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DO YOU NEED A COACH?

Simply put, if you want to enjoy the sport more, take your game to the next level or work less to achieve more, **yes**. Everyone we know who has

WHAT SHOULD A GOOD TRAINING PLAN LOOK LIKE?

We've received numerous requests for examples of good training plans (TP). While an entire plan is too large to describe, we thought we'd include excerpts from 2 different plans (one this month, one next month).

TPs are relative to your goals, time commitment, fitness levels, etc.- 1 size does not fit all. Here is the profile for this month's TP excerpt:

- Woman triathlete, 35 years old**
- Wants to place in top 3 at a competitive 1/2-Iron event in June**
- Consistently placed in top 5 in Olympic events in 2007**
- Maintains a high fitness level all year**

This excerpt is week 6 of a 12-week TP

Abbreviations & Definitions

Z = Training Zone (1-5)

ME = Muscular Endurance

Extensive= Longer & Slower Intensive= Pick up the pace

DATE PLANNED DESCRIPTION WORKOUT

Mon Rest 30 mins **Z2 recovery jog**- 30 min. if you have time or feel like doing it.

Tues Bike 1 hr 15 min **Stay in Z2**- focus on increasing endurance

Wed Swim 2400 yards 60 min **Long day**
wu- 4x75
main: 500sw, 200 kick, 200 swim all Z2
10x100(25 easy, 25 build, 25 easy, 25 hard)
cd: 100 swim, 100 back

Run 6 mi **Intensive Endurance Run**
Flat- Gently Rolling Course,
Choice Surfaces
Simple Structure:
Miles 1-2= Extensive effort, Warm up
Miles 2-4= Intensive Effort
Miles 4-4.5= SS effort (think open 1/2 marathon race pace)
Mile 5.5-6= Cool Down jog
Post Run= eat, hydrate & stretch

Thurs Bike **ME2 Tempo Intervals**

used one named one or more of the following reasons they hired a tricoach:

Top 10 Reasons to hire a Coach:

- 10. Training Structure
- 9. Education
- 8. Experience
- 7. Feedback
- 6. Specificity
- 5. Realistic Goal Setting
- 4. Motivation
- 3. Guidance
- 2. Training Time ROI
- 1. Crossing the finish line for the first time or with a new PR- "PRICELESS"

60 min wu 15 min
 5 min easy 90 cadence-
 5 min- 30 sec reps alternating between 100 rpm and 80 rpm
 5 min ride at 95+ rpm
 40 min nonstop pedaling at 85-95 rpm Z3
 RPE 13-15
 cd 5-10 min Z1 spinning

Fri	Run 40 min	Active Recovery Day Extensive Endurance Effort Run Gently Rolling Course Good Day to hit the trails/soft surface Keep this intensity low & log the dist.
	Swim 3000 yards	Paddle Day wu: 1300 Free- Extensive effort throughout Tempo Free: 4x50 free Odds= Tempo Effort Evens= Extensive Effort Main Segment: Paddle Set 600 free w/paddles and fins taking the fewest strokes possible to cover each link Regenerative/extensive effort throughout 4x200 free/paddles All=SS effort, w/ stroke count (-2 or -1 normal free count) 20 sec P Rec. between intervals Follow w/ 100 (free or I.M.) cd swim Post swim= hydrate & stretch
Sat	Brick 1 hr 45 mins	1.5 hour bike followed by 15 min run Stay in Z2- focus on increasing endurance and T2 run
Sun	Run 11 mi	Z2- just get in the miles Post run= hydrate & stretch

TRI TIPS

Running Hills

Should you lean forward when running up a hill? The somewhat surprising answer is **no**. Leaning actually causes your muscles to work harder and strains your lower back too. Simply try to "run tall" by making sure that the top of your head is pointing straight up.

AVOIDING MUSCLE CRAMPS DURING A RACE

Be thankful if you've never experienced a bad one since they can bring you to your knees (happened to me in my 1st Olympic tri). There are several main reasons, but two of the most common reasons you get cramps is because of **muscle fatigue** or **dehydration**.

Muscle fatigue can best be avoided by proper training; doing more in training than you think you'll ask for during the race. This is a little contrary training plans that never have you do a workout for the total time expected of you during your race. Long workouts help train your muscles on what to expect and builds the tolerance levels necessary to escape cramps.

