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**FAVORITE
WORKOUT:
CORE
STRENGTH**

CAN YOU TAKE IT TO THE NEXT LEVEL?

Part 1 of 3

We receive numerous questions on how a beginner and "middle of the pack Age Groupers" can get to the next level of triathlon performance. Most triathletes refer to the "next level" as finishing in the top 5 of their Age Group category in a Sprint or Olympic distance race. Most are also shocked when we tell them the commitment required.

So, we thought it would be fun to share our 2-cents on the subject in terms of solid tips we've found essential to perform among the best in each age group. Even if you don't quite make the top 5, you're guaranteed to improve your performance if you follow this advice. Real life examples (RLEs) also follow.

Get some benchmarks

Don't guess at what times you'll need, look up several races you've done and see where the top 5 performed compared to your times. It should be the same race(s) since different races have different difficulty levels, distances, etc. Separate the top 5 from the top 10 also. Why? The top 5 are usually even another notch above places 6-10, so shooting for the latter group is a more achievable goal. Go for the top 5 after you get in the top 10. RLE - Top 3 in my age group beat the next 7 by 15% on average in big races - that's a big difference when you do the math.

Commitment - Eye of the Tiger

Most of you will have to increase your weekly training by 30-40%, minimum. If you think you can just knock out a lifetime race without the training sacrifices, you'd be the exception for sure. This training increase will naturally require more planning in order to work the larger devotion into your already busy lifestyle. Days of just taking your workouts "as it goes" are gone. RLE - av. my weekly hours for Olympic went from 8 to 12 when I set out to get into the top 5.

Go long

Long bike rides and long runs (swimming not so) as part of your weekly routine are essential to get your strength and endurance levels to where they need to be. What's long? Varies based on your age group and goals but at least twice the distance of your individual race segment makes sense. RLE - my long runs were either 13-miles or 1 ½-hrs. and long rides 40-50 miles for an Olympic race.

Aero is a must

The difference in riding your bike aero and not can add up to a 10% difference! That's a huge amount of time to try and make up on the run. Don't underestimate the training required to ride 95% of the race in the

Two times a week when you need to give your legs a little break. Do 45-60 minutes minimum of various core exercises. For us, "core" generally equates to hips, abs, back and glutes. Sometimes we do chest and triceps to mix it up or help our swimming. Tons of these exercises are demonstrated in online clips or graphics which are far more explanatory than us trying to explain them in text.

"NOW THAT'S A TRIATHLETE!"

"I'm not sure who is crazier- you guys sending out a 3 AM weather update the morning of the race or me being awake to read it."

TRI LINGO

High Catch

This actually pertains to a swim phrase in freestyle. Why is catch so important? The ability to catch a lot of water is the difference between having the most efficient and strongest pull versus slipping through the water. Swimming without a high catch is like being in the wrong

aero position though (hills being the other 5%). You'll use different leg muscles, your back and your neck more going aero. So, it requires lots of training to get yourself up to the point of doing the entire bike segment in the aero position. RLE - it took me 4-weeks of focus and incremental build up to get to 1-hour straight in the aero position at my desired race pace.

Hire a tricoach

Many triathletes have successfully used a coach to help them get very competitive (see this issue Featured Triathlete). They provide structure, experience and know-how in a big way. If you are not intimately familiar with these terms, you definitely would benefit from a coach - HRM, VO2 Max, Periodization, Lactate Threshold and Tempo workout (see a nice promo in this issue from a great coach).

Hopefully these tips help get you psyched to take it to the next level. Additional avenues to help you achieve high performance will be covered in the next two newsletters...

BEGINNER TRIATHLETE GOTCHAS

Hey, any new sport is going to require experience before you can avoid common pitfalls, but there are not as many as you may think. So, here are a few common Gotchas and how to avoid them:

Going out too fast in the swim - just peruse our July 2008 article titled "How to avoid a Panic Attack" and you'll know why we recommend going out slowwww. It's much easier to pick up the pace as you get in a swim groove and the wave thins out then it is to get your composure and catch your breath because you went out too quickly.

