



December 2008

IN THIS ISSUE

[Taboo Topics for Triathletes](#)

[Save the Dates!](#)

[Favorite Workout: Pyramid Intervals-Swimming](#)

[Now That's a Triathlete!](#)

[Tri Lingo: Interval](#)

[Great Training Songs](#)

[Supporting Charities](#)

[Max Praise](#)

[Official Sponsors](#)

[Get Faster on the Bike \(and run at the same time!\)](#)

[Why Hire a Triathlon Coach?](#)

[Indoor Trainers to Get Through the Winter](#)

[TriClub Update-Featuring BSTT](#)

[Nutrition News: Acai Berry- Superfood or](#)

GET FASTER ON THE BIKE (AND RUN AT THE SAME TIME)

First, the obvious - it's damn cold outside, so you probably won't be running as much, or you'll get bored on the treadmill. So, turning to the bike trainer is a common training theme. Now, the not so obvious - the bike can also make you a better runner! In fact, Joe Friel (International best selling endurance book author) sites a study in which fit runners ran four days a week, while another group ran twice and did two hard bike workouts. After 5-weeks, there was no difference between the two groups in running performance.

The operative word in describing the bike workouts is "hard." Hard usually does not refer to a casual spin around the neighborhood but a workout that challenges your cardiovascular system. If you invest a little more energy in workouts like tempo, intervals and hills, you'll become a better biker and runner. So here is why spending quality time on a bike trainer this winter will improve both your bike *and* run times and here's also how to do that.

Why the bike, it's harder to run?

Although you call upon some different muscles involved in biking and running, stretching your cardiovascular system provides the same benefits. For example, doing intervals at 80% of your maximum heart rate on the bike is the same to your heart and lungs as doing them running. Moreover, bicycling enhances running because it works the major muscles, e.g. quads, calves and glutes. Cycling is also a nonimpact sport, so it gives triathletes who like to run a break from all the pounding. This reduces risk of injury and allows for faster recovery. In short, cycling lets you add another high-intensity workout to your week and limits impact. Consequently, you experience increased cardio power, reduced stress on joints, lower risk of injury and the cumulative fatigue effect of high mileage.

Quality bike time

Many triathletes can do two high-intensity bike workouts a week, depending on your fitness level, training period and goals. So, adjust the following ideas accordingly, but you certainly can factor in at least one per week.

Experienced triathletes can ride hills or intervals (descriptions below) between runs without too much muscular fatigue. If you're feeling tired

[Fad?](#)

[Triathlete Spotlight-
Pure Inspiration](#)

[Beginners Corner-
Interval Workout
FAQs](#)

[Sponsor Promotions &
Charities](#)

TABOO TOPICS FOR TRIATHLETES

We've gotten enough requests for "things I'd like to know about triathlons but wasn't comfortable enough to ask." So, here is the start of that column...

Spitting on the bike:

What is the best location to spit while on the bike so as to avoid - taking your eyes off the road, getting out of the aero position and most of all, not hitting another triathlete passing by?

Answer: Straight down. Yup - time your spit with your leg spin so your knee is out of the way and shoot right down. The physics of it will never fail you! You could also 'go right' since USAT rules disallow passing on the right, but no guarantees everyone listens!

or you're a less experienced triathlete, do your hard ride between easy workouts. So, your training week may look something like this: long run, strength workout, hard run, easy recovery spin, swim, hard ride, day-off.

To up the intensity on the bike, shift to a harder gear or increase your RPMs/pedal speed. Finding the right gear takes trial and error, just like finding the right pace on a run. Try to keep your RPMs above 80 and avoid pushing big gears too much or you may stress leg joints. Hard rides should aim for 80%+ of your maximum heart rate or 5-10 % less than what you'd target for a run workout. Since the pounding of running elevates your heart rate, you'll fatigue fast on the bike if you try to maintain a heart rate that's similar to a run workout (that's why there are different training zones for the bike and the run).

Pedal Power

Here are some examples, adjust the times to your needs accordingly and always warm-up prior.

