FUNDRAISING PACK FOR TRIATHLON

Veganuary has joined forces with Team GB triathlete Dan Geisler to devise some training plans for you to help you achieve your exercise and fundraising goals. Follow the plans and the tips from Little Eric, Ernie and Rocky and you won't put a foot wrong!

VEGANUARY

veganuary.com

THANK YOU!

Thank you for joining Team Veganuary and for helping us save even more animals' lives.

Your enthusiasm, compassion and dedication to take part in this event is just wonderful.

We are so excited to have your support and know that your commitment will be hugely rewarding for both you and for the animals.

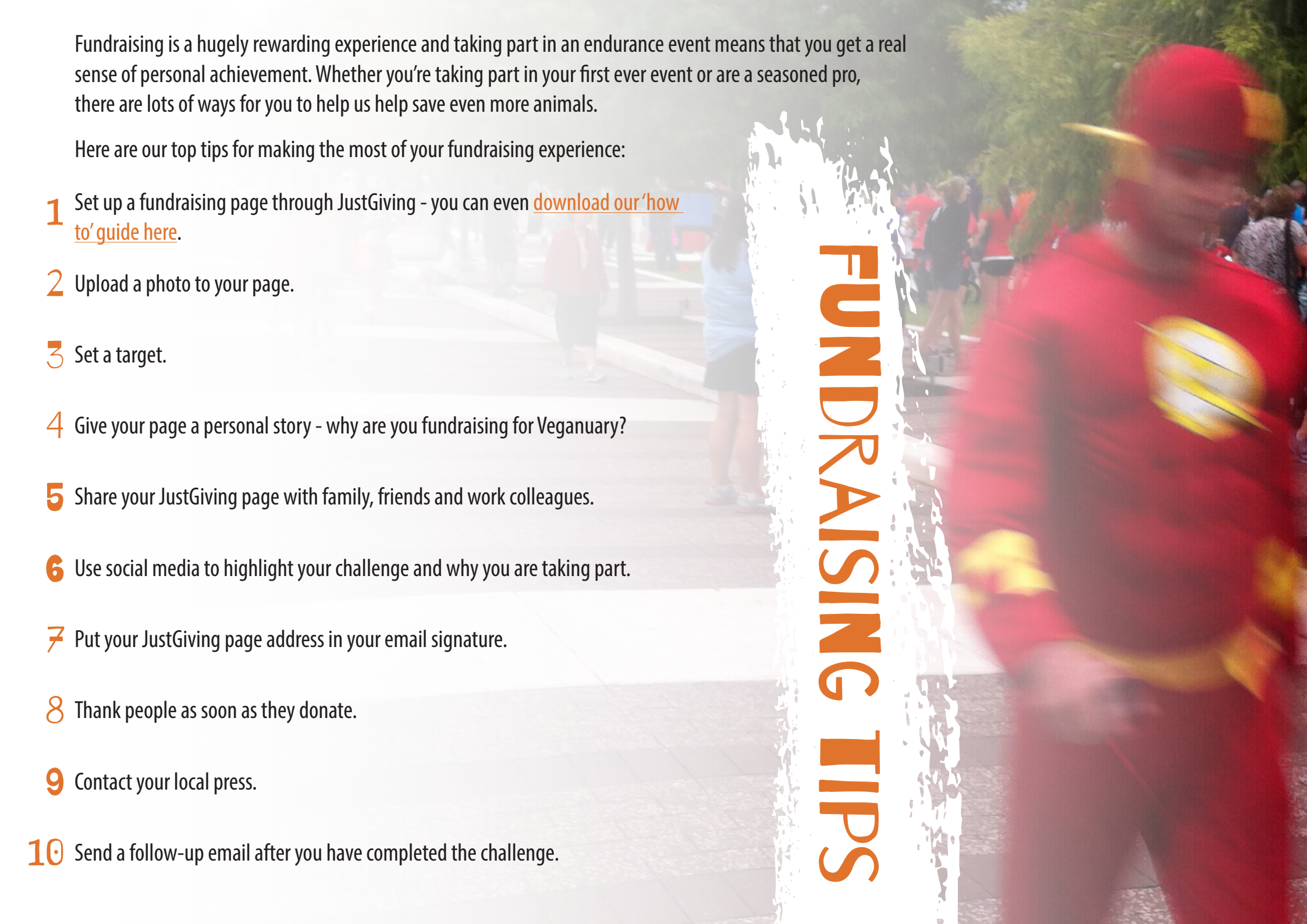
At the finish, the sense of achievement will be huge having completed your challenge and helped save even more animals!

