



March 2009

## HEART RATE MONITORS REALLY IMPROVE YOUR FITNESS LEVEL AND PERFORMANCE

*Can't imagine where I'd be without one...*

Heart Rate Monitors will make you more fit, period. Whether you're a beginner triathlete or looking to take it to the next level, HRMs simply help you measure, record and review your performance. HRMs help you answer these critical exercise questions:

- Am I working too hard or not hard enough?
- What intensity level maximizes my performance?
- Did I start out too fast and what will the consequences be later?
- Is my training intensity matching my fitness level?
- And the ever so popular - *how many calories did I burn from this workout?*

It's natural and beneficial to use metrics to help us gauge ourselves against standards and against others. HRMs help you accomplish this to enable more accurate and improved fitness and performance measurements.

Since entire books are written on this topic, we thought it more logical to just address the basics you probably hear about the most – *Heart Rate Zones*. Zones are largely based on using your "maximum heart rate" as the foundation to determine exercise intensity levels. You can determine your Max. HR in two ways 1) via tests conducted by a tricoach or testing center (recommended) or 2) by using a rudimentary 220 minus your age formula (not necessarily recommended). Zones are then determined as an easy way to select and monitor the intensity of your training. The most common number of Zones used by triathletes is five.

Here is a good example of these concepts using 40-year-old Susan's stats as an example (i.e. HR Max. of  $220-40=180$ ):

Target Zone	Intensity as a % of Max HR	Susan HR Range	Benefits
1. Very Easy	50-60%	90-110	Speeds up recovery after tough exercises
2. Easy	60-70%	111-125	Increases metabolism, aerobic endurance, and strengthens body to handle higher intensity

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3. Moderate (challenging but conversational)	70-80%	125-145	Enhances aerobic power & endurance
4. Hard (difficult to hold a conversation)	80-90%	145-160	Improves high speed endurance & anaerobic tolerance
5. Very Hard (not talking)	90-110%	>160	Increases max. sprint speed

It is also noteworthy that your cycling HR Zone ranges will be about 10 bpm lower than your run Zones. This occurs because the upper body doesn't move when cycling and therefore, not as many muscles are in use.

## IMITATION...

Is the sincerest form of flattery...

**Max Performance:** often imitated, never duplicated! :o)

Many of you may be asking, "HRMs are good, but what about watts as a way to gauge exercise intensity?" Good question and a good gauge since it measures actual power of output, but you'll need special bike equipment. We're not going to argue the merits of watts here, just suffice to say you have to swim and run too, and watts aren't measured there.

## NOT JUST ANOTHER BRICK- BEING CREATIVE WITH WORKOUT COMBINATIONS



The combination workout or Brick, is a great way to prepare for triathlons. Doing a workout that combines two or more disciplines into one training session pays big dividends by providing physiological and psychological training in preparation of race day.

## "HOW TO" VIDEO SERIES

Launched by Max & Sponsors!

Want to "see" how to do proper core exercises, change a flat tire and survive a swim start? It's simply much more effective to view certain topics then to read about them. So, at your request, we're shortly launching a short video series on key topics you named, such as:

- How to change a flat tire!
- Fast Transitions in action
- Surviving the swim start
- Core exercises from your home

### Classic Brick

Many triathletes use the traditional bike and run combo as a staple in their training plans. However, with a little creativity, workouts can be combined in numerous ways to produce huge gains. Here are some rules to follow in creating combos, followed by some great Brick workout examples, which when put into practice, will definitely improve your tri performance.

### Brick Creation Guidelines

- *Accumulated Volume*- Plan your Bricks to fit into your training plan using appropriate distances. Match the Brick to the volume of training completed to date, e.g. if it's early in your training plan, follow a short swim with a short spin on the stationary bike at the gym.
- *Intensity Level*- Again, match your intensity to your training progress and schedule. Early season Bricks should focus on distance and less on aerobic intensity. Increase intensity as your training plan progresses.
- *Include Transition Practice*- Include your race transition into your Bricks, particularly if you're racing Sprint and Olympic distance races. Speed and efficiency count more here than in longer distance races where focus and intentional progress apply more.

### Creative Brick Examples

These examples are good ones to try and should also stir your creative juices to make up your own. The time, length and intensity variations within each of these examples alone are numerous. Enjoy!

-Bike gears for Beginners  
 -Basics of a proper bike fit

The video clips will be on our Max YouTube sight shortly. We'll send you an email when they're ready.