Dehydration is a little easier to avoid as long as you *remember to drink*. Sounds obvious but we've seen many a triathlete come to T2 with full water bottles on their bike and suffer unnecessarily during the run. In addition, the aforementioned Olympic cramp occurred on a hot day

TRI "LINGO"

Negative Split

It means doing (swimming, biking or running) the second half of a workout or race faster than you did the first half. It's a good training strategy and an effective race strategy too. It can help you **not** go out too fast and pay the price later. It also helps improve performance.

(increased sweat loss) because I didn't have enough electrolytes in me, not just fluids.

What do you do if you start to cramp? Slow down immediately or stop. Drink fluids and maybe pop some salt tablets. You may have to walk it off and/or stretch to get back to the spot where you can run again but you'll probably have no choice. Everyone is different but adequate training and hydration tactics are the best medicine for avoiding muscle cramps.

SPOTTING AND DEALING WITH INJURIES

Written by Brandi & Steve Dion, B&S Fitness.

With spring in full bloom, endurance athletes are entering the thick of their training programs. Very often athletes do too much, too soon, or too much of one thing. What happens?- aches and pains, loss of motivation, over injury, or maybe cessation of exercise and training.

With each new session of our triathlon training programs and conditioning programs, we usually have athletes that develop **shin, ankle, knee, or feet pain**. But this pain does not have to prevent them from being active or losing the fitness gains they have achieved. Unfortunately, many who have these sorts of pains resort to tactics that potentially increase their risk of injury, (training through the pain and taking a lot of NSAID's - Advil) or come back to soon.

The good news about an injury is that it typically indicates a weakness in the body, flawed technique, or inappropriate training practices. So listening to the body and following a recommended plan of action enables each athlete to become stronger, more efficient, and even less injury prone in the future.

Having several events in triathlon provides you the opportunity to train through just about any injury. If your legs are bothering you, you can swim. If there is shoulder pain, biking can be tolerated or resistance training on the non-arm parts. Injury should not cause a cessation of your exercise routine, simply a modified routine.

The key is to nip nagging pains in the bud before they become debilitating (if injuries are too far along, you should contact a chiropractor, physical therapist, or physician). Here is a look at some of the common ailments and suggestions for responses:

1. Foot/Arch Pain (often associated with plantar fasciitis):

- a. How tight are your calves?
- b. How old are your sneakers? Are they the best fit for you and your running gait?
 - i. Tight calves and worn sneakers are often two common causes of foot pain and plantar fasciitis like symptoms.
 - ii. Stretch and strengthen your calves and visit your local running specialty shop.
 - iii. Look into foot esthetics for your biking shoes - if you require orthotics for your running shoes there is a good possibility you may need them for your biking shoes as well

SUPPORTING CHARITIES

We hand picked a few to support their [causes](#) and allow participants to do the same same. Hope you do!

Rosie's Place

Dana Farber

Prostate Cancer Foundation

Local YMCAs

"NOW THAT'S A TRIATHLETE!"

"I knew I was in trouble when I got winded filling up my bike tires prior to the race! Guess I need to

beef up training!"

GREAT TRAINING SONGS

What makes them great? They either psych you up or simply make you feel good! *[Please don't wear headphones when you ride outside though!]*

- "Hit the City" by Mark Lanegan
- "Everlong" by Foo Fighters
- "Crazy Train" by Ozzy Osborne
- "Kiss Kiss" by Chris Brown & T Pain
- "Everytime We Touch" by Cascada
- "See You Again" by Miley Cyrus
- "Idea Lab" by David Gielan
- "Surfin' USA" by The Beach Boys

WHY LIMIT MAX RACE PARTICIPANTS?

Three really good reasons:

- 1) **Safety**
too many racers

2. Pain in your shin area

- a. Look at your sneakers and the surfaces you are running on.
- b. Address the age of your sneakers. We recommend a new pair every 3-months or using several pairs and alternating between them.
- c. Ice, ice, and more ice. Fill a Dixie cup with water, freeze it, and give yourself an ice massage.
- d. Run on softer and varied surfaces. Avoid concrete and don't run the same route all the time. Change up direction and side of the road.
- e. Draw the alphabet in the air with your feet to strengthen the shin muscles.