FUNDRAISING TIPS

Fundraising is a hugely rewarding experience and taking part in an endurance event means that you get a real sense of personal achievement. Whether you're taking part in your first ever event or are a seasoned pro, there are lots of ways for you to help us help save even more animals.

Here are our top tips for making the most of your fundraising experience:

1. Set up a fundraising page through JustGiving - you can even download our 'how to' guide here.
2. Upload a photo to your page.
3. Set a target.
4. Give your page a personal story - why are you fundraising for Veganuary?
5. Share your JustGiving page with family, friends and work colleagues.
6. Use social media to highlight your challenge and why you are taking part.
7. Put your JustGiving page address in your email signature.
8. Thank people as soon as they donate.
9. Contact your local press.
10. Send a follow-up email after you have completed the challenge.



GETTING STARTED

1. It is important that before you get started you are safe to begin an exercise programme. It's a good idea to see your doctor for a checkup before you get started and inform them about what you are going to do.

2. Don't just jump right in and start exercising five days straight and ignore the plans. It's better that you gradually work up to exercising several days per week while you see how your body responds. Follow the plans supplied and listen to your body. Slow and steady wins the race; be mindful and ensure you don't go too far or too fast too soon.
Start slowly and build up over time.

3. Stretching right before a workout may seem like the best thing to do, but you might be putting yourself at risk of injury. After you warm up, you should stretch your muscles and hold it for about 15 seconds; you are less likely to injure yourself when you're stretching if your muscles are already a little warmed up.

4 Whether you are going for weight loss or bulking up, a mixed regimen of aerobic and strength training is the best way to achieve the body you want. However, even within those categories, don't stick to the same exercises every day. If you follow the plans supplied, you can improve your aerobic fitness and you might even improve your mental wellbeing.

5 When people start out, they often try to go too hard or do too much every day; by not letting your body rest, you can do more harm than good. If you don't give your body time to heal and repair itself, your performance will go down and you'll get into a vicious cycle where you never fully recover. So when the programme says rest... rest!

6 Aching muscles normally come about because runners aren't used to exercising or you have been working hard. Applying ice to swelling and resting the muscles is normally enough to solve a problem. Pain in your ankles, knees, hips or lower back when running is a sign something could be wrong. It could be down to the wrong kind of running shoes or a biomechanical problem. See a physiotherapist or sports therapist for advice before you continue to train and make things worse. Too much road running can aggravate your joints, while running too much on soft ground may not be supportive enough.

7 Diet is always important, but when you start training it will be even more important. During training try and stick to a healthy eating plan like the one recommended in this plan. This will ensure your body has enough energy to keep up the extra exercise and increase your recovery speed.

8 The last tip. . . enjoy it! Don't put too much pressure on yourself, make sure you use this as a way to unwind, take in new places you haven't seen before (maybe drive to a park or woodland) and even buddy up and get someone else involved in your challenge. Don't forget to enjoy the process and why you're doing it in the first place.

