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TRI TIPS

Speed Work on a Track

Great for increasing your speed but tracks force you to turn frequently which can strain your muscles unevenly and beat up

SOMETIMES YOU'RE THE WINDSHIELD, SOMETIMES YOU'RE THE BUG

Every triathlete knows the importance and power of your mental game. While we might not agree on how much of a "mind over matter" your race (or training session) can be, we can agree that your mental outlook drastically affects your physical performance. Simply, the better the outlook, the better the race.

There are numerous things that can affect your attitude. Here are a few challenges that popped up during my last *month* alone of training and racing:

- A clanking bike chain with gears shifting by themselves going up hills on my key hill repeat workout
- Had both my water bottles jettison out of my rear bottle cages during a ½-iron race when I rode over rough terrain
- An old injury decided to flare up in a big way 3-days before my A-race
- Had to go on a hectic business trip to the west coast 2-weeks before a big race

So, how do you maintain a positive outlook when you're the bug? Here are a few good ways to overcome adversity, turn lemons into lemonade, become the windshield, etc.:

- **Triathlete Makeup** - recognize that dealing with diversity is a part of the average triathlete's composition. So, you're not alone and if other folks can deal so can you.
- **Focus** - old fashioned concentration when you need it most. Think about what you need to achieve in the moment, not 15-minutes from now or later during the run, but now.
- **Anticipate** - learn from past experiences by doing things to avoid them in the future. e.g. what type of training workout previously stressed my body too far? How do I prepare better?
- **Bear Workout** - think about 1-2 of your toughest workouts when adversity hits. They should bring confidence and comparison to how you got here and that if you handled those, you can handle

your knees. So, change direction often and run in the outside lane.

Are You a Barge or Sail Boat?

Most of us novice swimmers are barges in the water causing unnecessary drag and effort since we're basically plowing our way through the water. Try to roll on your side as you stroke so you're 'cutting' through the water and reducing drag just like a sail boat.

Core Workouts

Keep doing them during race season. You need to maintain good stability and strength to keep good form and to have energy left in the tank for the run. Keep lifting weights too but don't do heavy lifting during race season; more reps, lighter weights.

Press Over the Top of the Hill

Many of us slow down right before we reach the top of the hill before descent - don't. Push the last few seconds required to accelerate over the top since you'll recover going down anyway and you'll gain precious time over those who don't.

"NOW THAT'S A TRIATHLETE!"

"This was my second triathlon but the first one I finished I

anything.

- **Be Like Mike** - think of friends, champions, role models, etc. who have achieved things that you know were tougher than they originally were capable of achieving. e.g. The Adversity Advantage is a great book about a guy who climbed the highest mountain in each of the 7 continents. Quite an accomplishment. Oh yeah, he was blind too...
- **Inspirational Creations** - be creative, e.g. My friend told me to write my name on my shirt during my 1st marathon?? Well, hearing my name inspirationally called out (albeit by perfect strangers) was huge during the last 5-miles of the race.
- **Smaller Increments** - often times, thinking of challenges in smaller doses keeps you mentally focused and makes larger challenges much more achievable, e.g. I'm running hard to the next mile marker, then to the next person in front of me, etc.

HOW IMPORTANT IS SIGHTING?

Endless laps in the pool following painted lane lines can be a tough habit to break when race season is upon us. Many cold weather climates yield swimming lap after lap in the pool with no open water practice. Keeping this in mind, we've outlined a few strategies to highlight the importance in sighting both in the pool and in open water.

Types of Sighting

- **Forward sighting:** pick your head slightly out of the water to see your landmark. This is typically timed with hand entry and your next breath would be on your next cycle.
- **Side sighting:** as you take a breath to one side, lift your head up slightly out of the water, and then view your target as you turn your head back into the water. This relies heavily on peripheral vision.

Sighting in the Pool - the pool is a great location to begin sighting for your race season. After completing your warm-up, begin your main set while sighting every 10 strokes. For most swimmers this would be about halfway down the lane, so look for the lane clock or sign on the wall as a landmark. If you are swimming in a lane with no swimming partners, try swimming with your eyes closed for 8-10 strokes, open your eyes only when you sight. This replicates some dark murky waters during a race!

Identify landmarks - prior to the start of the race or open water swim, pick out 2-3 points on land that can be your sight viewpoints across the water. These should of course be stationary items such as the Red House or the Large Yellow Tree.

Frequency - sight to your landmark or buoy every 8-10 strokes. It's important to sight frequently in the open water to avoid swimming off course; Army Style "Left/Right/Left." Sighting will limit the number of misdirected paths and your overall strokes. Remember the shortest distance between two points is a straight line.

definitely do not feel like a loser, this was a very big achievement for me. I feel like I jumped up and grabbed the bottom rung of the ladder, so at least I am on the ladder."

Takeaway Message - It's important to sight in different settings and the pool is a great place to practice without the kicking, grappling associated with race day. Your comfort level is most important when sighting, so find your rhythm and stick with it during your open water swims and on race day.

BEAT THE HEAT

You've trained most of the winter here in New England with cold weather as your customary climate. Turn to race weekend and you see the forecast is 89 degrees with high humidity! How can you prepare for this stark contrast? Here are a few things to keep in mind to accommodate the heat on race day.