**MAX  
 ADVISORY  
 BOARD-  
 BRAINS AND  
 BRAUN**

Who gives us Advice on triathlon courses, race dynamics, newsletter topics, training guidance, etc.? Really experienced, fun and smart people!

Besides our top notch local tricoaches and chiropractors, here are some of the athletes (men & women) we call good friends and mentors that we call on for newsletter input and sound advice:

-Three NCAA swimming champions who each transitioned into swim coaches and triathletes

-Two NCAA National cycling champions who are currently racing professionally, running bike shops and coaching cyclists and

- **Double Trouble-** The idea is to run in minutes the number of miles you rode. For example, a 15-mile ride is followed by a 15-min. run. Build as your training and goals guide you.
- **The Du-** Warm-up with a short-to-moderate run, transition to the bike for a moderate ride and then finish with a shorter but stronger run than your first one.
- **Interval Brick-** Warm-up with a 15-min. ride on the bike staying in Zones 1-3, then do 3-4 interval sets of 4-5 minutes each, building up to Zones 4-5A in each set. Recover for 2-min. between interval sets. Finish the bike with 30-min. in Zones 2-3. Then transition to a 20-30 min. run. Zones refer to HR Zones explained in the first article of this newsletter.
- **Swim Focus-** Combine your swim workout with a fast transition to the bike (preferably on the road) for a moderate distance ride. For example, do a 45-min. swim, with a 4-min. transition and a 45-min. bike ride. This will help you experience what happens when you go from being in a horizontal, non-weight bearing position.
- **Cyclists Rule-** Bike-Run-Bike Bricks are good combos to increase your leg and biking strength, at the same time reduce the pounding on your legs from running. A moderate one is a 30-40-30 min. combo.
- **Fast Twitch-** The focus is to practice your transitions and to build up your fast twitch muscles, e.g. speed work. Find a track and bring your bike trainer. Warm-up for 15-min, then go hard in Zone 4 for 20-30 min. Get off the bike fast and do interval run work around the track. Good run intervals can be found in the December 2008 newsletter [here](#).

**BEGINNERS CORNER: HOW SERIOUS OF A TRIATHLETE ARE YOU?**

We're fortunate to meet triathletes from all walks of life and all ability levels. A common theme we hear is "what are other athletes of my background doing in this sport?" So, although training may be intense at times, we thought it would be fun to recap some of the commonalities and differences you have based on 3 types of triathletes. Here you go:

	<b>Novice</b> <i>New Sport</i>	<b>Intermediate</b> <i>Part of my Lifestyle</i>	<b>Emphatic</b> <i>Is my Lifestyle</i>
<b>Favorite Pre- Race Mantra</b>	I think I can, I think I can...	A PR would be nice	Bring it!
<b>Tri-Wear</b>	Cover up as much as possible	Comfort and support are key, looks a bonus	As little as possible
<b>Weather</b>	Hope it doesn't rain when I get home from work	Sometimes you have to run in 20 degree weather	I've cross-checked 4 weather sites to plan my Brick workout 2-weeks from now
<b>Goggles</b>	Huge, wide things that don't give me raccoon eyes	Anything that doesn't leak	The little strap-free things for better aero

triathletes

-Several elite triathletes who turned to multisport after very successful running careers

-You- Cowbell Club members (over 50 Beginner to Advanced level triathletes) who love to share their New England tri-experiences, questions, insights, etc. with us and you

### Taboo Topics For Triathletes!

**Why are cyclists quads generally bigger than triathletes?**

Two general reasons- quantity and quality. Cyclists spend many hours on their bikes compared to distributing training hours across 3 sports for triathletes. More hours = greater strength. More importantly, cyclists bike techniques are usually much better than triathletes. They practice and often perfect using their quads to hone their pedal stroke. Hamstrings are mostly used on the downstroke and if done properly, quads on the upstroke. Practice "throwing your knees over the handle bars" on

			results
<b>Positioning in Swim Wave</b>	As far away from the pack as possible	Strategically located to minimize interference	The view never changes if you're not the lead dog
<b>Nutrition</b>	5 fruits & veggies a day is a reasonable goal	Counting calories so I can have dessert too	Got to get my fat composition down to 5% by A-race
<b>Training Starts</b>	8-10 weeks from 1st race	January	Never ends
<b>Techie Stuff</b>	Guess I could use a bike computer	HR monitors keep me honest	HRM <sup>plus</sup> Watts <sup>minus</sup> Socks
<b>Benchmarks</b>	Finish and feel good about myself	Top 20 in age group for A-races	In it to win it
<b>iPod Songs</b>	Genre mix that keeps me going	Rock n Roll	Sequentially ordered to coincide with my RPE
<b>Favorite post-race food</b>	Ice cream	Bagel and chips	Protein shake