SUPER SPRINT TRIATHLON

200m swim
10/15km bike
2.5km run

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Run: 20 mins VE	Swim: 20 mins	Bike: 10 mins E then 5 mins F - 5 mins VE x 1 then 10 mins E	Swim: 20 mins	Rest	Run: 20 mins as 10 VE - 10 E	Bike: 10km - include some gentle climbs
2	Rest	Swim: 30 mins	Bike: 10 mins E then 6 mins F - 4 mins VE x 1 then 10 mins E	Swim: 30 mins	Rest	Run: 40 mins as 10 VE - 10 E - 10 S -10 E	Bike: 10km - include some gentle climbs
3	Run: 30 mins as 10 VE - 10 E - 10 S	Swim: 30 mins	Bike: 10 mins E then 4 mins F - 6 mins VE x 2 then 10 mins E	Swim: 30 mins	Rest	Run: 40 mins as 10 VE - 10 E - 10 S - 10 E	Rest
4	Run: 15 mins E then 90 secs E - 90 secs F x 3 then 15 mins E	Rest	Swim: 30 mins	Swim: 30 mins	Rest	Run: 30 mins as 10 VE - 5 E - 5 S - 5 T - 5 E	**BRICK SESSION** Bike 20km - include some gentle climbs then Run 10 mins E straight after the bike ride

A 'brick session' is when you put two sessions back-to-back (usually the bike and run) to prepare your body for the transitions in a triathlon race!

For the Wednesday bike sessions, try using a stationary bike if you can - it's easier to get a consistent tempo that way

Oh no, it's not that easy! Weeks 5 to 8 are continued on the next page...

»

SUPER SPRINT TRIATHLON CONTINUED

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5	Rest	Swim: 45 mins	Bike: 10 mins E then 2 mins F - 2 mins VE x 5 then 10 mins E	Swim: 25 mins	Rest	Run: 40 mins as 10 VE - 10 E - 10 T - 10 E	BRICK SESSION Bike 25km include some gentle climbs then Run 10 mins E straight after the bike ride
6	Run: 15 mins E then 90 secs E - 90 secs F x 2 then 15 mins E	Rest	Bike: 10 mins E then 5 mins F - 5 mins VE x 1 then 5 mins E	Swim: 25 mins	Rest	Run: 50 mins as 10 E - 20 S - 10 T - 10 E	BRICK SESSION Bike 20km include some gentle climbs then Run 10 mins E straight after the bike ride
7	Run: 30 mins as 20 VE - 10 S	Rest	Bike: 10 mins E then 6 mins F - 4 mins VE x 1 then 5 mins E	Swim: 25 mins	Rest	Run: 30 mins as 10 VE - 20 E	BRICK SESSION Bike 15km include some gentle climbs then Run 15 mins E straight after the bike ride
8	Run: 15 mins E then 60 secs E - 60 secs F x 2 then 15 mins E	Swim: 30 mins	Bike: 10km include some gentle climbs	Swim: 20 mins	Rest	Run: 20 mins as 10 VE - 10 E	Race day!

VE – very easy	No pressure, just loosening up for recovery	T – tempo	Breathless and beginning to feel challenging
E – easy	Even paced, can chat in sentences	F – fast	Fast as you can. Needs to be sustainable, but challenging
S – steady	Easily sustained but can't hold a conversation	km – kilometres	

