

Name: Caleb Porter

Home: San Anselmo, California

Training volume: 9-11hrs on average

Official start: January 2015

Age: 38 years in 2014

Work: 50-60h/wk

Goal:	Running	break 90min	Half-Marathon	achieved	Feb,2017	1:26h	Kaiser-Half-Marathon
	Triathlon	Podium	70.3 IM	achieved	May,2017	4:34h	3rd 40-44 70.3 Santa Rosa
	Triathlon	Qualify	70.3 IM	achieved	May, 2017		70.3 Santa Rosa
	Triathlon	break 5h	70.3	achieved	July,2015	4:51h	70.3 Santa Rosa

Testing data from Blood lactate testing (BLT):

Bike	LT1	LT2	Bodyweight
2016	245w (3.25w/kg)	300w (3.98w/kg)	166lbs (75.4kg)
2017	273w (3.66w/kg)	297w (3.98w/kg)	164lbs (74.5kg)

Run	LT1	LT2
2015	07:10	06:42
2016	06:54	06:06

Training frequency:

swim sessions per week 1-3x
bike sessions per week 3-4x
run sessions per week 3-4x

Annual Training hours distribution:

swim 10%
bike 50-60%
run 30-40%

Training analysis unlimited via TrainingPeaks

Direct contact Unlimited, ave. 6-10 times every week

Point of contact: Mostly through text and (face to face) in person during our weekly training bike rides (i.e. long Saturday bike rides 4-5hrs).

Others: supported Caleb at local races. Additionally, travelled (by air and car) to races together with Caleb (Chattanooga, San Diego, Santa Cruz for example)

Trainingplan adjustments: Yes, frequently due to family events (i.e. soccer games) and work related travel. At times "coaching on the go".

He never got sick or injured, other than the odd tight calves or knees, then training was adjusted.

Notes:

He is a very busy executive and father of 2 kids. Training availability was limited. We primarily focused on cycling and running, one session per day, sometimes two (i.e. Swim & short run or bike & short run brick).