- *Hill Repeats* - you can either do long hill rides or shorter hills with a harder effort. These can easily be simulated on the bike trainer using high gears.
- *Tempo Ride* - ride hard for 30-minutes in the middle of a 1-hour workout. Or, do a progressive ride - a hard ½-hour portion, broken into increasingly faster 10-minute segments.
- *Intervals* - do five to eight 3-minute sprints, with 2-minute recoveries. Or, try to sprint for 15, 30, or 60-seconds with a 30-second rest.
- *Combo* - ride six 15-second sprints with 15-second recoveries, followed by six 90-second hard intervals with 30-seconds rest.

WHY HIRE A TRIATHLON COACH?

*Written by: Brandi Dion, B&S Fitness Programs, USAT L1, NSCA-CPT
Part I of II*

As a USAT coach, competitive triathlete and mother, I know the importance of time management and guidance to reach a certain goal or higher competitive level. I coach many athletes, and their reasons for seeking a coach vary. Here are some of the more common reasons to consider an endurance coach.

Discipline & Guidance

Most of my clients just want to cross the finish line of a triathlon, or just appreciate the fact that they can go through their entire season knowing what to do each day and why they are doing it. I can also speak from experience, as I hired a coach myself to help me reach a certain goal just last year. I know I could have designed my own plan, but, when you are your own boss, it is very easy to talk yourself out of things. I had to report to someone and since I was paying, I put value into what I was receiving and followed the plan to the best of my ability. I loved it! How great it was having someone else tell me what to do, life was good!

Coaches remove complexity from multisport training

Training for endurance events can be as complex and demanding as you make it, or as simple and matter-of-fact as you make it. Many questions can arise from both novice and experienced athletes:

SAVE THE DATES!

2009 Max Performance Races

After a superb 2008 tri season, we decided "If it ain't broke- don't fix it!"

Save these dates for your 2009 Tri Calendar:

New England Season Opener Du/Tri
May 10

Massachusetts State Tri
July 26

Sharon's Back Tri
August 16

Title 9 Women's Only Tri
September 6

Buzzard's Bay Tri
September 20

Can't wait to see you in 2009!

- How hard should I be training during the off-season?
- What and how much should I consume on long rides?
- Should I do all three sports in one day?
- How can I peak for my "A" race?
- How much or little should I do without over/undertraining?
- Will recovery weeks cause me to loose fitness?

These are just a few of the questions that will arise. Hiring a coach can remove some of the complexity and confusion, and help you find answers to your questions.

Coaches help maximize training time

Everybody has priorities and for the most part (hopefully!), triathlon most likely isn't #1 on your list...especially when you have a family and full-time job. This is when time management comes into play. If you don't want to be a triathlon widow or divorcée, you need to get the most bang from your buck with your training. This will mean quality over quantity for your training sessions. Just because you are training for a half or full Ironman doesn't mean your family has to go to the back burner and start to resent the big event.

My husband and I are both Triathletes and we're lucky since we've always trained together. But now we have a 6-month old baby which makes training less of a priority...but still needs to be done! So, we have to have better quality workouts with less volume. Of course we make our weekend workouts family time so we drag her along with us in a stroller or chariot. If you are not so lucky and your spouse doesn't understand why you train so much - a coach can guide you to your minimum volume so you have high quality workouts while keeping the relationship with the partner and family nice and strong! Who knows, maybe they will even come cheer you on as you cross the finish line of your next big event. I know I would want my family there to share in the moment and accomplishment of what I just achieved rather than being resentful and thankful that the neglect you just put them through is over.

Coaches can be virtual

Many experienced coaches provide great services to their clients in a virtual fashion. The nature of geographical differences, busy schedules and timeframes, often dictate that virtual coaching be used to accomplish training goals. Some of our longest running clients actually live in other States.

FAVORITE WORKOUT: PYRAMID INTERVALS-SWIMMING

Start with 50 yds., then 100 yds., then 200 yds., then 300 yds., then 400 yds. And then go back down.