### TRIATHLETE SPOTLIGHT

#### BERNADETTE METRANO

**Profile** – By day, I work in the non-profit/healthcare tax division of an accounting firm. By night, I keep the lifeguard company at the local 3-lane YMCA pool by doing countless TI “Sweet Spot” and “Fish” drills.

**The “beginning”** -I have been participating in Triathlon for 2 seasons. A friend of mine recruited me into the sport when she tired of hearing me complain that “hitting 30 years old robbed me of any fitness level I’d previously acquired”. I also had a lifelong fear of open water swimming, which was somewhat reasonable since the only swim stroke I knew was the doggy paddle. I wanted to conquer my fear and figured Triathlon would force me to learn how to swim efficiently and most importantly: GET IN THE WATER. It did. I went from being barely able to breathe after 1 length of the pool to swimming uninterrupted laps for 35 minutes.

**Athletic Interests** - I played basketball and softball through high school & college and more recently have enjoyed running in local 5k Road Races, but Squash was my favorite sport.

**Triathlon Accomplishments** – 2007: Simply participating in my first triathlon  
2008: Learning to “freestyle” swim

**Motivation** - It’s fun. I love knowing there’s a goal to my workouts during the



your upstroke and you'll get better (and bigger) too.

## MAX IS ON FACEBOOK & YOUTUBE

For all you Facebook users- Max Performance has started a Facebook group to keep you up to date on races and info! The page is updated weekly. Get to know your fellow triathletes and learn some new tri tips!

[Click Here](#) to check it out!

We've also created our own YouTube Channel! Check it out to see race videos and highlights!

[Click Here!](#)

## NOW THAT'S A TRIATHLETE!

"The recession has actually improved my tri-performance. My company eliminated bonuses and implemented a salary freeze, so I've been taking out my frustration during my workouts."

training period of the year. And the actual Race Day is imbued with the most amazing sense of excitement - all the participants are ready to go, and in a sport where you spend so much time training alone, I think there's an even greater sense of camaraderie when we come together. There's also the support of the people there to cheer you on and after the race a feeling of accomplishment that I have not experienced in any other sport. It's a roller coaster ride of emotions that is just fun to be a part of. As an added bonus, Triathlon has given my workouts a new focus and much needed change of pace.

**Goals for 2008** – Becoming a “proficient” swimmer, instead of just surviving the swim. Improve my speed on the bike by a double digit percentage.

## TRI-DOC ADVICE: SHOULD YOU RUN WHEN YOU'RE SICK?

Many athletes can't decide when to take a sick day from training. Frequently the symptoms aren't severe enough to make you stay in bed, home from work, or off the roads. And while exercising can give you a mental and physical boost when you are feeling run down, there are other times when going for a run can cause more harm than good.

Doctors advise athletes to follow the 'neck rule.' Symptoms below the neck such as a chest cold, bronchial infection, and body ache require time off from running. Symptoms above the neck such as runny nose, stuffiness, and sneezing don't pose a risk to runners who want to continue their workouts.

Doctors still say that you walk a fine line though. Take extra caution with exercising with anything other than a minor cold and never with a fever above 99 degrees. Running will NOT help your immune system fight a fever and can actually make the fever and any flu like symptoms worse. During exercise, your heart pumps a large amount of blood from your muscles to your skin, dissipating the heat your body generates. If you have a fever, your temperature will rise even higher and your heart will be put under greater strain to keep your temperature from soaring. In extreme cases it can cause an irregular heartbeat and other complications.

If you're still in doubt take the 72-hour rule into effect and don't run for three days. Many doctors also recommend treadmill running to avoid winter weather. So the bottom line is: obey your body and the thermometer, not your training program.

## CORE MATTERS

*Written by: Lynne Tapper, USAT Level I Triathlon Coach Co-Head Coach of Team Training New England*

You're an athlete. Heck, maybe you're a triathlete. You train. You swim. You bike. You run. It's the triathlon trifecta. Maybe you're incredibly organized with your training programs, you know when you're running, how far, the route, even the playlist on your iPod.