SPRINT TRIATHLON

400/750m swim
20/25km bike
5km run

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Run: 20 mins VE	Swim: 30 mins or 1km E	Bike: 10 mins E then 5 mins F - 5 mins VE x 2 then 10 mins E	Swim: 30 mins or 1km E	Rest	Run: 40 mins as 10 VE - 10 E - 10 S -10 E	Bike: 25km - include some gentle climbs
2	Run: 30 mins as 20 VE - 10 E	Swim: 30 mins or 1km E	Bike: 10 mins E then 6 mins F - 4 mins VE x 2 then 10 mins E	Swim: 30 mins or 1km E	Rest	Run: 40 mins as 10 VE - 10 E - 10 S -10 E	**BRICK SESSION** Bike 30km - include some gentle climbs then Run 10 mins E straight after the bike ride
3	Run: 30 mins as 10 VE - 10 E - 10 S	Swim: 30 mins or 1km E	Bike: 10 mins E then 4 mins F - 6 mins VE x 2 then 10 mins E	Swim: 30 mins or 1km E	Rest	Run: 40 mins as 10 VE - 10 E - 10 S - 10 E	Bike: 30km - include some gentle climbs
4	Run: 15 mins E then 90 secs E - 90 secs F x 3 then 15 mins E	Swim: 30 mins or 1km E	Bike: 15 mins E then 8 mins F - 2 mins VE x 2 then 15 mins E	Swim: 30 mins or 1km E	Rest	Run: 30 mins as 10 VE - 5 E - 5 S - 5 T - 5 E	**BRICK SESSION** Bike 20km - include some gentle climbs then Run 10 mins E straight after the bike ride

A 'brick session' is when you put two sessions back-to-back (usually the bike and run) to prepare your body for the transitions in a triathlon race!

For the Wednesday bike sessions, try using a stationary bike if you can - it's easier to get a consistent tempo that way

Oh no, it's not that easy! Weeks 5 to 8 are continued on the next page...

»

SPRINT TRIATHLON CONTINUED

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5	Run: 15 mins E then 60 secs E - 60 secs F x 4 then 15 mins E	Swim: 45 mins or 2km E	Bike: 10 mins E then 2 mins F - 2 mins VE x 5 then 10 mins E	Swim: 45 mins or 2km E	Rest	Run: 40 mins as 10 VE - 10 E - 10 T - 10 E	Bike: 25km - include some gentle climbs
6	Run: 15 mins E then 90 secs E - 90 secs F x 4 then 15 mins E	Swim: 45 mins or 2km E	Bike: 10 mins E then 5 mins F - 5 mins VE x 2 then 5 mins E	Swim: 45 mins or 2km E	Rest	Run: 50 mins as 10 E - 20 S - 10 T - 10 E	BRICK SESSION Bike 30km include some gentle climbs then Run 20 mins E straight after the bike ride
7	Run: 40 mins as 20 VE - 10 E- 10 S	Swim: 45 mins or 2km E	Bike: 10 mins E then 6 mins F - 4 mins VE x 2 then 5 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	BRICK SESSION Bike 25km include some gentle climbs then Run 10 mins E straight after the bike ride
8	Run: 15 mins E then 60 secs E - 60 secs F x 2 then 15 mins E	Swim: 30 mins or 1km E	Bike: 10km include some gentle climbs	Swim: 30 mins or 1km E	Rest	Run: 20 mins as 10 VE - 10 E	Race day!

VE – very easy	No pressure, just loosening up for recovery	T – tempo	Breathless and beginning to feel challenging
E – easy	Even paced, can chat in sentences	F – fast	Fast as you can. Needs to be sustainable, but challenging
S – steady	Easily sustained but can't hold a conversation	km – kilometres	

STANDARD DISTANCE TRIATHLON

400/750m swim
40km bike
10km run

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Run: 40 mins as 20 VE - 10 E - 10 S	Swim: 45 mins or 2km E	Bike: 10 mins E then 5 mins F - 5 mins VE x 4 then 10 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	Bike: 25km - include some gentle climbs
2	Run: 40 mins as 20 VE - 10 E - 10 S	Swim: 45 mins or 2km E	Bike: 10 mins E then 6 mins F - 4 mins VE x 4 then 10 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	**BRICK SESSION** Bike 30km - include some gentle climbs then Run 10 mins E straight after the bike ride
3	Run: 40 mins as 20 VE - 10 E - 10 S	Swim: 45 mins or 2km E	Bike: 10 mins E then 4 mins F - 6 mins VE x 4 then 10 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	**BRICK SESSION** Bike 35km - include some gentle climbs then Run 10 mins E straight after the bike ride
4	Run: 15 mins E then 90 secs E - 90 secs F x 5 then 15 mins E	Swim: 45 mins or 2km E	Bike: 15 mins E then 8 mins F - 2 mins VE x 3 then 15 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	**BRICK SESSION** Bike 40km - include some gentle climbs then Run 20 mins E straight after the bike ride

A 'brick session' is when you put two sessions back-to-back (usually the bike and run) to prepare your body for the transitions in a triathlon race!

