paulette will lead a 1.5 hour workout once a month on Wednesday evenings; and Sierra will try to make her workouts 1.5 hours on her Mondays. Next Fall, we'll try to plan a schedule that builds in a 1.5 spin workout every week. On days when leaders are not able to stay longer, members can stay on the bikes for the extra time (until 8:30 am - just be sure to turn off the lights and fan, and shut the door behind you).

All spin leaders take music requests and Brenda created a music survey for us earlier in the season. We'll put the music survey in the bulletin again.

Notes: The Athletic Centre doors do not open until 6:45 am. Morning spin leaders are expected to open the spin room by 7:00 am, but it's challenging to be ready any earlier than that.

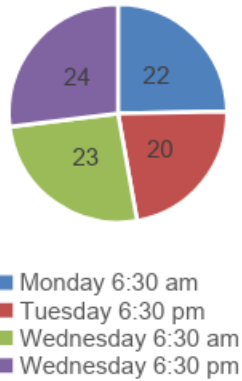


#### Is there anything you think should be fixed about the bikes?

- Many bikes in disrepair. Seats are often tilted, cages are broken, problems with the pedals (e.g. strapping mechanism), issues with chain / resistance, etc.
- It would be nice to have more pedals that can accommodate cycling shoes.
- The fluorescent lighting is harsh.
- Chains and cages could be improved but I'm afraid the pains of spin bikes are universal.
- Handlebars and seats are uncomfortable.
- It would be nice to have tools to set the angle of the saddle.
- Need more bikes if possible! Mornings are getting quite full
- New bikes or new seats. Would be amazing if the AC would purchase some bike trainers and members could bring their own bikes to the workouts.

**Action:** We'll be passing these notes on to the Athletic Centre.

In the summer (May to August), please select all times you would attend outdoor practices



**If you participated in outdoor bike workouts last year, were there any locations you felt unsafe?**

- Bayview
- Cherry Beach
- East End

**How do you find the outdoor bike workouts?**

Intimidating	2
Just right	14
Wasn't here last year	10
Welcoming	12
Too easy	1

**Other Comments:**

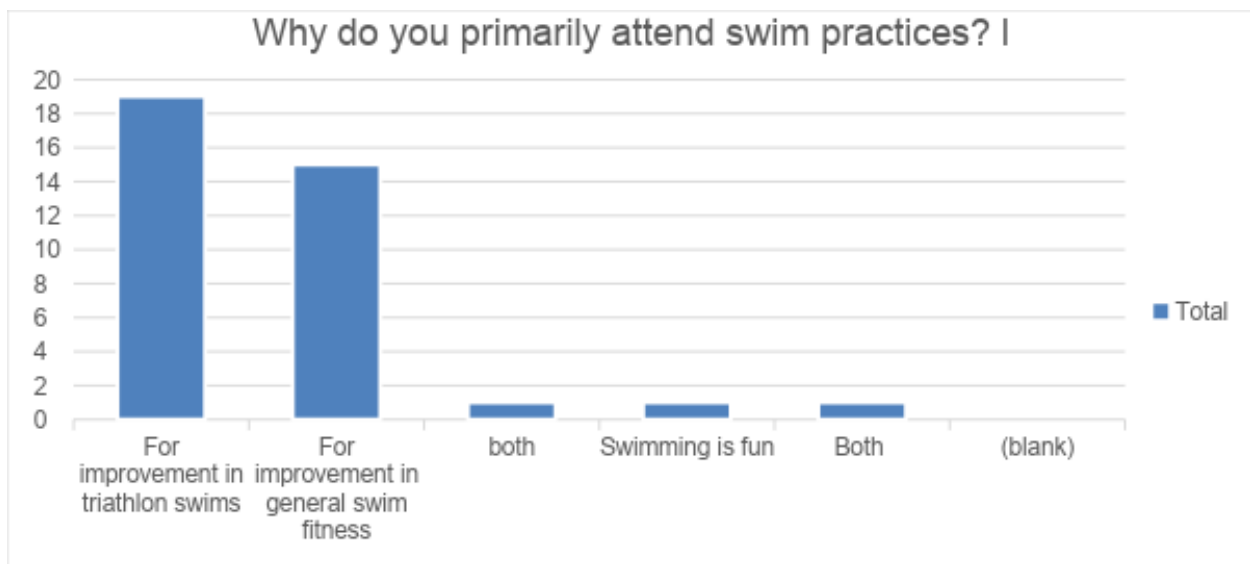
- Would prefer to do loops as a pack, understand difficult with varying abilities
- Need time to commute to workout spot, would rather hit up the trainer