So, here's a question: How's your core? Is it strong like an oak tree trunk or more like a piece of steamed asparagus? You might be surprised at how much your answer can impact your performance.



Core training is something of a buzzword these days. In a nutshell, it is any exercise that targets the abdomen, lower back, spine and hips region using

## MAX'S 2009 RACE REGISTRATION IS OPEN!

**New England  
Season Opener  
Du/Tri  
May 10**

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**Massachusetts  
State Tri  
July 26**

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**Sharon's Back Tri  
August 16**

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**Title 9 Women's  
Only Tri  
September 13**

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**Buzzard's Bay Tri  
September 20**

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Can't wait to see  
you in 2009!

[Click Here](#) to  
register!

free weights, balance equipment like [BoSu](#) and Physioballs or just your own body weight. Plank poses, lunges, crunches, inchworms, scorpions and other exercises named after insects can all add hidden strength to your workouts and ultimately improve your overall race performance.

Before I get into the arguments in favor of core training, I need admit something first. For years and years, I swore off strength training. There were times I dabbled in it and felt it was too hard and didn't really offer any benefit to my running performance. Plus, I believed it didn't burn as many calories. I simply had no use for it. Since I started running in earnest in 1984, I had one serious injury over 20 years. I was beginning to think I was invincible. But as I started to age (a four letter word in training, sometimes), I started to sense that all my sports-specific training was only getting me so far. And, I started to think long-term about how I wanted to continue to train and compete for another 20 years at least. Grudgingly, I joined a gym and started working out in earnest with a trainer who focused on core workouts and shaped my program to improve my race performance and prevent injury.

For the last four years, strength and core training has been the base of my training. Consistent core training has, without a doubt, made me stronger, faster and less injury-prone. It's true, I have to cut back a bit on my cardio training (mostly running), but the results have been worth it. I am a more efficient athlete both in terms of time spent training as well as my results.

The key principle behind strengthening your core is that these are the muscles that help you generate power, maintain balance and, in a word, move. Running on a treadmill is great, but a road workout on an uneven, possibly pot-holed road, is another issue altogether. Speaking from personal experience, a run in the past that might have resulted in a stumble, twisted ankle or worse, my body now shrugs off as a minor balance adjustment. My ability to transfer weight, increase power from one foot to another, and change direction, while controlling my balance, has increased dramatically since I began core training.

Besides the injury-prevention benefit, having a strong core can have a direct impact on your performance in a road race or triathlon. These large muscle groups help to stabilize your body and provide a solid base for your limbs to leverage into extra power.

So, consider adding a regular core workout into your training. Whether you're swimming, biking or even playing golf, a solid core is the foundation upon which peak athletic performance is built.

For more information on Team Training New England and Coach Lynne, visit: [www.teamtrainingne.com](http://www.teamtrainingne.com)

## NUTRITION NEWS: ARE YOU BRINGING PROTEIN TO THE PARTY?



Endurance athletes use many varieties of carbohydrate (CHO) beverages during and after a race. The last 25 years of experimentation and research has led us down this CHO heavy path. However, some research conducted has led athletes to try different ratios of CHO and Protein (P) in their nutritional supplements.

Several studies have pointed to a belief that CHO+P will increase performance during prolonged endurance events, as well as aid in the muscle recovery.

A study completed in 2004, compared male cyclists who rode stationary bicycles to exhaustion while consuming either a CHO beverage or a CHO+P blend. The next day, the cyclists completed a second ride to exhaustion. The researches found that "a carbohydrate beverage with additional protein

## TRI LINGO

### RPE- Rate of Perceived Exertion

This measures the intensity of exercise, or how hard you're pushing yourself, without any assistance from technology. Basically, you judge your level of fatigue, shortness of breath,

etc. as you're performing your workout. There are two scales, 6-20 or 1-10. The low end of each scale is light while the top end of the scale equates to very, very hard.

Max's Bike Trainer articles uses a 6-20 scale.