3. Knee and Achilles pain

- a. A common complaint for many runners and triathletes is knee pain associated with a tight or an aggravated IT band (iliotibial band which runs from your hip to your knee).
- b. A tight Achilles tendon is also a common culprit of pain.
- c. When these (IT & Achilles) are tight or aggravated, it can cause mild to debilitating pain.
 - i. First - look at your running and biking gate - are your feet, knees and hips tracking correctly and in line (e.g. have someone watch you).
 - ii. For your IT band, use a foam roller or a thick towel wrapped around a rolling pin, lie on your side (upper thigh) on the roller and roll up and down (hip to knee) at least 10-15 times. It can be quite painful, but it does wonders.
 - iii. For tight calves, calf stretches and strengthening exercises are simple but essential.

4. Muscle instability and poor balance

- a. Avoid injuries and improve balance by resistance/weight training as well as adding in stability and balance exercises. Beginners to resistance training should start their program with a full body stability, strength, and conditioning program; starting out easy and progressing every couple weeks to help avoid injury.

Think about seeing a specialist when the pain doesn't go away after a couple weeks especially after you listened to the above suggestions and/or you had a previous history with this pain or injury and it just keeps coming back or getting worse. We recommend looking for specialists that are also very active. This way they can better help you and understand how important working out and training are to you.

There you have it, some very simple signs and suggestions to get you through the beginning of your new exercise plan and on your way to a healthier and more active life. Good luck, have fun, and train smart!

exceeds common sense standards for each tri discipline

2) **Organization**
limiting variables is essential, e.g. various skill levels, goals, spectator involvement, mother nature, etc. more triathletes = more variables

3) **Efficiency**
reasonable #s
increases race day throughput and speed, allowing for faster post-race life activities

TRI CONNECTIONS

[Max Website](#)

[2007 Photo Gallery](#)
See if you made the gallery!

[Suggestion Box](#)
Got any???

[B&S Fitness](#)

[Craft](#)

[Fit Werx](#)

[Lock Laces](#)

[Sage Chiropractic](#)

[Tri-Zone](#)

[Village Bicycle](#)

TRIATHLETE SPOTLIGHT

NANCY THOMSON

Profile- During the day I work as the Payroll Manager & HR Generalist for Coldwell Banker Residential Brokerage. I have three children, two boys ages 13 & 14 and a daughter who is 16. My two boys are special needs. The kids have a great sense of humor and are my biggest fans. They come to my races to cheer me on.



The "beginning"- I swam Division 1 in college and I was talked into doing a tri. I placed third in my age group and was THRILLED. From then on I was hooked. The last race of that summer- I won the race outright. I decided to focus all of my efforts on racing and within two years I was qualified to turn Pro. My debut on the pro circuit was short-lived when I found out I was pregnant with my daughter and shortly after I had my two sons. Three children under the age of three really put a damper on my racing and training :o) I attempted to run with all three of them piled into a stroller. That wasn't really working out for me so I hired a sitter so I could go back to swim practice. I loved swimming competitively again and qualified for Long Course Nationals. That meet really got the competitive juices flowing again so I started to add running and biking into my workouts during my lunch break. As the children have gotten older I have been able to get a lot more training under my belt.

Athletic Interests- I downhill ski every weekend with my kids. I learned to cross country skate ski this past winter. In high school I played field hockey and lacrosse and swam year-round for the New England Barracudas. In college I played on the water polo team after the swim season had ended.

Triathlon Accomplishments- Last year I competed in 17 races and that was only because I did Ironman Lake Placid and I had to sacrifice some races to train for it. Overall I had a good year, I finished 2nd overall women in three races, 3rd overall women in two and I won my age group in nine races. I ended the season in the USAT rankings as All-American Honorable Mention in the 40-44 age group.

Motivation- Triathlon is more of lifestyle for me than a sport. I love the training & racing, the awesome people involved, and the cool equipment! Motivation has never been a problem because I always find new challenges for myself. I have 21 races on my calendar this year and I can't wait to start racing.