TRI LINGO

IT Band Syndrome

The **Iliotibial Band** band is a ligament that runs along the outside of the thigh and rubs against the femur causing pain on the outside of the knee. Caused by overpronation, worn-out running shoes, downhill running - anything that causes the leg to bend inward. Self-treatment - cut back on speed-work, ice and stretch the band (particularly after a workout). Stretch & strengthen your quads and hammies too.

Increased Hydration - Leading up to race day, continue to hydrate at your normal pre-race amounts. It's during the race that's most important to be cognizant of hydration. You'll lose valuable electrolytes and considerable body weight if you do not meet your hydration needs. Research indicates that athletes should drink 6-10-oz of fluid every 15 minutes. Matching your fluid loss will require you to hit the high end of the range described. Consider your sodium and potassium loss and adjust your intake as well.

Adjust Race Expectations - If you know the forecast for your race day is hot and humid, then is it realistic to expect a PR? Accommodate mentally to prepare yourself for the additional time to complete your race comfortably. Maybe you'll have to pace at 18-mph average versus 20-mph on the bike. Or pace 30-seconds slower on the run. You want to make sure that you're out there training in the days after your race and not recovering from Heat Stroke.

Set Small Goals inside your race - As the race unfolds and the heat slows you down, you should shoot for small goals. If the heat begins to hit you on the bike, reach for T2 and replace some fluids, compose yourself and then get onto the run. If the heat has gotten you down to a walking pace on the run, then tell yourself that you'll run one mile, then walk for 1- minute while taking in fluids. Keep it all in perspective.

Gear Prep - Make sure to wear your lightweight tri apparel that's white or light colored; not to attract the sun. In fact, many elite athletes are often turning to white "arm coolers" in the extreme heat to increase ventilation and push moisture away from their skin. The most important Gear Prep is to make certain all your fluids and electrolyte supplements are planned out according to race conditions.

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!]*

■ "Just Got to Get

Bottom Line - Take into account that high temperatures will definitely play a big factor in your overall time, but it's not the end of the world. Some athletes' bodies respond very well in the heat, but for all the rest, don't let the heat get you down. You're out there to have fun and compete, so let's keep the big picture in mind when you're racing.

Away" by Brothers
Bodene

- "Here It Goes
Again" by OK Go
- "Song for the
Lonely" by Cher
- "Pour Some Sugar
on Me" by Def
Leppard
- "Adrenaline" by
Gavin Rossdale
- "Ain't Nothing
Wrong With that" by
Robert Randolph &
the Family Band
- "I Beg Your Pardon
by Kon Kan
- "Drive In Drive Out"
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

Dana Farber

Prostate Cancer
Foundation

Local YMCAs

TRI CONNECTIONS

[Max Website](#)

TRIATHLETE SPOTLIGHT

TARA WHITE

Profile -I live in Uxbridge with my husband, Gary, and 18 year old son, Ben. We share our home with 12 dogs and 6 cats. Last year, I was lucky enough to sell my animal hospital and take a full year off to concentrate on my training. My year is over and I am currently managing Warwick Animal Hospital.



The "beginning" - This is my second year competing in triathlons. I started out totally naïve in the ways of transitions and just about everything to do at a tri. Max Performance competitors are the best- I would ask a million questions at the races, and they all took the time to explain and teach. I started racing triathlons because I injured my leg in January 2007. Swimming was the only cardio I could do for 5 months, so it seemed like a great idea to use my running and swimming to add a little excitement to my competitions.

Athletic Interests -I am a certified SPIN instructor which kept me in great shape over the winter- I was teaching 12 classes a week. I have just recently started teaching rowing classes at the gym- another great cross training sport. I also finally qualified for the Boston Marathon at the OBX Marathon. I ran it this April and finished the last 11 miles with a strained ankle so I probably won't run Boston again!

Triathlon Accomplishments - I finished first in my age group over the year in the Max Performance Race series.

Motivation - I keep training for triathlons to challenge myself. I am my worse critic and I know I can always do better so it keeps me motivated to train for the next race.

Goals for 2008 - This year I hired a coach to help me achieve my 2008 goal of moving up to an Olympic distance Triathlon. I have 2 scheduled, the Mass State Tri and Cranberry County. I want to continue to do well in the sprint distance, and improve my swim stroke. Last year my swim was the breast stroke, but working with the Master's swim team, my goal is to only swim free style.

DON'T MISS THE PASTA PARTY



[2007 Photo Gallery](#)

See if you made the gallery!

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Got any???

[B&S Fitness](#)

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[Quad Multisport](#)

[Sage Chiropractic](#)

[Tri-Zone](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

Massachusetts State Races- Sprint & Olympic Distances Sunday, July 27th- Lake Dennison in Winchendon

Don't miss the Saturday Night Pasta Party- 100% Charity Event

A charity pasta party on Saturday night (July, 26th), hosted by the local YMCA and benefiting Dana Farber Cancer Institute, will kick-off race activities. It's a nice way to meet fellow triathletes, carb load and be close to the race site prior to doing a PR on Sunday.

Click [here](#) to register for the race!
Pasta Party can also be paid for at the door.

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

All the best,

Tim Richmond

*RD, Max Performance
617.797.2215*

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with your friends!***

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Congratulations triathletes! Your dedication and commitment to achieving goals and higher triathlon performance are commended.

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Good luck on both your personal and professional fronts!