For the Wednesday bike sessions, try using a stationary bike if you can - it's easier to get a consistent tempo that way

Oh no, it's not that easy! Weeks 5 to 8 are continued on the next page...

»

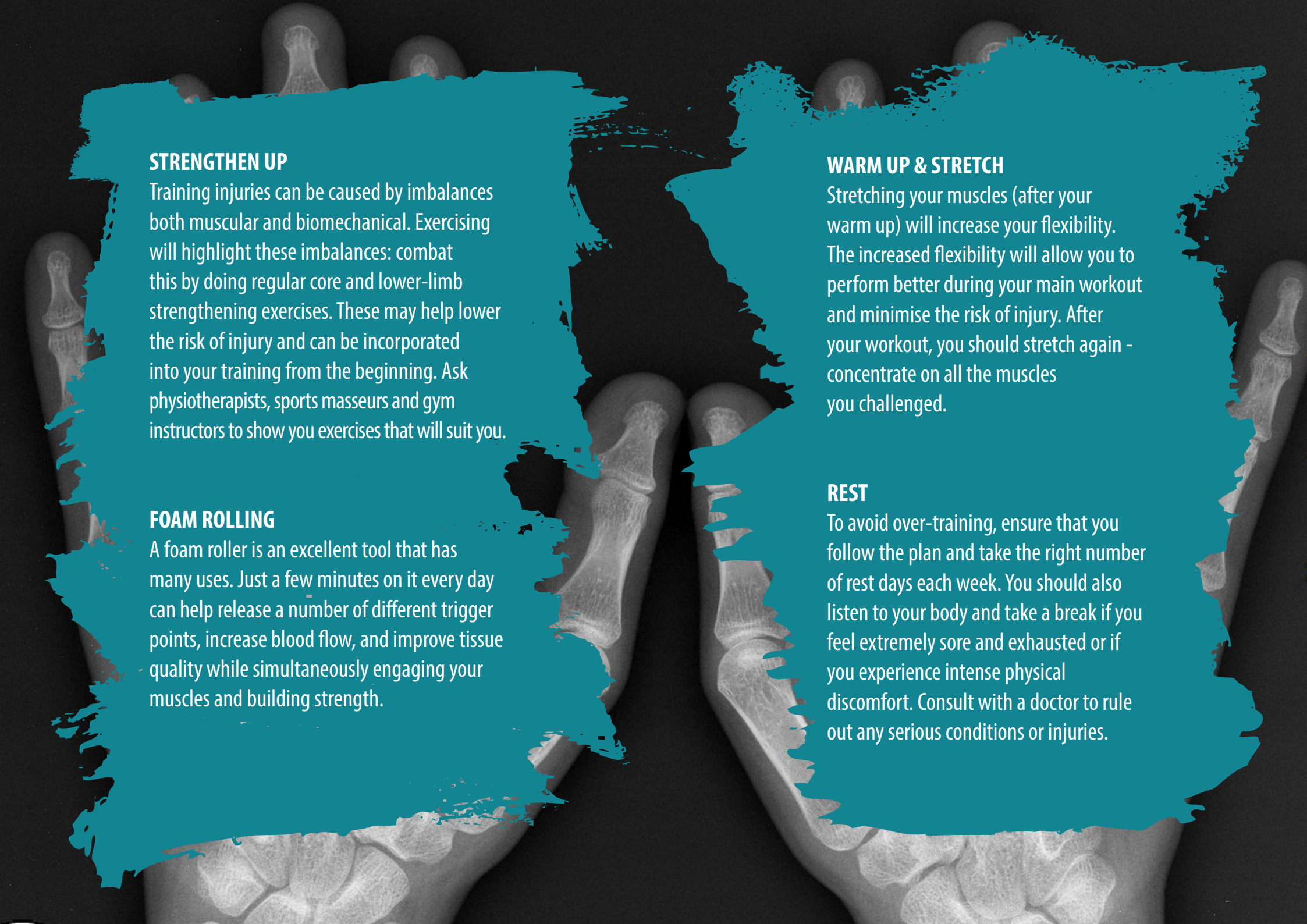
STANDARD DISTANCE TRIATHLON CONTINUED

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5	Run: 15 mins E then 60 secs E - 60 secs F x 8 then 15 mins E	Swim: 45 mins or 2km E	Bike: 10 mins E then 2 mins F - 2 mins VE x 10 then 10 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	BRICK SESSION Bike 45km include some gentle climbs then Run 10 mins E straight after the bike ride
6	Run: 15 mins E then 90 secs E - 90 secs F x 6 then 15 mins E	Swim: 45 mins or 2km E	Bike: 10 mins E then 5 mins F - 5 mins VE x 5 then 5 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	BRICK SESSION Bike 40km include some gentle climbs then Run 30 mins E straight after the bike ride
7	Run: 40 mins as 20 VE - 10 E- 10 S	Swim: 45 mins or 2km E	Bike: 10 mins E then 6 mins F - 4 mins VE x 3 then 5 mins E	Swim: 45 mins or 2km E	Rest	Run: 70 mins as 10 VE - 10 E - 20 S - 10 T - 20 E	BRICK SESSION Bike 35km include some gentle climbs then Run 20 mins E straight after the bike ride
8	Run: 15 mins E then 60 secs E - 60 secs F x 5 then 15 mins E	Swim: 30 mins or 1km E	Bike: 15km include some gentle climbs	Swim: 45 mins or 1km E	Rest	Run: 30 mins as 10 VE - 10 E - 10 VE	Race day!

Some people call the Standard Distance an 'Olympic Distance'. It's the same thing!

VE – very easy	No pressure, just loosening up for recovery	T – tempo	Breathless and beginning to feel challenging
E – easy	Even paced, can chat in sentences	F – fast	Fast as you can. Needs to be sustainable, but challenging
