



July 2008

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TRAIN, DON'T STRAIN- OVERTRAINING SYMPTOMS

If you train hard every day, you'll wear your body down rather than build it up. You need to recover after a tough workout or race to give your muscles a chance to mend and to stock up on glycogen for your next hard effort. Here are a handful of ways to avoid overtraining:

- If your training program is leaving you tired and cranky, add another rest day into your schedule.
- Consider at least one recovery week each 4-5 weeks; train about 30-40% of your normal training.
- When you wake up, check your mood and muscle soreness. If a gloomy mood is accompanied by increased soreness, consider training very lightly for a few days.
- Monitor your training mileage. See if there are signs of doing too much too fast over the course of your training plan.
- If you've had a tough workout and your tri times slow down, don't force yourself to immediately train harder. Instead, rest for several days and resume training with a fresh spirit and body.
- Don't try to significantly up your training at a time when stress due to other life factors is on an upswing.
- Think quality over quantity in order to maximize training productivity.

THE MOST COMMON SWIM FEAR- A PANIC ATTACK

The more triathletes we meet, the more we hear this common theme - it's easy to have a panic attack during the first part of the swim. It usually sounded something like this:

"I had trouble breathing. The wetsuit felt like it was 2 sizes too small. I started to hyperventilate and I didn't even reach the first buoy. I remember I was hit by a couple of waves and swallowed some water. I wanted to swim back to shore but couldn't because swimmers were

FAVORITE RUN WORKOUT: REPEATS

Purpose: Aerobic capacity and speed

Frequency: Once per week

Gist -

Olympic training: 6 x 1-mile or 10 x 1k or 5 x 2k

Sprint training: 1/2 of Olympic distances

Pace: 10k race pace or slightly faster; 5k pace for Sprint

Rest Interval: 1:1- same time it takes you to do the interval

Begin this with a few repeats and build up to the full volume of this workout. You can vary the repeat-to-distance format to avoid monotony.

"NOW THAT'S A TRIATHLETE!"

"I have been doing tri's for 25 years & I am 72! I am really proud to have lasted so long, even after 9 Ironman races. You do have to be a bit crazy to do that many!"

-72 year-old woman triathlete

coming towards me. I laid on my back for about 10-15 seconds (seemed like minutes) and waited for the fear to subside. I swam breast stroke and doggie paddle to the buoy as the water (and me) calmed down. Then I swam the rest of the way okay as the swim took me over 30-minutes, but it felt like hours. I vowed not to have this happen to me again."

How? By making the following adjustments or doing them as part of being prepared:

- Do at least 1-2 open water swims as part of training. Experience the no lane line, where do I go feelings.
- Try to do an open water swim with a friend to discuss the experiences.
- Get in a quick dip and swim before 1st wave at the race. It will help you keep the nervousness sensation and adrenaline rush at bay.
- Know you'll have to pace yourself for the first few minutes and then pick up the pace when you're comfortable (I actually still do this after 4-years of triathlons).
- Practice a mock swim start in the pool - warm-up and then go hard for a few laps, then slow down (don't stand up) and "catch your breath" while continuing to swim.

These tips will really prepare you for triathlon swimming and for overcoming common tri-swim challenges. **We are also starting a series of swim clinics aimed at helping you too.**

See the Free Open Water Swim Clinic Promo at the bottom of this newsletter for more info!

COMBATING STITCHES DURING THE RUN

If you've suffered a stitch while running, you've also suffered a muscle spasm. The pain is thought to be caused by the force of the abdominal organs (stomach, spleen and liver) tugging at the diaphragm. These organs are attached by ligaments and with each footstrike, the strain on the diaphragm accumulates. So, how do you stop them?

- Altering your breathing is one way. If you experience a stitch in the most common right side, try to exhale as your left foot hits the ground. Vice versa for a left side stitch.
- Breathe from your belly more, moving in and out as much as possible with each breath.
- Strengthen your abs- avoid stitches in the first place. Strong abs keep your organs in place so they don't tug on your diaphragm.
- Try not to eat or drink too much before you run. The added

TRI LINGO

Active Release Technique

ART® is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Particularly great for treating triathlon ailments and injuries.

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!]*

- "Salute Your Solution" by the Raconteurs
- "Feel Goo Time" by Pink
- "Shut Up & Drive" by Rihanna
- "Bleed American" by Jimmy Eat World
- "Wake Up Get Up" by Run Kid Run
- "Barracuda" by Aerosmith
- "Keep Your Hands to Yourself" by the Georgia Satellites

weight in your stomach can increase the force of its downward pull.

CAN YOU BE A TRIATHLETE AND BE PREGNANT?

By: Brandi and Steve Dion, Owners B&S Fitness Programs, USAT Coaches and proud parents of Mackenzie Dion

There are countless articles on the importance of exercise during pregnancy, touting benefits that include but not limited to helping women feel better physically and emotionally, burning calories to help prevent excessive weight gain, lowering the risk of premature death, heart disease, and gestational diabetes. Some research even indicates a decreased risk of postpartum depression. So, why aren't all pregnant women or women planning on getting pregnant, including multisport athletes, encouraged to become or remain physically active?