Rest 1-2 minutes in between sets. Total

Picking a Coach Guidelines

Remember however, there are many athletes out there under the coach label. So, consider the following guidelines to ensure the proper selection. Make sure you and your coach's personalities are compatible; you understand each others goals and philosophies, and their pricing scheme fits into your budget. Just because you hire a coach doesn't mean you need to pick up a second job or sell an organ. And remember - just because they may be a pro-level triathlete, that doesn't necessarily make them an extraordinary coach. It may just mean they can try and charge you a lot more money. Coaching expertise primarily rests with experience, education, reputation, and certifications of that individual.

To inquire how we can help or just ask us more questions, [send us an email](#). Or, to see us in person, look for us at all the Max Events. We can help you achieve your goals and be there to cheer you on while doing it. Or if your goals do not fit our service offerings, you can use us as a resource to help you find a coach that may be right for you. It is all

distance = 1-mile

Flexibility - shorten the lengths, increase the rest periods

about helping you achieve your goals!

Next month's article will address FAQs for tricoaches.

If you're considering a tri-coach, take advantage of the B&S Fitness Promo offered in the bottom of this newsletter!

"NOW THAT'S A TRIATHLETE!"

"To participate in the same Olympic distance tri as the Hoyts was an unbelievable experience. Every time I felt like I was losing my energy I thought about them and things quickly went into the right perspective. This race will forever be etched in my mind and hopefully reflected upon when life's adventures upset my apple cart."

INDOOR TRAINERS TO GET THROUGH THE WINTER

As the cold winter days approach, don't let your cycling fitness go out the window. If you haven't purchased an indoor bike trainer, then now is the time. Sure, you can take spin classes at the gym or simply rely on running and swimming this winter. But why not have your own trainer? An indoor bike trainer is really quite essential in the triathlete's arsenal of toys. We'll highlight the benefits of using a trainer this winter and the different types of trainers on the market.

- **Isolate Weaknesses:** A bike trainer can help you work on weak areas in your pedal stroke by isolating points along the "clock." Drill work can help you focus on the upstroke (the weakest area - identified from 6-12:00) as you move through your entire pedal stroke. Or you can target one leg drills on your trainer. Both of these drills translate into big gains during race season.
- **Aerobic Fitness:** You can maintain and even increase your aerobic fitness through riding on a trainer this winter. Following workout plans or cycling videos can help you bring your aerobic capacity to new levels. Endurance Films and Spinervals are some of our favorite videos!
- **Indoor Benefits:** You can ride on your trainer any time of day, with ideal conditions, free of rain/ice on the roads. Plus, you can track progress by completing some of the same workouts at different points along your winter training program.

TRI LINGO

Interval

An interval workout consists of bouts of high intensity work alternating with periods of lower intensity or rest. By varying the length of the work interval and the length of the rest interval, a wide variety of workouts can be designed to achieve a range of goals. [see Interval FAQs also in this newsletter]

Types of Trainers: (Rear wheel stationery trainers)

Wind: This is the most basic and least expensive type of trainer on the market. Wind trainers are based on resistance from a small fan, but can be a bit loud. It's designed for people looking to complete general indoor workouts with low/moderate interval work. Highly skilled cyclists may find the wind trainer resistance too easy when reaching higher intensities and cadence.

Magnetic: Magnetic trainers offer adjustable resistance, as they act proportionately to the amount of resistance applied to the pedals. By using magnets, versus a fan, this type of trainer is quieter than a wind trainer. Magnetic Trainers offer a more realistic simulation of climbing, sprinting, and spinning.

Fluid: Becoming very popular for many reasons, fluid trainers use a fluid-filled closed reservoir fan for resistance, while providing a smooth and quiet ride. Fluid trainers supply additional resistance as the speed of the wheel increases and closely resemble the feeling of actual road riding.