S – steady	Easily sustained but can't hold a conversation	km – kilometres	

INJURY HELP AND PREVENTION



STRENGTHEN UP

Training injuries can be caused by imbalances both muscular and biomechanical. Exercising will highlight these imbalances: combat this by doing regular core and lower-limb strengthening exercises. These may help lower the risk of injury and can be incorporated into your training from the beginning. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

FOAM ROLLING

A foam roller is an excellent tool that has many uses. Just a few minutes on it every day can help release a number of different trigger points, increase blood flow, and improve tissue quality while simultaneously engaging your muscles and building strength.

WARM UP & STRETCH

Stretching your muscles (after your warm up) will increase your flexibility. The increased flexibility will allow you to perform better during your main workout and minimise the risk of injury. After your workout, you should stretch again - concentrate on all the muscles you challenged.

REST

To avoid over-training, ensure that you follow the plan and take the right number of rest days each week. You should also listen to your body and take a break if you feel extremely sore and exhausted or if you experience intense physical discomfort. Consult with a doctor to rule out any serious conditions or injuries.

NUTRITION TIPS

A well-balanced diet is very important to support exercise performance. The food that fuels your body is as important as any workout programme! So whether you are the sort of person who goes to the gym once a week or are a fitness fanatic, you can be assured that a well-balanced vegan diet will easily provide all the fuel your body needs.