Many triathletes use a HR monitor during training to determine their HR Zones and simultaneously use these Zones to gauge their RPE levels. Then they race using only RPEs instead of wearing a HR Monitor.

calories produced significant improvements in time to fatigue and reductions in muscle damage in endurance athletes."<sup>2</sup> Additionally, in 2006, researches studied male cyclists during prolonged bouts of stationary cycling. They drew the conclusion that subjects who consumed a CHO+P beverage during exercise reduced lactate accumulation and perceived exertion compared to CHO-only beverages. They also found that "there are metabolic and performance advantages of CHO+P beverages over CHO only beverages matched for either total calories or carbohydrate."<sup>1</sup>

Critics of these studies have found some flaws in the methods and timing in the delivery of the drinks, so they conducted their own research. They found that when "athletes ingested a CHO beverage during exercise at a rate considered optimal for CHO delivery (1liter/hr), protein provided no additional performance benefit during an event that simulated "real life" competition."<sup>3</sup>

Despite differences in opinions and frankly research, its undeniable that that protein has been shown to promote muscle recovery after strenuous exercise.<sup>4</sup> So we say, eat it up, drink it up! Depending on which camp people are in (Gatorade or Accelerade) you will get a different answer as to the best choice for Triathletes during and after a long workout. It's safe to say that more research needs to be completed to get to the end game of this science debate.

**Bottom Line:** You are the best science lab, so you make the choice for yourself. Sample different varieties on training rides and find out which ones allow you to perform better, longer or recover faster. What products do you swear by for recovery or out on the course? We're always interested to hear your thoughts.

1. Valentine, R.J., St. Laurent, T.J., Saunders, M.J., M. Todd, M.K., and Flohr, J.A.: Comparison of responses to exercise when consuming carbohydrate and carbohydrate/protein beverages. *Medicine & Science in Sports & Exercise.* 38(5):S341, 2006.

2. Saunders MJ, Kane MD, Todd MK.: Effects of a carbohydrate-protein beverage on cycling endurance and muscle damage. *Medicine & Science in Sports & Exercise.* Jul;36(7):1233-8, 2004.

3. van Essen MJ, and Gibala MJ. Failure of protein to improve time trial performance when added to a sports drink. *Med Sci Sports Exerc.* 38:1476-1483, 2006 (In press).

4. Levenhagen, D.K., et. al. Postexercise protein intake enhances whole-body and leg protein accretion in humans. *Med Sci Sports Exerc.* 24:828-837, 2002.

## 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!]*

- "Do You Wanna" by the Kooks

- "Crush Crush" by Paramore

- "I Hate Myself for Loving You" by Joan Jett and the Blackhearts

- "Redneck Woman" by Gretchen Wilson

- "My Life Would Suck Without You"

## GET ON THAT BIKE TRAINER!

### Ongoing Workout Sets

Time	Spin Ups	HR Zone	RPE	RPMS
:30	39x15	2	12	85
:30	1 gear easier/up	3	13	95
:30	1 gear easier/up	3	14	105
:90	Rest Interval			

Repeat above 8 – 12 times, depending on your goals, fitness level, etc.

### Hard Set

Time	Isolated Leg Drills- RL	HR Zone	RPE	RPMS
2:00	39x16	1-2	13-14	75
Same for Left Leg				
1:00	Recovery- Any gear both legs			

Repeat above twice

by Kelly Clarkson

- "We Will Rock You" by Queen

- "Jenny Was a Friend of Mine" by the Killers

- "Back in Black" by AC/DC

**This set more than any other, separates the cyclists from the triathletes.** *This set will simply hurt* and even hurt body parts you're not use to hurting, e.g. shins. You may also be counting ceiling tiles, the alphabet, etc. to get through the set effectively. But, isolated leg drills show you how inefficient your pedal stroke probably is as you jerk your way through the last 30-sec. vs. turning over the pedal smoothly. *Good news* – you'll get better with each workout in no time!



*Hope to see you at one of the triathlon get-togethers soon!*

*Be well,*

*Tim Richmond RD,  
[Max Performance](#)  
617.797.2215*

## SUPPORTING CHARITIES

We hand picked a few to support their [causes](#) and allow participants to do the same. Hope you do!

Rosie's Place

Prostate Cancer Foundation

Local YMCAs

Team Hole in the Wall

Souls 4 Soles

## RACE WITH MAX TO WIN A QUINTANA ROO FRAMESET



Max's Official Bike Sponsor **Quintana Roo** and **Quad Multisport** are giving away a QR Lucero Lite Frameset at the end of the 2009 season!

### Here's how it works:

Race with Max and you are entered into the drawing. The more you race with us, the better your chances at winning this great frameset! At the end of the season, we'll randomly pick a winner.