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!]*

- "So What" by Pink
- "Holla Back Girl" by Gwen Stefani
- "Hand That Feeds" by Nine Inch Nails
- "Closer" by Ne-Yo
- "Beautiful Day" by U2
- "Baba O'Reilly" by The Who
- "Fight for Your Right" by Beastie Boys
- "Dancing Nancies" by Dave Matthews Band

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

Rollers & Computrainers: Computrainer is also a rear wheel stationery trainer at the high end of the market. A Computrainer provides many sophisticated technical aspects of your workouts, analyzes data, provides Power Output and allows you to complete terrain of Ironman Bike Courses while you watch on a monitor! Rollers are an alternate to rear wheel stationery trainers and provide great workouts for balance and spinning. There is a learning curve associated with using rollers and should be used carefully.

Bottom Line: Use the information above to help make your first purchase a wise one or upgrade your current trainer to something more technical. We like a variety of models by CycleOps, Blackburn and Kurt Kinetic. There is a trainer for every type of triathlete and cyclists.

If you're considering an indoor trainer, take advantage of the QuadMultisport Promo offered in the bottom of this newsletter!

TRICLUB UPDATE- LEARN ABOUT THE BAY STATE TRIATHLON TEAM

I joined the Baystate Triathlon Team (BSTT) in 2006. My biggest reason for joining the team was to find other triathletes to train with. I feel lucky that I stumbled upon BSTT. You see, it's actually a triathlon club. The atmosphere is more social than competitive. Don't get me wrong, there are plenty of high caliber competitive athletes in the club, it's just that the way we get together to race, train, and socialize makes it feel more like a family than a hard core race team.

I have not been associated with any other triathlon clubs, but I have spoken with others who are. There are some that seem to cater to developing elite triathletes, and some that are more geared to the beginner or middle of the packer. Thankfully for me, BSTT is the best of both worlds, because I fit somewhere between middle of the pack and elite wannabe.

One of the things I like about being associated with a TriClub is the group training options. Specifically, you have flexibility to workout with various ability levels. I highly recommend that every triathlete look into joining a team/club for this reason alone. My team has group rides and runs on Sundays year round, and Saturday rides that go indoors on the trainers when it gets too cold out. These indoor sessions are great! It seems much easier to ride on my trainer when I have a group with me. The motivation level is higher and time seems to go by much faster. Same thing goes for our training groups that swim together. This morning, I never would have gotten out of bed to get to the pool in the freezing cold if I didn't know there would be others there to train with. When the weather warms up and the groups move to open water swims, there is safety in numbers and the motivation is still there. With a club as big as mine, I can always find someone to train with. The best benefit of being on a club for me, goes beyond training with others, beyond achieving personal goals, beyond the sponsor discounts - it's being part of the big group of teammates decked out in uniforms at every race. They help get you pumped up along with cheering you on. And, when the race is over there's nothing better then hanging out with friends and swapping war stories.

So if you're in the market for a Triathlon Club, my advice is to shop

Prostate Cancer Foundation
Local YMCAs
Team Hole in the Wall
Souls 4 Soles

around for one that fits your needs, specifically location, ability levels, cost, and personality. Good luck in training, and racing! I'll see you out there...

Erik Wells, BSTT

NUTRITION NEWS: ACAI BERRY- SUPERFOOD OR FAD?

MAX PRAISE

"Thanks for the caring!
The race was great, from the goody bag to the beautiful location. Other race entrance fees have gone up so much without any quality improvement, but yours was refreshing. Felt nice to be treated like a triathlete again. Thanks!"

Alex S.

If you haven't heard about Acai Berry, it's probably time for a brief education on this exotic fruit touted as the newest superfood. Found in regions of Central and Southern America, this berry is harvested from palm trees most popularly in the Amazon region of Brazil. Maybe you've heard about Acai or even tried Acai juice or a smoothie, but are still asking "How do you say the word Acai?" Pronounced: "ah-SAH-ee," this fruit holds a deep purple color and contains many antioxidants, fiber, and heart healthy fats. Acai has at least 2x more antioxidants than blueberries and has been commercially promoted in the U.S. to increase energy, promote healthy skin, decrease joint pain and provide a better night's sleep. It's even been highlighted on America's favorite afternoon talk show, Oprah.