Accelerating your training program too quickly - competitiveness can help cause you to want to go faster and/or farther too soon. You can give it a shot but your risk of injury is probably commensurate. Try and incrementally add to your speed and mileage throughout your season at a practical and comfortable rate, e.g. 10-15% is a reasonable increment.

Trying something new on race day - sometimes it's a wetsuit, nutrition gel and/or piece of equipment. It may work out but it will increase added complexity or stress. So, we recommend to stay in your comfort zone and mimic race day everything prior to the race. Try new things in training before making them part of your race routine.

Eating too much on race morning - all the articles on carb-loading, glycogen and ironman stuff dominate the tri-media. It generally doesn't apply to Sprint or Olympic distance races though. So, eat a reasonable amount 2-3 hours (yes, that's getting up real early) before the race, maybe equivalent to what you've done before a hard workout - hint, see above.

Not resting enough before the race - and we don't mean the day before. Many triathletes train very hard the week of the race and don't give their muscles enough time to heal and get rested. Are you really gaining necessary fitness the week of a race or disproportionately risking injury? So, try the "taper" thing the week of the race by cutting pretty far back on training (e.g. 40-50%). Workout at comfortable paces to keep your muscles loose and trust your preparation and race day excitement

gear on your bike, you're spinning but not going anywhere. Improving flexibility helps and a lesson or two with a tri-coach.

MAX PRAISE

"I did my very first tri on May 11th with Max, and had one of the best times of my life. The atmosphere was amazing. Everything was so well organized and everyone was fantastically helpful and motivating. I don't want to sound overboard here, but that Sunday was life changing for me... thank you. If you had any tips to share, I would gladly accept them!"

-Devan

to have a good race.

Not drinking on the bike portion - cool breezes, a quick 12-miles, etc. cause many folks to come into the transition area with full water/drink bottles on their bike. Why carry the extra weight if you're not going to drink it? Drinking does really help replace lost fluids and carbs that you'll need for the run. Plus, one bottle should be plenty, no more or you may actually overhydrate.

DRINKING AND EATING ON THE BIKE DURING LONG TRAINING RIDES

What do I consume and how much?

Without on-bike food and fluids, you can't pedal very far or fast. Many triathletes don't eat enough and many *eat too much*.

The average person can process about 1 gram of carbohydrate per minute, regardless of how much you consume. The bottleneck isn't your muscles, it's your intestines. They can transport glucose from your food into your bloodstream only so fast. So, dumping more carbs into your stomach doesn't necessarily increase the absorption rate, but it can increase your chances of an upset stomach.

Here are some good rules of thumb to optimize your carb intake and boost your energy during training rides:

- Consume 30-60 grams of carbs per hour
- Separate sports drinks from energy foods during consumption. For example, consume water while eating energy bars and gels.
- Consume a sports drink by itself.
- Utilize energy foods that contain a mix of sugars - such as glucose, fructose and maltodextrin, instead of just one type

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!]*

▪ "Bullet and a Target" by Citizen Cope

▪ "Ready to Go" by Republica

Here are some ideas on how to fuel up on rides of various lengths to increase your energy and fuel you for additional speed:

<u>Ride Duration</u>	<u>Main Focus</u>	<u>What to Drink</u>	<u>What to Eat</u>
Up to 1-Hour	Fluid Replenishment	Plain Water	Stored energy can do it but carry 1 gel just in case
1-3 Hours	Carb Replenishment	1 bottle of water and 1 bottle of sports drink per hour at least	30-60 grams of carbs per hour of bars, gels, & sports drinks
>3 Hours	Carb & Electrolyte replacement; food boredom	Same as 1-3 hours	Same- also, eat more solids at the beginning of the ride bc

- "Shake It" by Metro Station
- "When I Grow Up" by Pussycat Dolls
- "Song 2" by Blur
- "Superman" by Goldfinger
- "Fat Bottomed Girls" by Queen
- "Rock and Roll" by Led Zeppelin

digestion gets harder as rides get longer

TRIATHLETE SPOTLIGHT

Claire Murphy

Profile- I am a stay at home mom with three kids ages 11, 9 and 6. All three kids play hockey so I spend the off-season (September- April) driving them from rink to rink. One of my hobbies is creating video/slideshow DVDs for family and friends.



