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## HAVE A FASTER BIKE SPLIT

Want to increase your triathlon speed? Consider focusing more on the bike portion. Even though the bike represents about 50% of total race time, many triathletes take this portion for granted for numerous reasons; but not the ones that finish in the top of their age groups. In fact, greater efficiency on the bike also increases your running times since you'll have more in the tank when you get to T2.

So, we handpicked some of the better bicycling tips that are guaranteed to increase your bike splits.

- **Use variety in training** - long rides, hard gears, fast spins, hills, interval sets, etc. Races are often a mix of these aspects, so make your training (gear shifting, muscle groups, breathing patterns) prepare you for common triathlon bike courses (see *favorite workout section of this Newsletter*).
- **Do some hill training (big gears)** - most good tri-courses have at least one hill. And, hills build strong legs which naturally makes for faster cyclists. So, make hills a strength through proper training
- **Practice out of the saddle techniques** - a few important tips can add huge gains here:
  - Don't lean too far forward over your handle bars and try not to sway much. It throws off power delivery and increases fatigue.
  - Don't lock your elbows - bad trap to fall in and can negatively affect aerodynamics, safety and power.
  - Breathe - you may actually have to remind yourself of this since you're focused on survival and not necessarily techniques.
- **Aerobic capacity is key** - why do you think spin classes have sets at 120+ RPMs? Many excellent cycling instructors and bike sets emphasize building your aerobic capacity through high spinning, Zone 4-5 efforts and "holding" a certain RPM or speed for a while. Good advice.
- **Practice higher RPMs** - force the muscles to remember nice, round pedal strokes and fast RPMs. Higher RPMs are directly proportional to pedaling efficiency, if done properly. Most pro cyclists race their entire race above 90 RPMs so let's follow their lead (albeit a smaller gear or 2 or 3 at which we do it).
- **Braking for speed?** - yes, safety and speed on descents and corners help you gain time. Think *light*; feather your brakes using 1-2 fingers, even when things look bad, don't lock them up or you're likely going down. Also, brake before a turn and keep your weight back.

## TRIATHLON SEASON OPENS MAY 11TH

### *New England Season Opener Sprint Du & Sprint Tri*

If you're doing a tri with the word pool in the race description, we have just one question - how are those lane lines and flip turns going to work in **open water**?

Why are we doing **both** a Duathlon and Triathlon? Because you told us via email and phone calls that we should. Some folks want to use the Du as a tune-up, fitness test or a progressive step towards an upcoming tri. Many will be ready to show some cold water bravado. Either way, you'll feel good about your training and your upcoming season by getting one under your belt in May. See race details at [www.seasonopener.com](http://www.seasonopener.com)

Hope to see you at  
Hopkinton State Park!

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

## FAVORITE WORKOUT: BIKE

Favorite Bike Workout

**Goals-** strength,  
technique, aerobic  
combination  
Warm-up, Cool down-  
10-min each

- **3X per week** - if the bike portion of a tri is ½ the race, should your training be proportional? Want to get faster, get creative and add another bike set on most weeks and your ROI will be a faster bike split.

## AVOIDING INFAMOUS GI ISSUES ON RACE DAY

*Why do I have stomach/gastro-intestinal problems at races?*

This is a very common question amongst athletes who compete in endurance races. The timing of GI problems that occur on race day may help solve the problem.

But first, *what are you eating on race morning? Are you consuming too many calories for a Sprint distance race?* Many athletes feel they have to "load up" on race morning, despite only competing for a short duration of time. Try eating a modest meal the morning of the race.

*What types of food are you eating?* Maybe you normally consume a healthful breakfast that includes oatmeal, wheat toast and an orange. This meal is very healthy but contains a large amount of fiber. Try decreasing the grams of fiber in your pre-race meal (try instead a plain bagel, yogurt or cereal) to increase digestion and relieve some of the GI symptoms.

One last question to think about: *Do you have GI problems during the bike or run?* Many triathletes complain of stomach pains while on the run. This can be attributed to eating too much on the bike, too close to the run leg of the race. Coming off the bike, intensity can increase, blood flow moves away from the digestive tract and toward your muscles. So, your stomach begins to ache as digestion suffers!