A colleague of ours at Salem State College in Salem MA, commented in passing that not too long ago women would be involved in heavy manual labor before, during, and shortly after their pregnancy and this type of activity enabled women to manage the most challenging physical event of their lives- giving birth. However, as a culture, it seems that the desire to remain or begin a physical activity regimen during pregnancy is taken with overzealous precaution. It is true that physical activity during pregnancy is not recommended for all women, but for those who have been active before getting pregnant, typically they can continue with their activity as long as they feel up to it.

A prime example of this is Brandi Dion. Below is her reflection on her latest experience:

"There I was, eight and a half months pregnant and surrounded by about 40 men and over looking at me like I was crazy while we waited for our swim wave to go off at the NE Season Opener this May. Ironically enough, it was Mothers Day too. Everyone I knew thought I was out of my mind, however, they also were not surprised. Even my doctors just looked at me funny but said "Great! Can't wait to hear how it goes".

I do have to admit that when I became pregnant I thought I was going to have to change my life from an active, competitive triathlete to a less active Mom who had to slow down or even stop and take care of our developing baby, particularly early in the game. After meeting with the doctor for the first time at 3-months I told him how active I was and how important working out was to me. To my great surprise, he told me I didn't have to worry about the heart rate going over 150 bpm (because I was accustomed to it) and I could still do everything I had been doing before. If I needed to change something my body would let me know. And it did.

If anyone asked if I was going to participate in a triathlon 2.5 weeks before my due date in my early months of pregnancy- I would have thought they were crazy. It was not even a thought in my mind- but as my pregnancy progressed, so did my workouts. So I was ready...big belly and all. I actually felt better the last trimester during my workouts than the 2nd trimester, so that was a very nice surprise.

Day after day, from the first doctors appointment I remembered the doctors saying that I could keep doing what I had been doing- boot camp 2x's per week, swim, bike and run/elliptical 2-3x's per week and lets not

- "Love me Dead by Ludo

SUPPORTING CHARITIES

We hand picked a few to support their causes and allow participants to do the 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???

[B&S Fitness](#)

[Charles River YMCA](#)

[Clark Community YMCA](#)

[Craft](#)

[Fit Werx](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

forget strength training 3-4x's per week. It may seem like a heavy schedule but it was less than what I was doing at a much lower intensity, although it felt as challenging because my heart rate went up so easily.

Every woman carries differently and every pregnancy is different, so I am sure this approach isn't for everyone. But if you are an active woman and are afraid to get pregnant because of the scary stories of weight gain, non-activity, etc. be strong and keep on going as much and as long as you can. As my first, I expected the worst and hoped for the best. I think what made my pregnancy so easy was the support from my family and friends, my continued activity and the lifestyle consistency I was so accustomed to. The actual labor was painful, but for a first timer I couldn't complain about the four hours it took, and the amazing little girl that we went home with on June 7th. I now look forward to competing at the Mass State Tri July 27th to help support my team NSTT."

TRIATHLETE SPOTLIGHT

Megan Gurley

Profile- I am a health and phys ed teacher in Bolton, MA. I teach Kindergarten-third grade. It is a second career which I started 2 years ago after 15+ years in business. It has been the best work-related decision I've ever made.

The "beginning"- I started doing triathlons in 1999. My older sister was doing races and I thought her stories of triumph sounded so cool. So, in 1999, I took my IRS refund and purchased a bike. I've never looked back.

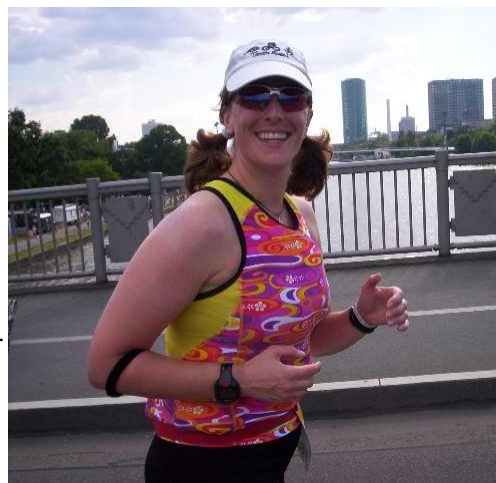
Athletic Interests - In my youth I was a competitive swimmer- swam all the way through college. I was a long-distance swimmer, so the swims in triathlon are always fun for me. Now, I like to take a break from training to hike or kayak with friends.

Triathlon Accomplishments-

1999- My first year racing was marked by accidents. At one of my first races I clipped out with the wrong foot and had a crash right there on the dismount line- doh! During another race I was having some mental toughness issues- so I put my head down (NEVER DO THIS) to get back in the game- and picked my head up too late. I hit a water table. I still have a dent in my quad as a memory.

2000 My first half Ironman length triathlon- it was the Challenged Athlete's Foundation race and humbling as a one-legged professional skier passed me on one of the mile-long hills. The 'challenged' athletes in this race were some of the most amazing athletes I've ever had the honor of racing with.