The "Beginning"- This is my fifth season doing triathlons. My first race was Danskin New England. Once I realized I survived the swim, my next thought was wow this is sort of fun, hopping on a bike and flying down a hill. By the time I got to the run, I was psyched! My favorite races have been the Monster and Buzzard's Bay. It doesn't get much cooler than swimming in the Boston Harbor or completing an ocean swim.

Athletic Interests- Now that my kids are older we can ski and golf together. Prior to triathlons I was an avid runner and completed the Boston Marathon and Marine Corps. Tennis and bowling were also fun before the kids came along.

Triathlon Accomplishments- Five seasons ago, In my first triathlon, I came in 100th out of 2000 and thought hmmm how can I improve my times? I muddled around, picked a coach and last year my times went down. Last summer I received two first and two second places, 3 of which were Max performance races. This year I placed 1st in AG at Hopkinton tri and top 5 AG in other two races.

Motivation- I like the training. All the exercise helps me keep balance in my life. It is easier to deal with the daily stresses of being a mom when I complete a work-out. And, it lets me enjoy one of my favorite meals: a burger and fries!

Goals for 2008- To continue to maintain a balance between family and sport. race injury free and place in the top 3 of AG. I don't have any "A" races, I just try to race every race just a little faster than the last one.

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

TRI CONNECTIONS

[Max Website](#)

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

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

[R&S Fitness](#)

[Charles River YMCA](#)

[Clark Community
YMCA](#)

[Craft](#)

[Fit Werx](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

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[Sage Chiropractic](#)

[Tri-Zone](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

MAX FEATURED RACE



Perfect Season Finale

**September 28, 2008
Demarest Lloyd State Park
Dartmouth, MA**

Sprint Triathlon: 1/3 Mile Swim, 14.7 Mile Bike, 3.1 Mile Run

The Buzzards Bay triathlon has been selected as one of Massachusetts Best Races was a huge success in 2007. Triathletes came from near and far to appreciate the beauty of an amazing Park and course layouts.

We are looking forward to our 2008 race in late September. The bike course is a major highlight with views of the bay, farmhouses, and stonewalls, with fall foliage at its peak. Demarest Lloyd State Park is true hidden gem that serves as a fantastic season wrap-up!

For more information and to register, [Click Here!](#)

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

All the best,

Tim Richmond

*RD, Max Performance
617.797.2215*

**Max welcomes suggestions on future topics.
Just reply to this email with your 2-cents.**

MAX VOLUNTEERS



Sign up to volunteer for the Title 9 Tri in Hopkinton or the Buzzards Bay Tri in Winchendon and get a **FREE ENTRY** to a future Max Race in 2009!

Interested?

Simply email volunteers@maxperformanceonline.com.

Let us know which race you will be volunteering at and afterward for your efforts we grant you a FREE Max Performance race entry!

25% OFF WOMEN'S MANIAC TRI TEE



Maniac is a new, women owned tri apparel company who creates clothes especially for women. They want you to be a *Maniac* for what you wear!

Now through 9/14, get a **Maniac for Triathlon** white, V-Neck tee for **\$15!**
That's 25% off the original retail price!

www.maniacfor.com

50% OFF FIRST MONTH OF TRI COACHING!

B&S Fitness

Need a Tri Coach?

BnS Fitness in Salem, MA is giving all triathletes **50%** off the first month's coaching fees with a 3 month obligation.

If you are signed up for Max's Title 9 Women's Only Sprint Triathlon- you get a **FREE** month of coaching with a 3 month obligation!

Simply mention Max during sign up to get this great promotion!

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