

**IN THIS ISSUE**

Tri "Lingo"

Great Training Songs

Now That's a Triathlete!

Favorite Workout

Training Tips

Tri-Racing Myth Busters

Why Join a Tri Club?

Tri Club Listings

Triathlete Spotlight

Nutrition Report

Sponsor Promotions

**TRI-RACING MYTH BUSTERS**

The sport of triathlon is still relatively immature. The USAT is woefully understaffed to educate the entire country, sanctioning requirements still allow everyday Joes to organize a race, and the two main national tri magazines are only published monthly. Therefore, it's only natural to have certain myths seep into the sport. Here's a quick attempt at busting some of the more common tri-racing myths:

**Myth - Transition times don't really make a difference.**

True if your only goal is to finish the race. Want proof? Just look at the transition times of the top 10% finishers in your age group compared to the rest. Plus, the shorter the race distance, the greater the importance since it's harder to make up the time. So, how do you improve your T-times? Visualization, organization, and practice are three good ways to greatly improve your transition times. The January Newsletter will give you a few more tips.

**Myth - Core strength training for triathletes if overemphasized.**

Doubt it. Core strength is a key component of all 3 disciplines. For example, greater torque in the water, more stabilization during the pedal stroke on the bike, and improved technique while running. Still not convinced? What about your stiff back as you got off the bike to start the run? are your lats tired after a good swim? ever known a fast runner who didn't do a huge # of ab exercises?

**Myth - Doing 1-2 Brick workouts prior to race season will prepare you for T-2.**

Only if you don't mind running crouched over the first mile. Just ask Matt Brick (yes, the real guy it's named after). Your range of motion on the pedal stroke is limited. This tightens the IT bands (they run along side the leg from the hip to the knee). Your psoas muscle (runs from the lumbar to the femur) also shortens on the bike. Both these key muscles need to lengthen to run with the full extension of your leg. Finally, cycling focuses blood flow in the quads while running favors the back & lower parts of the legs. Brick training helps you correct these situations more quickly in the race. Since you have a bunch of things to correct, makes sense that more like a minimum of 6-7 Bricks prior to race season are needed. We like 20-20, 30-30, 45-45, 1-1, 1 ¼-1 ¼, 1 ½-1 ½ to help get us there.

**Myth - Workouts have to be at least an hour to be meaningful.**

Not so. Great workouts can be achieved in less than an hour if you focus on specific muscle groups. You can achieve fitness gains, improve life's activities balancing act and help your state of mind. A good example is the aforementioned Core workout and another is a concentrated 45-min. bike interval, i.e. WU 10 min., shift to a big gear for 25 min. at 70-75 rpms (RPE 7 out of 10), CD 10 min.

**Myth - The best swim workouts are non-stop, long distance sets.**

Many athletes use this strategy as a way to build their confidence so that

**TRI "LINGO"**

**Slow-twitch**

These fibers contract very slowly (in comparison to their cousin the fast twitchers). Slow twitch muscle fibers = strength and endurance of a muscle. They are useful during higher rep training (12-20 reps) and longer distance triathlons.

**Fast-twitch**

These fibers assist with short bursts of power. Fast twitch muscle fibers = ability of a muscle to rapidly contract to a specific distance over a short period of time. They are not effective in longer-term training, but are very useful in brief, high-intensity activities (e.g. power lifting) and various parts of sprint triathlons where "bursts of power" are utilized.

## 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
- "Robot Rock" by Daft Punk
- "Stronger" by Kanye West
- "The Rat" by the Walkmen
- "Primitive" by Ambulance Ltd.
- "Diamond Road" by Sheryl Crow
- "Drives" by Turn 3
- "Misery Business" by Paramore

## "NOW THAT'S A TRIATHLETE!"

"I'm proud to place high in my age group nowadays, but my first triathlon 3-years ago wasn't so fruitful. Maybe it had to do with riding the entire bike loop with my swim cap under my helmet."

## FAVORITE WORKOUT

### 10K Tempo Run

<b>Warm-up:</b>	1 Mile(Build Slowly)
<b>Main Set</b>	1 Mile @ 30 sec.> 5k pace
	1 Mile Recovery @ 1:30 > 5k race pace
	1 Mile @ 30 sec.> 5k pace
	1 Mile Recovery @ 1:30 > 5k race pace
<b>Cool Down:</b>	1 Mile (Easy Jog to finish)
<b>Total</b>	6 Miles

they can "do the distance." This approach has benefits but it is neither exciting nor effective at making you faster. A better approach is to combine long sets with interval work. This helps to keep things fresh and goal oriented. Furthermore, intervals also allow you to focus on technique- the best way to swim faster.