Although research is limited on the health benefits of Acai berry, one study has found promise for cancer research. The University of Florida published their research in the Journal of Agricultural and Food Chemistry in 2006. The study found that antioxidants contained in Acai destroyed cultured human cancer cells. Now, this is not to give any false hopes, as research has truly just begun on Acai and many other fruits such as mangoes, guavas, and grapes have also shown similar results as the UF study. Further research and time will lead to more conclusions.

Bottom Line: Despite most triathletes well balanced lifestyles and diets, many of us like to try the latest tech toys or aero helmets, so why not sample Acai juice and see how it makes you feel. Varieties in juices and smoothies are sold by Bolthouse Farms, Odwalla and Monavie. We do however like to position ourselves from the other side and ask: "With all the hype on antioxidants and "superfoods," couldn't you just simply eat a diet rich in fruits and vegetables to get the same benefits?" Maybe...but for now, the U.S. health food market has been thrust into the newest craze, Acai Madness!

OFFICIAL SPONSORS

[B&S Fitness](#)
[Charles River YMCA](#)
[Clark Community YMCA](#)
[Fuel Belt](#)
[Hammer Nutrition](#)
[Lock Laces](#)

TRIATHLETE SPOTLIGHT- PURE INSPIRATION

Meghan Flanagan

Profile - I moved to South Boston a little over a year ago and are living with two great friends. I am currently working on the inside- sales team at a Customer Relationship Management (CRM) consultancy in Boston. Outside of work you can find me training, sailing, volunteering at Rosie's Place, designing floral arrangements and spending time with my family and friends.



[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

The "beginning" - This past September's Max Performance Title 9 Women's Triathlon was my very first triathlon!! I heard about the triathlon originally through Rosie's Place which was the charity that Max Performance was supporting. I mention the race to my friend Kelli (on the right in the picture) who is a seasoned triathlete. The very next day she sent me her registration confirmation to me with a motivating note! This was the final push I needed to sign-up!

Athletic Interests - I have always enjoyed competitive sports such as soccer and swimming. In 1997 I had open heart-surgery so participating in competitive sports ended abruptly. This past spring I spoke with my cardiologist and we came to agreement that as long as I wore a heart rate monitor and stayed in a certain range I could participate in a sprint triathlon. The meant I really had to train in order to keep my heart rate in range on the day of the race.

Triathlon Accomplishments - I loved every part of the Title 9 triathlon. I entered into the race feeling strong in the swimming and running but weak in biking. I was surprised by how many people encouraged me along the bike route. The entire feel of the race was motivating and you could not help feel that everyone was rooting for your success. The best part of the race came in the final leg of the run when my dad and little brother surprised me by driving down from New Hampshire to show their support.

Motivation - I remember watching the Kona Iron Man on TV last year and listening to some of the stories of the triathletes that were racing. It was amazing to listen to individual stories of mothers, lawyers, doctors, students, teachers, etc. who made the commitment to train for the Ironman outside of their daily lives. While I was training I would think about their stories and drive and this would motivate me to keep on training.

Goals for 2008 - I am ready to take on the 2009 triathlon season. The following goals are what I would like to accomplish:

1. Participate in three triathlons
2. Recruit more friends to sign-up
3. Focus on improving my biking by going on longer rides

BEGINNERS CORNER- INTERVAL WORKOUTS FAQs

Should you use interval training on all 3 tri-disciplines?

Yes, their benefits apply to swimming, biking and running. And they work for all levels of triathletes. How? They basically help you to:

- Learn to train with greater strength
- Improve your speed of recovery
- Build the time you can maintain a certain level of intensity
- Develop your body's ability to switch between energy systems

If intervals are so good for you, why not do them all the time?

Because you can't. Expect to be tired after doing them. If you're not.

you're not doing them hard enough. So, you'll need time to allow your body to recover after interval sessions. The quantity of intervals per week depends upon your fitness level and goals.

