

# Anthony Ham's Top 10 Tips on how to Survive Your Coach

1. If there's some part of your training you enjoy – keep it to yourself. Don't tell your coach or you'll end up regretting it.
2. Don't leave your iPod or similar lying around – if your coach gets to know your favourite music it won't be so favourite for very much longer.
3. In an endless pool, if things start to get hard and you can't sustain the pace, start swimming really badly so the coach will stop the pumps and tell you what you're doing wrong... of course you know but a small rest is really what you needed and this beats being plastered against the back wall of the pool.
4. This is one advantage of having kids... If you send HR data to your coach and you don't feel like doing an interval or hard session, put your HR monitor strap on your child and get them to run around the house for an hour or so – in the meantime, grab a beer and park yourself on the sofa in front of the TV. The harder the session the younger the child should be or the more sugar you should give them beforehand. If you don't have any children, tough! – you've probably still got the energy to do that session anyway so get out there and do it.
5. McDonald's is okay! – Hamish Carter and Sarah Ulmer say so! A BOSS burger is only 720 Kcal! What's that in the scheme of a 4 hour ride that burns up to 3,000!
6. If you say EFFORT enough times quickly, it becomes F-it!
7. Acronyms, unless previously explained, can mean anything you want. For example... **Cycle 1:20-1:40 road/1hr-1:10 wt...** translates to either a cycle on the road or watch television – your choice!
8. Heart rate monitors cannot be calibrated (a beat is a beat, although see #4 above) ....power meters on the other hand.
9. 33 yard swimming pools are actually 50 meters if you went to school after the switch to metric.
10. Always print your programs using an ink jet printer – especially the indoor trainer sessions – sweat generally makes ink run and things like the { symbol of a **repeat }** **3 times** tends to slip down the page a bit.

*Disclaimer: These tips are provided on the basis they will make your life easier and more enjoyable during the training season. However, following these tips may conflict with the six P's for racing (proper preparation prevents piss poor performance).*