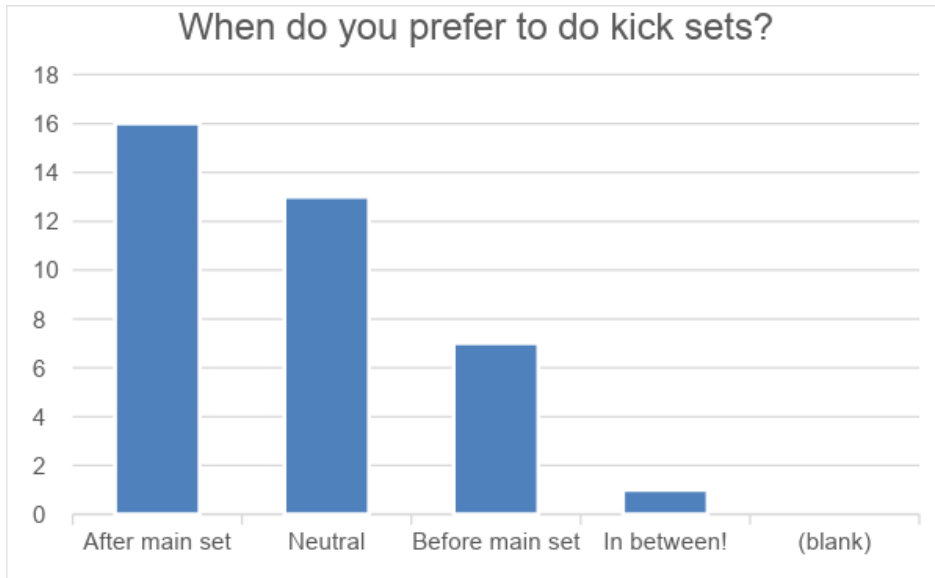
**Action:** The outdoor bike workout schedule will be confirmed closer to May, but it will likely include one morning and one evening to reflect the even split of preferences. Notes about location preferences and concerns will be shared with workout leaders.

## Section 5: Swim Workouts

### How do you gauge your progress in the pool?

Time trials	10
CSS	12
CSS & time trials & swim meets & races	1
I don't...	7
Swim meets / races	3
swim meets/races + generally times I am able to hit for intervals	1
By improvement in my technique	1
I know my times	1





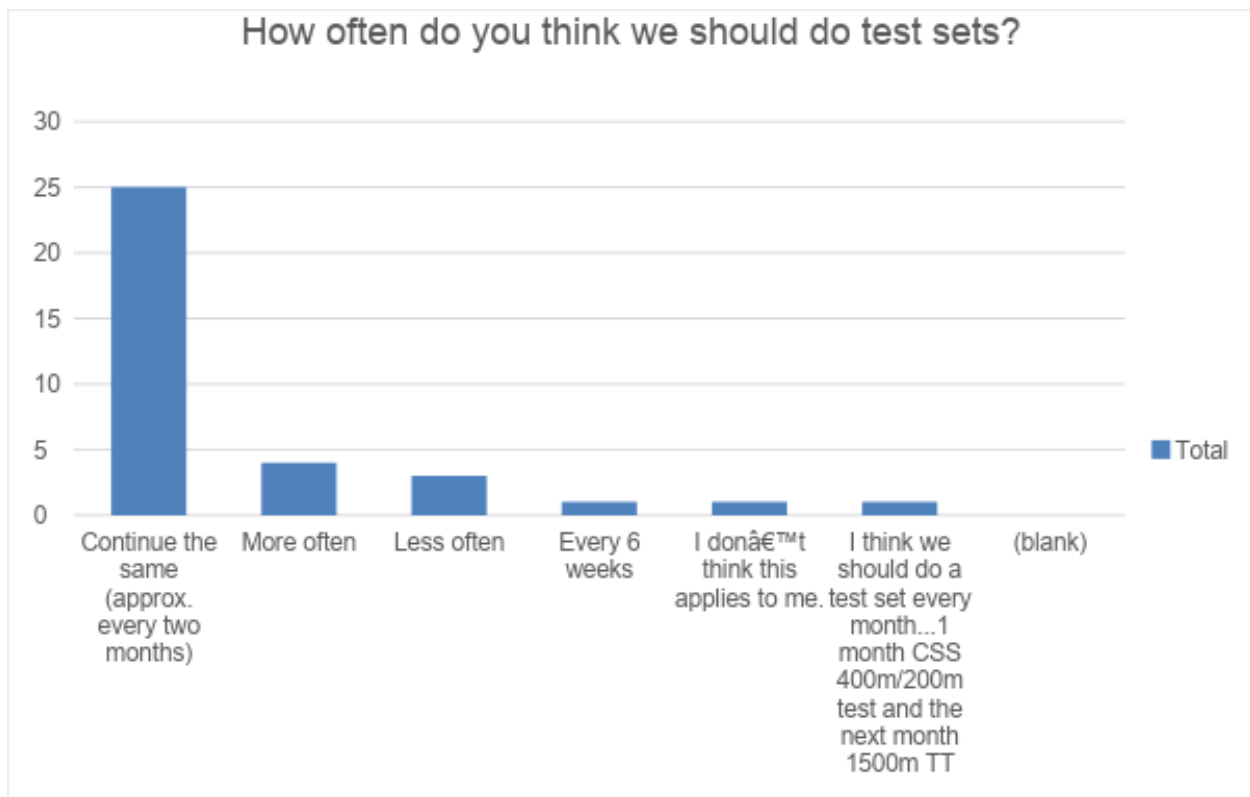
The cut off answers read:

- I think there should be some at the beginning after warm up and more at the end
- I don't think we should be doing as many drills as we have been



**How do you feel about the inclusion of CSS (threshold pace, ~1500 m race pace) workouts with short rest as part of our main sets?**

I like them	17
I like doing them some of the time	10
I am neutral	4
I don't like them	0
I don't know what CSS is	1
I think CSS can be a helpful guideline, but don't like to get too focused on it	1
I like the CSS sets, but I disagree with the structuring of having one CSS workout a week, one drill workout and one endurance workout. If you can only attend one practice a week you won't be able to improve.	1
1500 m is too long for CSS	1



**Additional comments (summarized):**

- Really liking the CSS swim sets; feeling improvement in the pool
- Weekday swim times outside of regular work/school hours; open water swims?
- Thursdays too drill heavy
- Would be great to have more socials and 'get to know you' opportunities early in the season; looking forward to mentorship program starting up again
- Road biking tutorial before outdoor practices start?

**Action:** We will not be able to make everyone happy, but here's our plan that balances the preferences of the majority of members with the expertise of our coaches:

- We will continue to structure the swim program with a focus on the concept of Critical Swim Speed (CSS), which has been well received by members at large. CSS is the pace at which you'd currently swim a 1500 m Time Trial. To quote Philip Mosley, here's why CSS training is so effective for triathletes:
  - CSS is a pace that's tough enough to develop your aerobic capacity but not so hard that it'll take you days to recover. So you can improve your swim fitness and still have enough energy to go running or cycling (or swimming again).
  - CSS is a race-specific training pace. It may not make you the fastest 50 or 100 m swimmer, but it will train you to sustain a moderately high speed for longer distances.
  - CSS training teaches you about pace awareness the hard way (which is usually the best way) Go off too fast and you'll pay the price later. Ouch!
- We recognize that most members prefer kick sets after the main set. For the most part, kicking will come after the main set. However, some weeks, there will be some kicking before the main set because it's an important part of training that many people never complete if kicking only comes at the end and people hop out beforehand.
- Drills are an important part of training, even for the most experienced swimmers. Drills will continue to be part of warm up sets, and Thursdays will continue to allot additional time for the technique focus.
- We will do 1500 m Time Trials once every two months, alternating with CSS Tests (400 m and 200 m) every two months. (So one kind of test set per month).
- The weekly swim program is delivered as follows:
  - 1x Technique orientated session (Thursdays) [3.5 to 4 km distance]
  - 1x Endurance biased session with longer steady paced swim sets (Sundays) [4 to 5 km distance]
  - 1x Quality session working on your threshold speed (Tuesdays) [4 to 5 km distance]
  - Why don't we always do all three in one practice? Think of it like our bike workouts or our run workouts. We split up the days we work on intervals from the days we work on tempo and endurance. There will be some technique / drills in every practice, but because technique has such a significant impact on swimming (arguably more than running or cycling), one practice will take extra time to work on this. For the other two sessions, we'll be jumping to the main set more quickly.
- We would love to offer earlier swim times, but this is not possible during the school year. The AC prioritizes the Varsity swim team and Masters swimming. We do get earlier start times in the summer though, along with one evening swim practice (typically Tuesday nights).
- We'll be doing another round of swim video analysis. Watch for the sign up sheet in the bulletin.

- We're going to work on better communicating what the U of T Triathlon Club swim program is all about: We're a community triathlon club. We prioritize swim training that benefits triathletes, which means a focus on free style and sustaining a moderately high speed for longer distances. We have three swim practices per week, each centred on one of three goals: endurance, threshold pace, and technique. We do not offer personalized swim workouts or lessons for beginners, but our coaches do provide individualized feedback on technique and bring their experience and expertise to the training program.

Miscellaneous actions:

- Next round for the mentorship program will be late March / early April.
- We will host a session on outdoor road cycling before the outdoor season begins.
- We aren't able to host open water swim practices, but many members get together and do this as a group in the summer (in the past, often on Friday early evenings at Cherry Beach).