### Myth - Rest is the only way to truly recover from triathlon-related injuries.

Not always the case. Generally speaking, if you hear sudden sounds such as "snap, crackle, pop" then YES rest is of the utmost importance to avoid further injury, decrease pain and inflammation, and allow the body to heal. However, if we are talking about a chronic, nagging, repetitive stress injury (often incurred during triathlon training), then movement with light intensity is often helpful for recovery. Excessive periods of rest can weaken bones and muscles. Additionally it can make you stiff, depressed and even increase the pain. Light exercise or active recovery workouts such as light swimming, light cycling or walking can keep you supple, maintain fluid ranges of motion, and release natural chemicals that block pain pathways to the brain. People who cope with injuries by being positive, staying active (even if light) often have better success in recovering from injuries than sedentary folks do.

## WHY JOIN A TRI CLUB?

*Written By: Dave Tyler, Secretary and Co-Founder of TriFury*

Although triathlon is very much an individual sport, the benefits of belonging to a triathlon club or team are significant. Triathlon clubs often offer coaching, group workouts, clinics, mentoring, social events, selected race series, networks for training partners, information forums, as well as significant discounts from club sponsors. In fact the annual cost of a club membership can often be fully recovered in just one purchase of a wetsuit, a few accessories, a bike or nutrition supplements from a sponsoring vendor.

Doing a triathlon event along with club members, many who are wearing the same uniform, helps make the training and race effort more worthwhile and accomplishment more enjoyable USA Triathlon supports the club system with a variety of benefits including the State, Regional and National Club Championship races. Club champions are crowned based on a point system assigned each club for age group placing as well as for every member who finishes. Triathlon clubs compete for these USAT Club Championships at five divisions based on club size.

In the off season many clubs hold clinics, swim workouts and spinning sessions for their members. The communication amongst club members can also help you learn which triathlons to race based on fellow members past experience, as you seek out well organized and high quality events. After all, the thrill of success in triathlon can really be more fun when you have fellow triathletes to share it with. My club, TriFury, based on eastern Massachusetts and southern New Hampshire has grown to a network of over 270 members, ranging from the first timer to endurance veterans, who take advantage of the support they receive from their fellow members. Give a club a try in 2008.

## TRICLUB LISTINGS

### [Asphalt Green Triathlon Club](#)

The Asphalt Green Triathlon Club offers a challenging, fun and rigorous

This is a great Tempo workout that focuses on sustaining your pace and effort for roughly a 10k. If you're not able to gauge distance on your run, then try to utilize an estimated time for each mile based on previous races or workouts (e.g. 7:00 minutes a mile). On average, do once every two weeks to allow for adequate recovery between hard efforts.

## TRAINING TIPS

### Sighting

Practice sighting in a pool and try not to lift your entire head out of the water. Practice lifting just your eyes and nose out and don't stop your stroke. Think alligator and you won't force the rest of your body to drop causing a huge drag.

### Fartlek

(cool name: fart= speed, lek= play) A less structured approach to interval training and more fun. Include short bursts of speed into your average workouts (run, bike or swim) to improve endurance and strength, e.g. 2 min. fartlek bursts during a run at 10K pace. Choose the interval length, quantity, and pace and you're ready. Use rest intervals that allow full recovery before next one.

## TRI CONNECTIONS

Website:

[www.maxperformanceonline.com](http://www.maxperformanceonline.com)

[2007 Photo Gallery](#)

See if you made the gallery!

[Suggestion Box](#)

Got any???

training and racing community for athletes interested in improving their performance. Their members represent every level of competition - from newbies just starting out to athletes preparing for Kona. And with over 500 members, there is always have someone to train with. The club features diverse training opportunities, expert coaching, performance enhancement services, access to World-class facilities, and social events that are a great way to meet and train with other triathletes.

### [Boston Triathlon Team](#)

The Boston Triathlon Team enters it's 21st year in 2008. BTT is a diverse group of athletes with some members focusing on local races and other members focusing on Regional and World Championships. Also, BTT maintains a healthy balance of social events and exploring life outside of triathlons.

### [Cape Cod Athletic Club/Cape Cod Triathlon Team](#)

The Cape Cod Triathlon Team is a group of year-round and seasonal residents of the Cape along with some athletes who are frequent visitors to the area. Members include novices up to a double-ironman. Four club sprint triathlons are held in summer. The team is affiliated with the Cape Cod Athletic Club. Visit the site for the most up-to-date information on club and team happenings!

