



# Fit After Forty

Can we apply endurance sport training concepts to the management of ageing assets?

The extended analogy that got out of control.....



## A bit about me



Xodus Innovation Manager, lead our drive for innovation and new technology.

Together we will deliver a responsible energy future.

Keen, though not fast, cyclist turned runner.

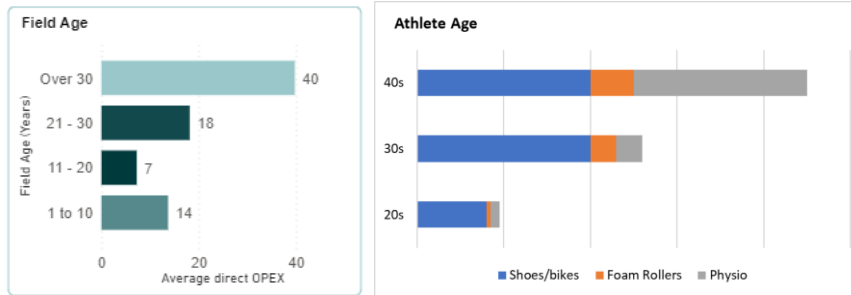
A big fan of long distance, hills, structured training.

'Veteran', over 40, starting to feel it a bit.....



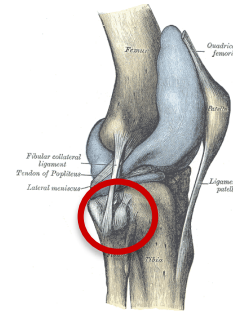
# What do us veterans have in common?

## Increased operating costs



OGA UKCS Operating Costs 2019  
<https://ogauthorityreports.wixsite.com/opex-report-2019>

## Surprising failures of bits that used to work



Who even knew there was a joint here and that you could injure it?

## A need to redefine what we're good at

Oil processing vs. water processing

More attention needed to weakness and threats than to strengths and opportunities



## So what can be learnt from endurance training?

- **Categorise your goals**
- **Identify your limiters, work on your weakness**
- **Periodise**
- **Manage Training / Stress balance**
- **Be consistent**
- **Visibility = Accountability**
- **Pre-hab not Re-hab**
- **Coaching > Training Plan > No structure**

**Trust the  
Process**



## Categorise Your Goals

### Peak Performance is Unsustainable

- > Sustained 'Peak' needs a high level of physical strain and focus.
- > To perform well in a race, a bit of rest from the grind of training is needed – the taper.

### 'A' Races

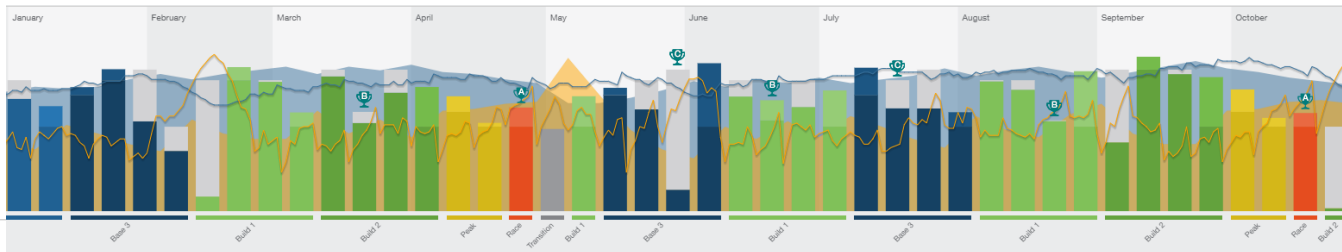
- > Things that get full commitment.
- > The year is planned around them. Training will peak and then taper just before.
- > You compromise everything else to prioritise an A race.

### 'B' Races

- > Training is not focussed around peaking for a B race.
- > You will adapt your race plan to allow a bit of a taper.
- > You'll commit to the race, though any PB is a bonus.

### 'C' Races

- > No adaptation of the A race plan.
- > No taper
- > Do what you can – use the race as practice rather than a full race effort.



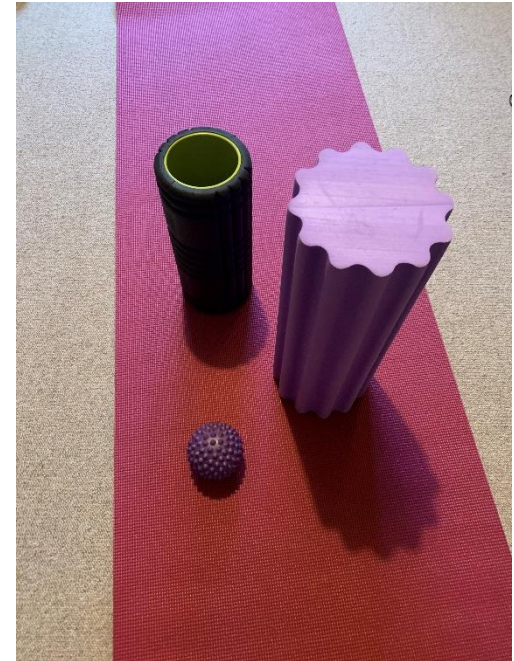
## Identify your limiters and work on your weaknesses

A limiter is a race specific weakness that limits your ability to perform (credit: Joe Friel for the concept).