*Final reminder:* Don't do anything new on race day! No new foods; don't try out that new pancake mix you have in the cupboard if you have never tried it before a training run/ride. What works for you through trial and error will help you perform best on race day.

## PEDAL FLOAT- WHAT IT MEANS & WHY IT MATTERS

*What does it mean to have "float" in a pedal and why is it good for biomechanics?*

Pedal float refers to the amount of rotational movement of your cycling shoe while fixed in the pedal. Most clipless pedals on the market today provide varying degrees of float; however, some pedals are fixed and restrict motion once your cleat is locked onto the pedal. Pedal float is measured from 0-15 degrees. A higher degree of pedal float will result in increased movement internally or externally while riding. It is important to have some degree of pedal float which allows for internal and external rotation when moving throughout your pedal stroke. But, too much float may reduce power output. While we all try to complete each pedal stroke with good mechanics around the "clock," we may exhibit imbalances. To prevent overuse injuries at the knee, including Iliotibial Band Syndrome, tweak your pedal's float to help alleviate knee pain. For professional support, consult your local bike shop to make sure you have your bike fit and pedal float dialed in.

### Main set:

15-min big ring 19, 95 RPMs  
5-min standing, big ring 13, 65 RPMs  
3-min RI  
15-min big ring 18, 92 RPMs  
5-min standing, big ring 13, 65 RPMs  
3-min RI  
15-min big ring 17, 90 RPMs  
5-min standing, big ring 13, 65 RPMs  
**Total-** approx. 1 ½-hr.

### Flexibility options-

change gears, length of each set, RPMs to meet your goals and fitness levels.

## TRI "LINGO"

### Spin-ups

Usually done on a bike trainer. Get your RPMs up to a certain level and hold it for a set period of time, then spin-up to the next level, hold and spin-up again, e.g. start at 90 RPMs, for 1-min, spin-up to 95 for 45-sec, up to 105 for 30-sec, and finally 110 for 20-sec. Recover, and do the same a few more times for a great bike set (not entire workout).

## SCAR TISSUE 101

*Is it stopping your progress?*

- 1. What is scar tissue?** This is dead fibrotic tissue that forms mostly in muscles, tendons, ligaments, fascia, and joints. Scar Tissue occurs as a result of injury, surgery, or repetitive motion.
- 2. How does it limit range of motion?** Scar tissue can adhere to muscle fibers, preventing them from sliding back and forth properly. The fibrosis prevents the muscle from lengthening and contracting like it once did, therefore, limiting the flexibility and optimal function of a muscle or joint.
- 3. How does it alter movement patterns?** If the muscles surrounding the injury tighten to protect the area and remain tight or are not moved adequately then a process known as adaptive shortening can occur. Muscles lose their normal length and this leads to loss or range of motion, dysfunction and discomfort.
- 4. Scar tissue & chronic recurring injuries.** Research has proven scar tissue to be weaker, less elastic, more prone to future re-injury and much more pain sensitive than normal, healthy tissue. Chronic pain is often the result and can remain for years after the initial injury.
- 5. Treatment of Scar Tissue.** A technique called Active Release Technique (ART®), can address scar tissue and decrease the potential for new injuries and keep old injuries from recurring.

See [Sage Chiropractic](#) for more info and check out the Sage Chiropractic promo below!

## TRIATHLETE SPOTLIGHT

### PAUL DAVIS

**Profile** - I have been employed for 20 years as a Telecommunications Engineer, however, at the present time, I am looking to switch career gears and gain employment in a meaningful, challenging, and upcoming industry. Any fellow triathlete comrades looking to bring on a loyal, committed, and hard working employee... I'm your man.



**The "beginning"** - Last August, Dunn's Pond, Gardner Ma. Gilligan's Triathlon, was my first. I always wanted to do a Triathlon after watching years of Ironman footage on TV. My niece dared me to enter Gilligan's Triathlon. I wasn't about to turn down a dare from a young whippersnapper 20 years my junior. It was time. So like Rocky, I started to train.

**Athletic Interests** - I have always participated in sports all my life. Football, track, baseball. My son plays hockey, and I have really taken a passion to the sport. I Love Football. How can you not? The mental challenge of Triathlons, and doing something that a lot of people can not and will not do, draws me to the sport. People think I'm crazy for doing Triathlons, but average people just don't get it.