A vegan diet can deliver many health benefits: it is full of energy-giving carbohydrates - foods for all sporty types such as wholegrain breads, cereals and grains. Vegan diets are rich in essential nutrients called antioxidants; these vital vitamins help the body cope better when put under stress from exercise.

In this next section we suggest some nutrition ideas for you to consider. »

CARBOHYDRATES

Carbohydrates give us the energy we need to move our bodies and come in three forms: slow-releasing complex starches (rice, potatoes, quinoa), fast-releasing simple sugars (like table sugar and many refined foods), and dietary fibre (the indigestible part of fruits and vegetables, essential for the digestive system to work properly).

Most of the carbohydrate we eat ends up as glucose which the body stores as glycogen for use later. A vegan diet makes this easy since the best way to improve your glycogen stores is to eat food high in starchy carbohydrates, as well as to follow a good aerobic training programme (this trains your body to store glycogen more efficiently). Current UK guidelines recommend that everyone should aim to be moderately active for at least 30 minutes each day, at least five days a week. Eating carbohydrate-rich meals regularly throughout the day will easily ensure that all your energy needs are supplied.

PROTEIN

Protein is needed to support the repair of body tissues and cell growth and is made up of many smaller units - building blocks - called amino acids. Contrary to popular opinion, you don't build muscle by eating more protein. The belief that eating animal muscle - ie meat (and lots of unhealthy fats to boot) - means you automatically build human muscle simply isn't true. Muscles develop by being used not by eating greater amounts of another animal.

Most foods contain some protein. Particularly good sources of protein in vegan diets include soya products, beans, lentils, nuts, seeds and cereals. Ideas to increase protein are vegan protein bars such as Pulsin bars as well as vegan nut butters such as those from the Funky Nut Company.

FATS

Fats in the diet come in two forms - saturated and unsaturated. What we don't need in the diet is the nonessential saturated fats which come mainly from meat, dairy and processed foods. These increase cholesterol levels and can lead to heart disease and some cancers. What we do need in the diet are the unsaturated, so-called essential fats. Vegan diets are rich in these essential fats - found abundantly in seeds, nuts, beans, avocados and vegetable oils.

FLUIDS

DURING EXERCISE

Drink 150 - 350ml of fluid at 15-20 minute intervals, beginning at the start of exercise. Plain water is usually sufficient for exercise lasting less than one hour. For exercise periods over an hour you may need to have a bit of extra energy. Choose either a special sports drink or better still save yourself money and make your own energy-booster drinks. Simply blend 500ml of fruit juice with 500ml of water. This will supply the necessary water, sugar (glucose and fructose) and electrolyte minerals (sodium and potassium) together with lots of other vitamins. There is no real need to replace salt during a single exercise session of moderate duration.

Fluid intake - mainly water - is the most overlooked but most important element to think about in a healthy lifestyle.

Most importantly: drink plenty of water before, during and after exercise - if you feel thirsty you are already dehydrated! But don't go mad and drink too much either.

BREAKFAST IDEAS

- Muesli
- Fruit salad - make some extra and blend for a vitamin-packed smoothie
- Toast and peanut butter
- Porridge oats made with water and soya milk
- Soya yoghurt with fruit and chopped nuts and seeds
- Crumpets with no-sugar fruit jam and peanut butter

LUNCH IDEAS

- Fruit puree or banana sandwich
- Jacket potatoes with baked beans, hummus or sweetcorn salad
- Crusty bread with peanut butter
- Veggie burgers and salad
- Home-made soups
- Avocados - on their own with a little dressing or sliced thinly with hummus in a granary bread sandwich

SNACK IDEAS

- Rice crackers, Ryvita or oat cakes with vegetable patés, hummus, nut butters
- Handful of nuts (other than peanuts) like almonds, brazils, hazelnuts or walnuts
- Pulsin Bars
- Trail mix (dried fruits - raisins, sultanas, figs, prunes and apricots)
- Cereal and fruit bars
- Flapjacks
- Protein energy balls

WEEKLY MEAL PLAN

Head to Veganuary.com for more food ideas and recipes!