### [Comprehensive Racing](#)

Comprehensive Racing is a multisport and cycling team based in 3 areas- the north shore of MA, Worcester, MA, and southern NH. They began as a team of 3 in 2001 and have since grown into one of the most welcoming and successful multi-sport teams in New England! They are a group of about 50 athletes working to successfully balance the sports of triathlon and cycling, with the demands of life, family and friends.

### [iheartracing](#)

iheartracing welcomes new members with open arms. They provide a great environment that includes uniforms, group training and workouts (it's much more fun to have someone with you when it starts pouring during your track workout), clinics and seminars, coaching, social events, discounts on products and services, and more! The "Club" is open to athletes of all ages and abilities, those new to the sport and those who have been racing for years - sprint-distance athletes to Ironmen.

### [North Shore Tri Team](#)

NSTT is the premiere triathlon team in the North Shore area. Meet people that have similar interests and training goals. Their USAT coaches will be available to help you improve as a multi-sport athlete. NSTT Sponsors offer discounts at their shops and help you find the gear that is right for you.

### [SBR Tri Club](#)

The SBR Triathlon Club offers year-round triathlon training to NYC based athletes. The club is based out of SBR Multisports, a triathlon shop located on 58<sup>th</sup> St. between and 7<sup>th</sup> and Broadway, just one block from NYC's Central Park.

### [TriFury](#)

TriFury welcomes athletes of ALL abilities and believes that if you have the desire and motivation to train and compete (and a little fury or fire in the belly), you too can do a triathlon. Currently, TriFury has about 275 active members, nearly 50% growth from 2006. The majority of members use the sport of Triathlon to give their lives a challenge With that challenge comes a new meaning, which extends long after the race is

over. Join TriFury and experience the camaraderie and goodwill as the team develops and promotes triathloning at all distances.

### [TriNaults](#)

TriNaults is a multi-sport club based Manchester, NH and are the 2007 New Hampshire Club Division 4 State Champions! Their Primary goal is to promote the sport of triathlon, Duathlon, Xterra, mountain biking, and adventure racing in the local and surrounding communities. TriNaults consist of athletes of all ages and abilities who swim, bike and run for fitness, fun and competition.

### **US Coast Guard Triathlon Club**

The club consists of 10 to 15 cadets who train for triathlons in the local area. Practices are mostly cadet run and take place between classes and after school. The club has competed at the Hammerfest triathlon, Madison Triathlon, and the ITPMAN Triathlon, continuously having cadets place in the younger age groups. They also have sent individual members to compete in Half Ironmans and other races around the country. In the future, the club hopes to compete in the Annapolis Triathlon against the other service academies and the Collegiate Nationals against schools from across the country.

Also check out:

### [Bay State Tri Team](#)

### [Shoreline Sharks](#)

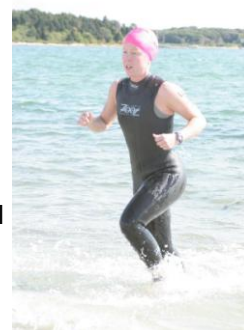
### [Team Psycho](#)

### [Team Rhode Island Tri Club](#)

## TRIATHLETE SPOTLIGHT

### **Tinamarie Sanborn**

**Profile** - I am a 29 year old parent of a Shih Tzu, named Java. For two years I have worked at Boston Medical Center in the Cardiovascular Risk Reduction Program and stress testing labs, as a Clinical Exercise Physiologist. I love working with people to promote health education and increase daily physical activity among any person I can inspire. My intention everyday is to *succeed, inspire and be inspired*. Through my job, athletics and the people I meet this does happen!



**The "beginning"** - summer 2007 was my "rookie" season. I have been running since high school and biking since 2003, most of which was trail riding in San Diego, CA up until this past summer. I learned how to swim last December, after I was diagnosed with a pelvic stress fracture after my qualifier for the 2007 Boston Marathon. Up until then my best stroke was the doggie paddle. My boyfriend Bryan inspired me to give this sport a "tri". Java (the dog) and I enjoyed going to watch him compete. Everyone looked like they were really having fun ...now I know why!

**Athletic Interests** - As a kid: biking, downhill skiing and flag football. In high school I was on track and cheerleading teams. I was a cheerleader

at UNH during college. I love being outside (preferably in the warm weather). For leisure pursuit I like to golf and hike. In the tri-world I do not have a favorite sport; it all depends on the day. That's what I love about it!