Goals for 2008- Run Faster, Ride Hills Stronger, Place Top 3 in my age group in every race, Win my age group in a least 8 races, Win 1 race outright - 1st place Overall Women, Make All-American

[Westborough YMCA](#)

[Xterra Wetsuits](#)

MAX FEATURED RACE OF THE MONTH



July 27, 2008
Lake Dennison Recreation Area
Winchendon, MA

It's definitely a signature Max race. We have two races happening simultaneously, both Sprint and Olympic distance races to allow for flexibility with your 2008 race schedule. In fact, we had to raise our game for this race in 2008 to reciprocate being awarded the **USAT Club Championships**. So, besides the fun triclubs that will be attending, we'll have a post-race Jimmy Fund BBQ, two Xterra wetsuit giveaways, grass transition area, two gigantic race arches, blaring music and much, much more. Come see why the USAT picked this race since it won't be a diamond in the rough after 2008.

Want more info? Visit www.MassStateTri.com

Or [CLICK HERE](#) to sign up!

Max RDs are USAT Certified & all Max Races are USAT Sanctioned.

Future issues will cover race distance accuracy, a training plan for "an average triathlete" and more!

All the best,

Tim Richmond

*RD, Max Performance
617.797.2215*

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with your friends!***

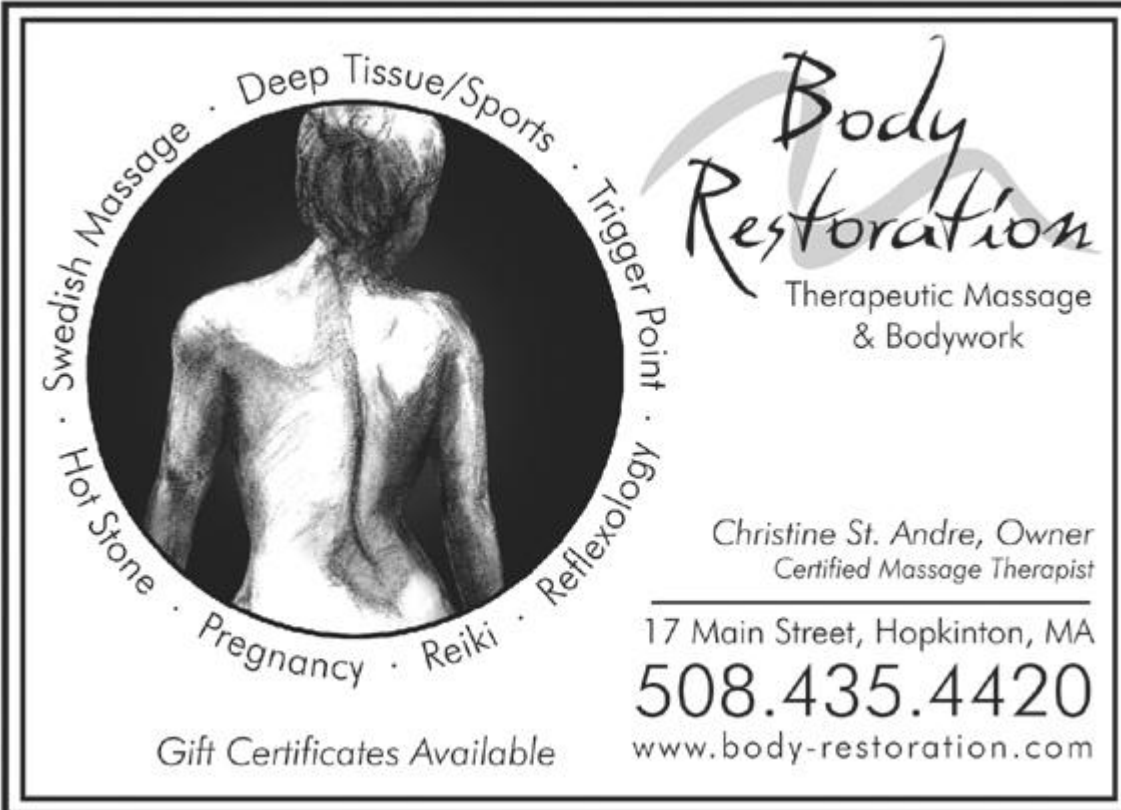
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Remember to check back monthly for other great giveaways!!!!

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