## 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!]*

- "Thunder" by Van Halen
- "Flathead" by The Fratellis
- "Don't Stop the Music" by Rihanna
- "Paralyzer" by Finger Eleven
- "Raradise City" by Guns N Roses
- "Train in Vain" by The Clash
- "Go (2006 mix)" by Moby
- "Beating Heart Baby" by Head Automatica

## "NOW THAT'S A TRIATHLETE!"

"Hey I'm not afraid to ask you, is there somewhere I can get some privacy when I come out of the swim? I need to put on my sports bra before the last two portions or I'm going to be sore in places I don't want to be tomorrow."

**Triathlon Accomplishments** - Finishing the swim without drowning, getting kicked in the face, or not getting eaten by the "infamous" boat size snapping turtle is an accomplishment. Just sticking to the daily workout routine and juggling everything else in life was an accomplishment, never mind the 17 lbs. I lost.

**Motivation** - Feeling good about myself, looking healthy, keeping my mind sharp through exercise, meeting other great Triathletes through the sport, and finishing!

**Goals for 2008** - Compete in three events, progressively getting better each time. Having fun and enjoying the experiences along the way, and hopefully earning an award for my age group... That would look cool on my mantle.

## TRIATHLONS CAN BE FUN TOO!

*Helping you enjoy the journey.*

Just in case you "accidentally" put too much emphasis on your finishing time, we've added some other ingredients to guarantee race day FUN - **a great DJ** (also a triathlete) to add excitement and motivation, **a race announcer** to keep the audience engaged and to call out racers, an **Inspiration Station** to make cool signs, **Huge Race Arches** for celebratory touches and **Sponsor Giveaways (a.k.a. freebies)** - roughly a dozen at every race like **iPods, Xterra Wetsuit, Craft Apparel** to name a few.

## PROFESSIONAL HELP AT YOUR RACE "WELLNESS CORNER"

One of the many great things about triathlons is that they help you practice good nutrition and exercise habits **all year** (well, it should). So, we handpicked some of our favorite professionals who help reinforce wellness and put them in tents at every one of our races. Come meet professional **Chiropractors, Physical Therapists and Massage Therapists**. Ask them questions, have them work out a few kinks and compare notes on how you're feeling.

**All free of charge too!**

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*Future issues will cover common injuries, featured MA races, and more!*

*All the best,*

*Tim Richmond*

*RD, Max Performance  
617.797.2215*

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

## **HAUNTED CITY JUNIOR TRI & TEAM**

Haunted City Junior Triathlon

August 9, 2008

8:00 am

### **Programs**

Dead Horse Beach, Salem Willows

Salem, Massachusetts

For More Info or to Register, [Click Here!](#)

**B&S**  
**Fitness**

B&S Fitness announces its kickoff Junior Triathlon in Salem, MA with its Junior Tri Team! Kids & Teens ages 5-17 are invited to participate. The kicking off meeting will be held on

**April 12th at 10am**

**O'Keefe Center at Salem State College**

[www.BnSFitness.com/adventures\\_triathlon\\_junior\\_team.htm](http://www.BnSFitness.com/adventures_triathlon_junior_team.htm)

In addition to the Haunted City Tri, B&S Fitness' Junior Tri Team offers:

- Monthly training sessions coached by local triathletes
- Special invites to attend workouts and clinics
- Low cost to join (only \$35 a year!)
- Team Camaraderie & Networking
- Event Series and point ranking system with prizes!
- Much More!

**For more info on the Haunted City Junior Tri or B&S Fitness' Junior Tri Team, contact:**

**Brandi Dion, B&S Fitness**

**(978) 204-8588 or [BnSFitness@yahoo.com](mailto:BnSFitness@yahoo.com)**

## **SAGE CHIROPRACTIC**

As a chiropractic physician and certified Active Release Technique provider, Dr. Kate S. Kelly has expertise in identifying dysfunction & imbalance within the soft tissue and musculoskeletal systems. Dr. Kelly treats many triathletes and she herself has been a competitive triathlete for 8 years.

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



Dr. Kelly can be reached at [kkellydc@gmail.com](mailto:kkellydc@gmail.com) or at 781.257.4111.