- > Limiters can come from preparation:
  - Lack of speed
  - Lack of endurance
  - Practice eating / drinking
  - Adaptation to / prep. for weather
  
- > Or they can come from race execution:
  - Poor pacing
  - Not following the plan
  - Not adjusting to conditions

*Physio: “Do you stretch?”*

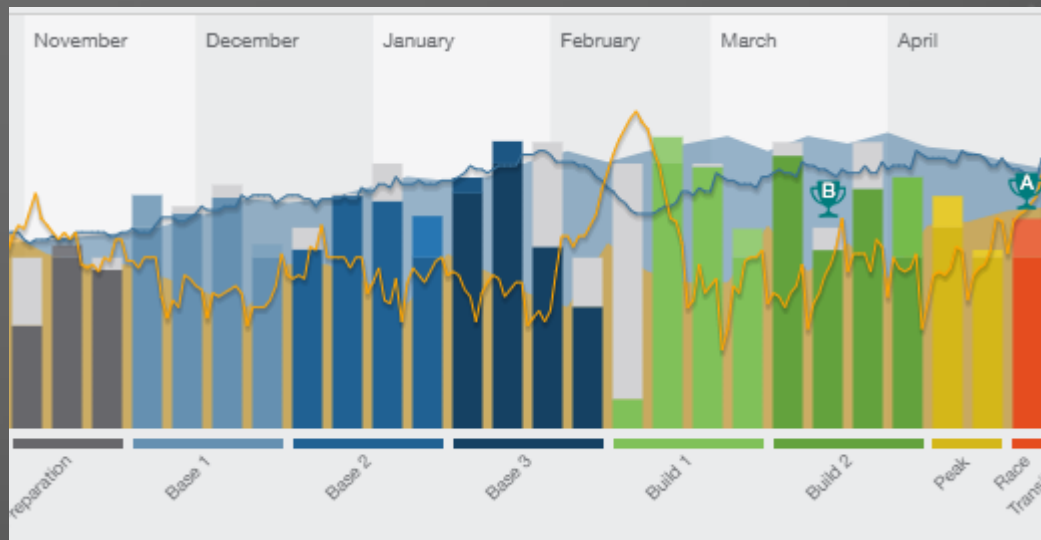
*Me: “Not as much as I should.....”*







## Periodise and Prioritise



Base – get the miles in, prepare the legs for what's to come

Build – race specific training

- The right focus at the right time
- Not too many things at once
- Plan in recovery time



## Manage Training / Stress Balance

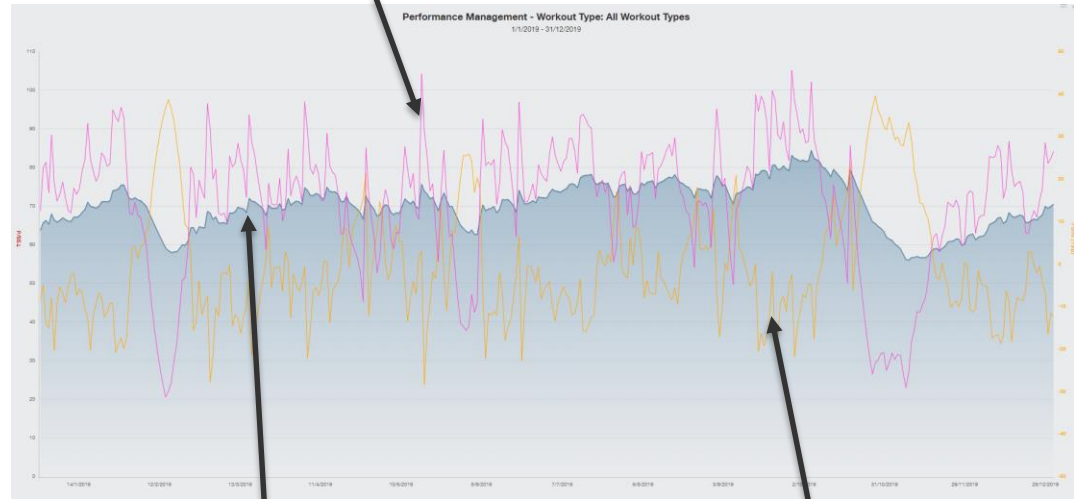
Continuous, relentless training builds stress and fatigue.