*This is just another reason to join Max in 2009!*

## MAX PRAISE

"I just wanted to take a few minutes to say what a great job you and your team did- this was my first triathlon and it was very rewarding. I especially would like to thank the people in the kayaks. They literally allowed me to finish my first race since I used them to take much needed breaks from the very choppy

## X TERRA WETSUIT RENTALS FOR MAX'S 2009 SEASON



### Don't have a wetsuit for a 2009 tri?

Rent one from Xterra! For just \$49 (plus shipping) you can rent an Xterra Wetsuit for an entire weekend!

They offer an online sizing chart as well as a customer service rep to guide you in your quest to find the perfect fit.

[Click Here](#) to check it out!

water and the slowness of my strokes. I look forward to participating in more sprint triathlons in the near future especially if Max Performance is running them! Again thank you!"

-Karen

## OFFICIAL SPONSORS

[B&S Fitness](#)

[Brightroom](#)

[Charles River  
YMCA](#)

[Clark Community  
YMCA](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Village Bicycle](#)

[Westborough  
YMCA](#)

[Xterra Wetsuits](#)

## 6th ANNUAL SHARON TIMLIN MEMORIAL 5K RACE/WALK & FAMILY FUN DAY!

**Saturday, June 20, 2009**

**9am- Noon**

**Hopkinton High School, Hopkinton, MA**

Max is proud to sponsor the 2009 Timlin Memorial 5K Race/Walk! Join us to help raise money to cure ALS (Lou Gehrig's Disease) All proceeds go to the Angel Fund, a volunteer, non-profit organization dedicated to supporting ALS Research at UMASS Medical Center.

The Race includes a high quality USATF Certified 5K course, professional chip timing, and a 1 mile Kid's Run.

**NEW FOR 2009:  
EARN YOUR WINGS AND JOIN THE ANGEL SPONSORSHIP  
CHALLENGE PROGRAM!!!**

Space is Limited! Register today at [www.sharontimlinrace.org](http://www.sharontimlinrace.org)!

## MAX PARTNERS WITH TEAM HOLE IN THE WALL!



The NE Season Opener is proud to support Team Hole in the Wall! We are highlighting this race to suggest patronage to our new charity. Team Hole in the Wall is a grassroots, web-based approach to generating funds in support of the mission of Hole in the Wall Camps, the world's largest family of camps for children with life-threatening diseases.

Interested in making a donation? Simply sign up for our NE Season Opener Here and add a donation.

See [www.teamholeinthewall.org](http://www.teamholeinthewall.org) for more info too!

## GET READY FOR THE NE SEASON OPENER WITH B&S FITNESS!



Max' Season Opener is right around the corner. B&S Fitness has prepared 8-week and 12-week training plans that we'll quickly adapt to your fitness level and goals.

Email or call B&S Fitness to jump into the triathlon season and set the tone for the rest of an exciting 2009!

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

## PREVIOUS MAX NEWSLETTERS AVAILABLE!

**Prior newsletters are available on our website.**

*Some well received topics included:*

- The Most Common Swim Fear- A Panic Attack-
- 3 Things You Have in Common with Michael Phelps-
- Get Faster on the Bike (and Run at the Same Time)-
- What Should a Good Training Plan Look Like?-

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

## DISCOUNT FOR MAX RACERS ON THE 2009 NORTH EAST TRIATHLON SUMMIT!

**North East Triathlon Summit 2009**

*March 14, 2009*

*Time: 8am- 5pm*

*Registration 7:30am*

Location: Salem State College, O'Keefe Center, Salem, Ma.

### **MAX RACERS GET \$50 OFF FULL DAY & \$25 OFF HALF DAY ADMISSION TO THE NE TRI SUMMIT!**

Simply bring this coupon to registration or contact Brandi Dion at [BnSFitness@yahoo.com](mailto:BnSFitness@yahoo.com) or 978.204.8588 for a registration form!

The Northeast Triathlon Summit is designed for Triathletes of all levels to come learn from the pros on how to become faster, stronger, more injury free and of course gain that competitive edge! If you are looking to increase your speed in the swim, bike or run, this summit will help you. The knowledge and priceless tips that you will receive will be well worth a Saturday devoted to triathlon!

Vendors will be on hand displaying some of the hottest gear for 2009 - so don't miss this event!

Some Highlights:

VO2 MAX Testing

Under Water Video Analysis

Nutrition Consultation

Beginner, Intermediate, and Advanced Lecture Topics

AND MORE!

More info can be found at [www.bnsfitness.com](http://www.bnsfitness.com)