What should I know before I get started?

Warm up well. The reason intervals are so effective is that they are intense. By working intensely, even for a short period of time, you place a greater demand on your heart and lungs which in turn, provides a stronger stimulus for physiological change. If all your exercise is at the same moderate level, it will still burn calories but it won't inspire your body to make changes.

Hope you're enjoying some slower tri-time and looking forward to the holidays. Enjoy and see you next year!

All the best,

Tim Richmond

*RD, Max Performance
617.797.2215*

1 FREE MONTH OF COACHING!



1 Free Month of Coaching from B&S Fitness!

B&S Fitness, located in Salem, MA will help you learn about different training methods and how to apply them, as well as be a guide and mentor as you head off on the road to optimum health!

B&S Fitness Features:

- Local and Virtual Coaching**
- Certified Tri-Coach since 2001**
- Over 700 triathletes trained**
- Numerous Beginner athletes coached**
- Average Coaching contract is 3-months but we're flexible!**

More details can be found at www.bnsfitness.com

or please call us at (978) 204-8588!

*B&S Fitness
15 Maple St
Salem, MA
(978) 204-8588*

TRIATHLETE HALL OF FAME

Congratulations to Rick and Dick Hoyt for another great accomplishment. Team Hoyt was recently inducted into the Triathlete Hall of Fame at the Hawaii Ironman this past October!

If you don't have their book or DVD, this time of year is perfect for your Triathlete!

<http://www.teamhoyt.com/ordering.html>

To view the interview post race [click here](#)

FREE SEMINARS & 20% OFF INDOOR TRAINERS



20% off on Indoor Trainers

Try our Computrainers!

Beat the cold and train indoors at QuadMultisport. Bring a friend and your favorite cycling movie!

Free Seminars for Triathletes at QuadMultisport January 18, 2009

Open Water Swimming for Triathletes - 2pm

How to develop open water skills and train for open water swimming. Includes training tips for use both at the pool and in open water. Presented by Bill Steele of Breakwater Sports - USA Triathlon coach, triathlete and open water swimmer.

Gait Analysis - 3pm

Dr. Kate Kelly from Sage Chiropractic in Arlington will observe your natural run, assess muscle imbalance and joint dysfunction and then offer suggestions in an effort to help change some of the problem areas to make your running more efficient. Strengthening and stretching exercises in addition to footwear suggestions will be offered.

QuadMultisport
1341 Massachusetts Ave.
Arlington, MA 02476
(781) 646-5600
www.quadmultiport.com

POLICE UNITY TOUR 2009



Fundraiser
January 6, 2009
5-9pm
Amesbury Flatbread Company
5 Market Square
Amesbury, MA

Please come to support Team New England in the Police Unity Tour. With every pizza you buy, either eat in or take out, all proceeds go to support Team New England in their Police Unity Tour 2009 for the National Law Officers Memorial Fund. There will also be raffles and prizes as well!

Come eat some delicious food and support a great organization!

More Info: www.policeunitytour.org

LOOKING FOR A USED TRI OR ROAD BIKE?

We've been asked by enough triathletes if we knew of anyone selling a used tri or road bike. So, we decided to solicit the information and to put together a "Used Bike List"

We are merely going to be the collector of the information and the "list publisher."

Sellers

If you're interested in selling a used bike, please email us the following information via reply to this newsletter:

Bike manufacturer and model

Bike age

Asking price

Other info. (at your discretion)

Contact email address

Buyers

Anyone interested in buying a used bike can email us and we'll forward you the list. Buyers are on your own after that to contact the seller and take it from there.

Good luck!

PREVIOUS MAX NEWSLETTERS AVAILABLE!

Prior newsletters are available on our website.

Some well received topics included:

- Maximize balance and prevent injury -
- The Real Skinny on Aerodynamics -
 - How to have a faster bike split -
 - Potpourri of training tips -

Simply [Click Here](#) to see all prior newsletters.