### Stress + Rest = Progress

Physiological – but where humans are part of the machine, needs to be respected.

Making the unmeasurable visible – even in an abstracted way – can be very powerful.

Weighted average daily stress over last 7 days  
– acute training load – ‘fatigue’



Weighted average daily stress over last 6 weeks – chronic training load – ‘fitness’

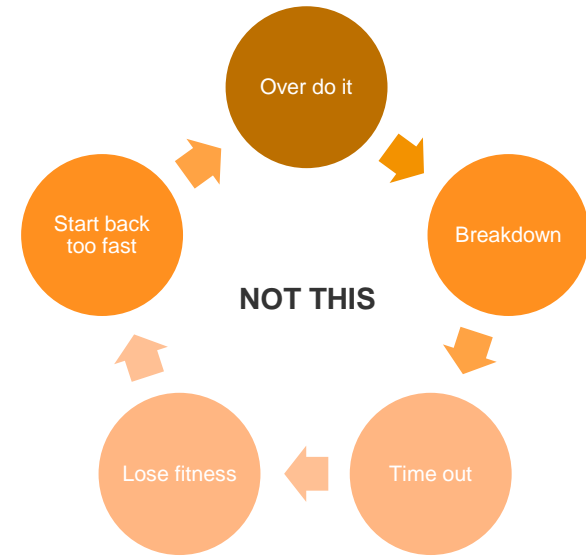
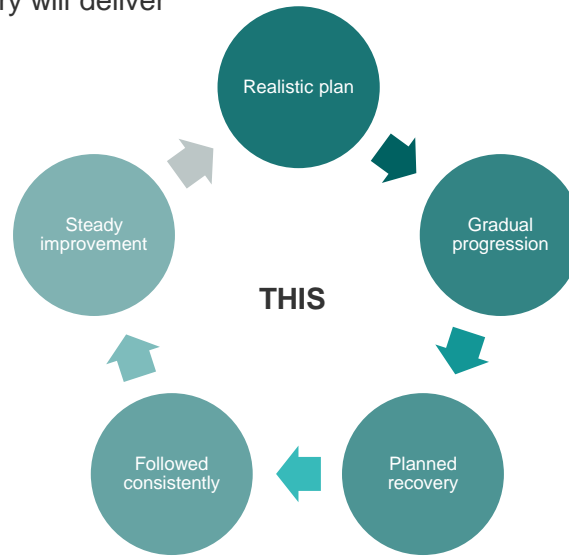
Difference between ATL and CTL – ‘form’





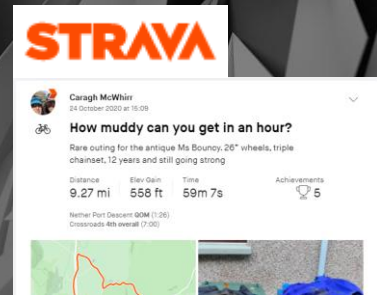
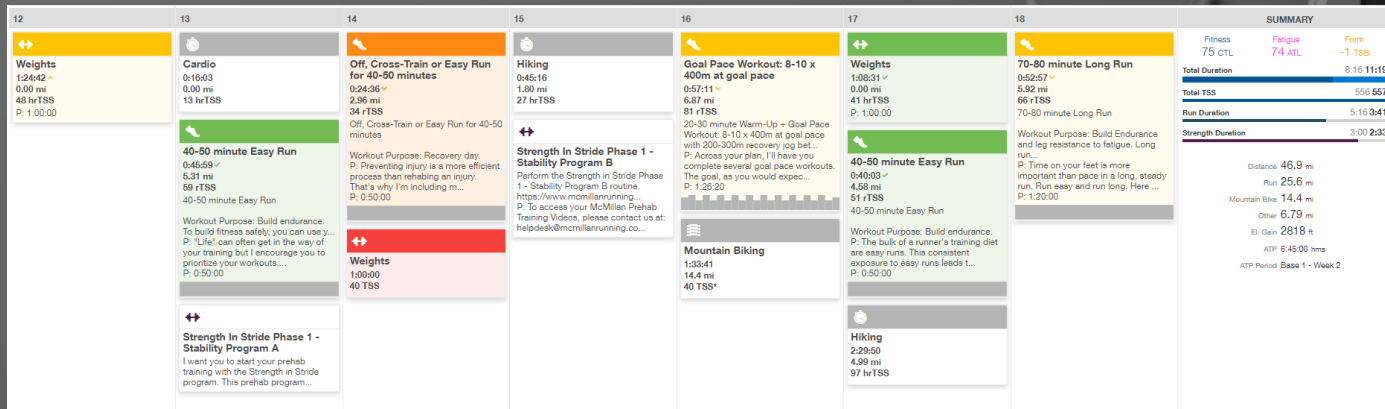
## Be Consistent

A well structured, realistic plan with gradual progression and regular recovery will deliver results **if followed consistently**.