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Breakfast	*Tropical Fruits Immune Boosting Smoothie* *great for the immune system	*Green Power Smoothie* *good source of calcium, iron and protein	*Avocado on Toast* *good source of fat *good for stamina	*Sweet Porridge with Nuts, Seeds & Dried Fruit* *good source of calcium, iron and protein *seeds can help prevent injury	*Chia Pudding* *good source of calcium and protein	*Purple Fruit Boost Smoothie* *good source of calcium and protein	*Breakfast Peanut Slices* *good source of fat, protein and carbohydrate
Lunch	*Toothsomely Sweet Couscous* *good source of carbohydrate	*Quinoa Banana Bread (serve with peanut butter and banana)* *good source of carbohydrate, protein and electrolytes	*Chickpea Salad* *good source of protein	*A Great Big Lunchtime Salad Bowl* *good source of protein and carbohydrate	*Sweet Potato Bread* *good source of carbohydrate	*Tofu Scramble* *good source of protein *good for stamina	*Mushroom Parcels* *good source of carbohydrate and fat
Dinner	*Spicy Bean & Veg Soup* (serve with wholemeal bread) *good source of protein and carbohydrate	*Beetroot & Kale Burger (serve with salad)* *good source of protein and calcium *beetroot can enhance performance	*Speedy Sweet Potato Quesadillas with Hummus* *good source of carbohydrate and fat	*Chilli Tomato & Basil Baked Beans on Toast* *good source of protein and carbohydrate *chilli is an anti-inflammatory	*Friday Night Pizza* *good source of fat, protein and carbohydrate	*Lentil Lasagne* *good source of protein and carbohydrate	*Healthy Protein Casserole (serve with steamed vegetables)* *good source of protein and carbohydrate
Snack/ Dessert	*No Churn Bakewell Tart Ice Cream* *good source of protein *cherries are an anti-inflammatory	*Energy Tonic*	*Caffe Mocha Pistachio Truffles* *good source of protein and fat	*Chilli Chocolate Orange Brownie* *good source of fat and protein *chilli can increase metabolism	*Energy Tonic*	*Hot Citrus Pudding* *good source of fat and carbohydrate	*Green Juice* *full of electrolytes *Nutrition Bar* *good source of protein and fat

SPONSORSHIP AND GIFT AID DECLARATION FORM

	Please sponsor me (name of particpant)
	To (name of event)
VEGANUARY	**In aid of** (name of charity or CASC)

VEGANUARY
veganuary.com

	Sponsor's full name (first name & surname)	Sponsor's home address *	Postcode	Donation amount £	Date paid	Gift Aid? '√' **
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

* *You must provide your full name, home address, postcode & '√' Gift Aid for the charity or CASC to claim tax back on your donation. Don't give your work address if you are Gift Aiding your donation.*

Total donations received	**£**
Total Gift Aid donations	**£**
Date donations given to Charity or CASC	

** If I have ticked the box headed Gift Aid? '√' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

ACKNOWLEDGEMENTS AND THANKS

All training plans produced by Dan Geisler, Team GB Triathlete, Duathlete & Coach

For further, more specific personal programming send an email to Dan at danig96_3@hotmail.com

Go smash those goals!

PICTURE CREDITS

Triloki Locquirec Triathlon by Anthony, from Flickr CC-BY 2.0

The Flash IMG_6645 by Marc Majcher, from Flickr CC-BY 2.0

Medical x-ray image © Nevit Dilmen CC-BY 3.0 via Wikimedia Commons

Hippo Indigestion by David Goehring, from Flickr CC-BY 2.0

Trio of Salads by Christopher Shoebridge, used by permission

Trophy icon by Flaticon.com

All other images public domain

VEGANUARY
veganuary.com

Dan on his way to a top 10 finish
at the 2014 ITU Duathlon World Championships