2002- My first ever age-group win. Although I entered myself as an Athena (I'm a big girl and Athena is my best bet for glory), somehow there was a mix-up and I was entered as an age-grouper. I was crazy overjoyed when I received an award since I'm a middle-of-the pack type triathlete.



[Lock Laces](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Tri-Zone](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

2005- I completed Ironman Germany after a bad injury in 2004. It turns out that everything does indeed happen for a reason. It was one of the greatest moments of my life. Eight of us were entered in the race, all of us finished, and then 11 of us went on to France to watch Lance's last Tour.

Motivation- It is an addiction. Once you get the sport in your veins, you need it- for me it's a drug. There have naturally been times when I was racing and had to remind myself that 'I do this for fun, I do this for fun' but most of the time I love it. I love the training, the gear, the feeling of accomplishment of finishing a hard workout or tough race. But mostly- I love the people that I know through triathlons. I have had so many wonderful, happy, hilarious experiences because of triathlons- I could never give it up. The people who are gravitated to the sport are too much fun to be without.

Goals for 2008- I want to train and race with my friends, I want to be faster at the end of the season than I am at the beginning- and if I can win or place here or there in the Athena category... gravy.

MAX FEATURED RACE

Sharon's Back Triathlon

August 17, 2008

Sharon Town Beach

Sharon, MA

8:00AM Start

Sprint Triathlon: 1/2 Mile Swim, 12.3 Mile Bike, 4.4 Mile Run

The Sharon Triathlon is Back! We can thank numerous Massachusetts Triathletes and the wonderful community of Sharon for bringing back one of Massachusetts's Best Triathlons. This race has averaged over 650 triathletes the past 10-years. We committed to limiting the number of participants, to maximize fun and safety, so hurry up and register or you'll miss a great race.

[Click Here](#) for more info and to register!

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.***

FIRST MONTH OF COACHING FREE!

B&S Fitness

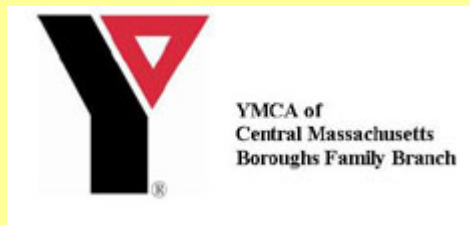
Sign up for 3 months of tri coaching with B&S Fitness in Salem, MA
and the **first month is free!**

That's a \$90 VALUE!

For more info visit www.BnSFitness.com or call 978.204.8588
Just mention MAX for this great deal!

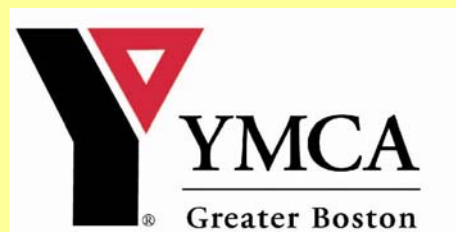
MAX WELCOMES NEW YMCA'S

Max Performance relies heavily on volunteers for every one of its races. We have recently teamed up with some great local YMCAs:



YMCA of Central Massachusetts, Boroughs Family Branch

For 140 years the YMCA of Central Massachusetts has been building strong kids, strong families and strong communities throughout Central Massachusetts. The YMCA continues to be a critical component of Greater Worcester's social infrastructure and a strong contributor to the region's quality of life. The team of caring staff and volunteers reach out to all people, regardless of age, income, ethnicity or religion. In addition, the YMCA is actively involved with more than 100 partnerships and collaborations with schools, churches and human service organizations.



YMCA of Greater Boston, Charles River

The YMCA of Greater Boston is dedicated to improving the health of mind, body and spirit of individuals and families in our communities. They welcome men and women, boys and girls of all incomes, faiths and cultures. The Y has become the largest provider of social services for children and families in Greater Boston. By working hard to successfully meet the changing needs of children and families, the Y's people and services are increasingly viewed as a true community benefit by average citizens and civic leaders alike

FREE OPEN WATER SWIM CLINIC



Terrified of your first open water swim (or 2nd or 3rd...)?

Learn how to ease anxiety, lower stress, and get through the swim. Max is offering a free in-the-water swim clinic to help you experience an actual triathlon swim. The clinic will be run by several triathletes who love to help and were beginners once too.

The workshop will cover the following:

- swim start using waves and a bull horn
- buoy in the water to practice sighting (only 100-yds from the start)
- group discussion on tips & techniques to learn from the experience

This event is fun and is not a race by any means, but a fun swim tri-lesson for beginners. No stroke lessons will be provided since the emphasis is on mimicking an actual triathlon swim start and buoy sighting.

Date: Thursday, August 28th [thunderstorm date of 8/29]

Time: 6:00pm

Location: Walden Pond ([directions here](#))

Please complete this registration form found at the following link ASAP since capacity is limited to first 100 registrants to make it more personal and valuable.

www.maxperformanceonline.com/FreeSwimClinic