# Visibility = Accountability



- Simple metrics and dashboards can reinforce the importance of consistency.
- Very clear when planned actions haven't been taken



## Pre-Hab not Re-Hab

Don't wait until you break down to sort your fundamental weaknesses.

Prioritise early intervention.

Use your physio to help you find what you need to work on before it causes an injury.



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At Xodus we too often have clients come to us with problems when something is broken.

We feel we could add a lot more value if people came to us earlier.

And we won't make you do planks!

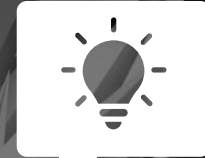


## Coaching > Training Plans > No Structure

- > Plans give a proven, structured approach to training.
- > They can be customised to an individual.
- > They can be customised by an individual.
- > A coach brings broader experience, independence, and ability to detach from emotions.
- > A coach can ask questions and brings accountability.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Distance
1 Jan 18 - Jan 24	rest	long & steady 11.0 km	Fartlek run 5.0 km	core training (15 min)	steady + sprints 6.0 km	rest	long & steady 15.5 km	37.5 km
2 Jan 25 - Jan 31	rest	long & steady 11.0 km	easy run 7.0 km	core training (15 min)	Fartlek run 5.0 km	core training (15 min)	long & steady 17.0 km	40.0 km
3 Feb 01 - Feb 07	rest	long & steady 11.0 km	interval 5.0 km	core training (15 min)	Fartlek run 7.0 km	core training (45 min)	long & steady 19.0 km	42.0 km
4 Feb 08 - Feb 14	rest	long & steady 11.0 km	Fartlek run 7.0 km	core training (15 min)	steady + sprints 6.0 km	core training (45 min)	long & steady 14.0 km	38.0 km
5 Feb 15 - Feb 21	core training (15 min)	long & steady 11.0 km	Fartlek run 7.0 km	rest	steady + sprints 7.5 km	core training (45 min)	long & steady 19.5 km	45.0 km
6 Feb 22 - Feb 28	rest	long & steady 14.0 km	Fartlek run 7.0 km	core training (15 min)	interval 5.0 km	core training (45 min)	long & steady 22.0 km	48.0 km
7 Feb 29 - Mar 06	rest	long & steady 11.0 km	interval 5.0 km	core training (15 min)	long & steady 10.0 km	core training (45 min)	long & steady 20.0 km	46.0 km
8 Mar 07 - Mar 13	core training (15 min)	long & steady 11.0 km	core training (15 min)	long & steady 14.0 km	Fartlek run 6.0 km	rest	long & steady 12.0 km	53.0 km
9 Mar 14 - Mar 20	rest	long & steady 15.0 km	Fartlek run 8.0 km	core training (15 min)	steady + sprints 8.0 km	core training (45 min)	long & steady 27.0 km	58.0 km
10 Mar 21 - Mar 27	rest	long & steady 11.0 km	interval 5.0 km	core training (15 min)	long & steady 11.0 km	core training (45 min)	long & steady 30.0 km	57.0 km
11 Mar 28 - Apr 03	rest	long & steady 11.0 km	Fartlek run 8.0 km	core training (15 min)	steady + sprints 8.0 km	core training (45 min)	long & steady 27.0 km	54.0 km
12 Apr 04 - Apr 10	rest	long & steady 15.0 km	Fartlek run 7.0 km	core training (15 min)	easy run 8.0 km	core training (45 min)	long & steady 14.0 km	64.0 km
13 Apr 11 - Apr 17	core training (15 min)	long & steady 15.0 km	Fartlek run 12.0 km	rest	rest	Spartan race 5.5 km	long & steady 18.0 km	50.5 km
14 Apr 18 - Apr 24	easy run 6.0 km	rest	long & steady 12.0 km	core training (15 min)	steady + sprints 7.0 km	rest	20km Lussarne 20.0 km	65.0 km
15 Apr 25 - May 01	rest	long & steady 11.0 km	Fartlek run 6.0 km	core training (15 min)	interval 5.0 km	rest	long & steady 17.0 km	39.0 km
16 May 02 - May 08	easy run 7.0 km	rest	easy run 6.0 km	rest	easy run 4.5 km	rest	Marathon 41.0 km	59.7 km

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The original plan was to end with the story of how applying all this led to an awesome Boston Marathon in April this year. Obviously, that didn't happen.

Instead I'll finish with why I really like this approach, and why I like targeting performance at something outside work.

It's simple, it's something you can have real control over when other things in life are not controllable. You can make real improvement and do things you once thought were impossible.

**In 2020, I needed this.**



**Happy unicorn  
hunting!**