**Triathlon Accomplishments** -Completing my "rookie" season (3-sprints) is thus far my biggest accomplishment. Highlights along the way: making my family proud, training with and learning from Byran, competing on 3 beautiful race courses and winning my age group for the 2007 Max Performance race series!

**Motivation** - My motivation is my drive to be healthy and fit. The relationships made, stories heard and the fun had are added bonuses along the way!

**Goals for 2008** - RIDE MORE!!! Focus on improving both my speed and technique on the bike and in the water. Be competitive in 1-2 Olympic Distance races.

## PRE- RACE NUTRITION

### What to eat and when?

So, your big race is this coming weekend. You've managed to get in some great training the last few months, in between meetings at work and taking the kids to t-ball. You've even tapered this week by reducing your overall training volume, but kept some short intervals in each workout.

Many triathletes have it all come together leading up to race day, except for one pitfall: race day nutrition. You may ask yourself: "What should I eat on race day? When should I begin eating? Do I have to wake up at 3 AM to start eating oatmeal, two bagels, eight oranges, an energy gel, 3 bottles of Gatorade, and steak & eggs!?!? Ughh!

Ultimately, your pre-race nutrition will vary greatly depending on your race distance. If you are racing Ironman, you may burn up to 1000 calories an hour and thus your nutritional focus will be vastly different than if you were competing in a sprint triathlon.

Let's start with some basic strategies to use on race day that will help you have a great day:

- **Breakfast Early** - Try to have your whole food breakfast roughly 3-hours before the start of the race. This will allow for food to be digested and absorbed into your system. It will also leave you feeling less "full" immediately before racing. Unfortunately, this also translates into you waking up early and eating immediately.
- **Never try anything new on race day!** - Practice pre-race nutrition on your longer training days to find out what foods, gels, and drinks work best for you. Sample different combinations and try to focus on which foods your body agrees with. This is the time to experiment, not on race day.
- **Liquid versus solid** - Many debate this point and it's notable for you to consider, especially when competing in longer distance events. When requiring more than just a bagel and a banana on race morning, athletes turn to liquid nutrition which is absorbed more easily by your body. If you were to consume megacalories (e.g. Ironman), you would place a large demand on your digestive

system just a few hours from your big race and possibly sacrifice performance.

- **Avoid High Fats and Fiber** - The last thing you need is to get into your wetsuit and then have to run to the port-o-jons! Avoid foods that are high in fat and fiber, which typically can move through your digestive system. Focus on keeping your meal simple and familiar.
- **Don't forget to hydrate** - After eating your breakfast, try to consume a sports drink an hour before the event. Continue to sip on water and sports drinks up to 15 minutes before the race. Make sure you hit the restroom one more time before the gun goes off!

**Summary:** Let's keep in mind that everyone's body is different, so what works for you is the best choice. No defined pre-race meal will absolutely work for everyone, so take the time to plan out your pre-race nutrition and you will race faster!

---

*Future issues will cover featured MA races and more!*

*Happy Holidays!*

*Tim Richmond*

*RD, Max Performance  
617.797.2215*

***Max welcomes you to share this Newsletter  
with your friends!***

## **COMPUTERIZED DIET ANALYSIS FOR \$50**

The first 20 athletes to reply to this promotion will receive  
a Computerized Diet Analysis for \$50

***50% Discount if you act fast!!!***

**Call Elaine Vescio of Vescio MPS at  
508.612.3000**

**[www.mpstraining.com](http://www.mpstraining.com)**



**35% OFF WETSUITS & A FREE GIFT**



**Buy any Xterra Wetsuit at Full Price  
Get 35 % off**

**-AND-**

**Receive a FREE Mesh Wetsuit Bag with Assorted Gifts**  
(Wetsuit Repair Glue, Body Glide, and Wetsuit Shampoo!)

Visit [www.xterrawetsuits.com](http://www.xterrawetsuits.com)  
Use Promo Code: XHOLIDAY

**15% OFF ENTIRE ORDER**

**Order anything from Fuel Belt  
now through 12/31/07**  
and receive 15 % off your *ENTIRE ORDER!*



*There's never been a better time to buy gifts for the triathlete in your life or  
simply stock up for next season!!*

Visit [www.fuelbelt.com](http://www.fuelbelt.com)

Use Promo Code: HOLIDAY