

November Triathlon Newsletter



November 2007

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FAVORITE WORKOUT: BIKE STRENGTH & ENDURANCE

Use an ordinary trainer and cycle computer. Warm up and Cool down- 10 mins each. "Rest interval" in between each set is 5 mins using an easy gear at high RPMs. Main sets are all *big chain ring*, with 10 mins for each set:

- 1) easiest gear (e.g. 18) at a comfortable RPM (e.g. 90)
- 2) next gear down (e.g. 17) few RPMs less than 1st set
- 3) next gear down (e.g. 16) few RPMs less than 2nd set

Total Workout = 1 hour +

Flexibility options- more sets, longer set length, lower rest

POTPOURRI OF TRAINING TIPS

Okay, we listened to your feedback. Just remember, there will be varying opinions on a few of these. Here you go!

Training vs. Exercising

Training is always exercising but not vice versa. Although there is some overlap between the two (e.g. to maintain fitness levels), *training* is usually more focused, more specific and more goal driven. For example, I exercise 4 months out of the year by mixing up workouts in no particular pattern. But I train 8 months in accordance with a training plan. Examples - going on a 5 mile run at average Pace = exercise; running 5 miles with the middle 2 miles at race pace = training. Doing a 45 min. weight workout using light weights = exercise; doing a 45 min. WO by including 1 set in each category to the point of muscle exhaustion = training. So, if you've set some tough goals, be careful of not exercising too much at the expense of training.

Training Plans for the Average Joe

Hours per week and how many weeks? The answers relate to your goals and how far you need to raise your fitness level. For example, if you finished in the top 20 of your age group in a 2007 race, it's a bit of stretch but still reasonable to shoot for a top 5 finish in 2008. Your training time would have to increase accordingly. A couple of guidelines follow:

| Overall Goal | Peak Hrs. per Week ^(A) | Range of Weeks |
|--|-----------------------------------|----------------|
| Improve on my first 1-2 yrs. doing triathlons | 8 | 8-10 |
| Finish in top 10 of my Age Group in min. of 1 race | 12 | 12-16 |
| Qualify for USAT Nationals | 15 | 16-20 |

(A) i.e. max. # of hrs./week during your total training plan

Wetsuit - Yes or No?

We vote yes. Although you may not wear it every race (water temperatures > 84 make them unsafe), they're still an awesome arrow to add to your tri-quiver. Wetsuits make you much more buoyant, increase your confidence, and reduce swim times - period. You can also practice a few open water swims prior to your 1st race. Wetsuits do however, slightly increase your transition times until you learn a few simple tricks to get out of them quickly. (*Tips on the 4th discipline of Triathlon in upcoming Newsletters.*)

intervals, or higher RPMs.

TRI "LINGO"

VO2 Max

VO2 Max is the most effective measure of fitness and your body's maximum potential to perform work. It is impacted by (among other things) hereditary factors, your age, and health status. *Peak VO2 is measured in milliliters of oxygen consumed per minute for each kilogram of body weight.* The measure is usually taken by a trained coach using either a stationary bike or a treadmill. (e.g. you may have seen the Gatorade commercial with the guy on a treadmill wearing an oxygen type mask). One of Max's RDs recently measured 69 (considered exceptional for his age); Lance had a reading of 85!

NUTRITION POINTERS: FAVORITE SNACKS

- Organic Cliff Bars- Chocolate Chip!
- Brown Rice Cakes with almond butter, sprinkled with dark chocolate covered raisins
- Peanut butter on a banana or apple
- Fig Newtons (not the entire sleeve!)
- Yogurt with granola and nuts.

GREAT TRAINING SONGS

What makes them great? They

Training Plan Rules of Thumb

Short and sweet tips:

- Base period followed by Build, then by Peak.
- Don't short change the Base Period.
- Since roughly ½ of your race is spent on the bike, why shouldn't you spend ½ your total training time on the bike?
- Do a minimum of 3 Brick Workouts prior to your first race.
- Work more on your weak disciplines than your strong suits and make your strong suit training sessions more time efficient.
- Your training should include 4 disciplines- (obvious 3 + strength training) and include a 4th discipline in the summer transition.
- Seek out a Coach if you want/need more structure & motivation. They create the road map and you follow it.

Hill Training

Hill repeats (bike or run) are one of the most beneficial workouts to add to your arsenal if they are not already present. Yes, they hurt but they pack a huge amount of fitness increase (strength and aerobic) per every minute doing them. Run example - pick a hill 100-300 yards long, run up the hill very hard and walk/jog back down. Build yourself up to 7-8 in one session. Good news - you only have to do one every 2-3 weeks for huge fitness gains.

Rest Intervals

How long should rest intervals be in between sets? A good guideline is to vary them based on the specific WO goal. Some rough examples follow: *Strength Training* - ½ the length of set you just finished, e.g. if you just performed bicep curls for 3 minutes, then rest should be 1.5 minutes between sets.

Aerobic intervals - 1/3 the length, e.g. if you run 6 miles, the equivalent of 2 miles of rest intervals should be incorporated.

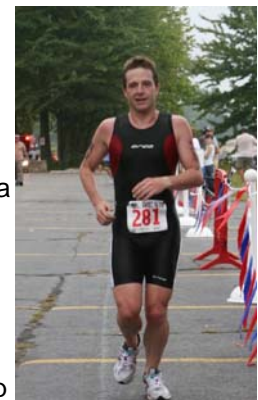
Anaerobic intervals - ¼ the length, e.g. if you bike a really hard set for 16-min. (i.e. 90% of Maximum HR), then rest 4 minutes before your next set.

TRIATHLETE SPOTLIGHT

Tony Delogne

Profile: I'm a stay-at-home Dad for 2 dogs, Boule and Mikey. In the winter, I organize the Winter Multisport Series at the Weston Ski Track. The season starts soon. I've tried my whole life to avoid a 9 to 5 job and so far so good. I'm doing the odd coaching gig when I choose to. I've kept it small so it feels more like I'm helping my friends than a real job.

The "Beginning": I started in 1992. I had been running for a few years (started when my dad quit smoking) and my coach was a duathlete. I picked up swimming after high school and joined the local tri club. I met my gorgeous wife thru triathlons in 1994 (hope she reads this) while training at the Brussels Ironman NATO triathlon club in Belgium. I miss those days. We were just figuring things out as we went and had fun doing it.



either psych you up or simply make you feel good! *[Please don't wear headphones when you ride outside though!]*

- "Over You" by Daughtry
- "How Far We've Come" by Matchbox Twenty
- "Move Along" by The All American Rejects
- "Lose Yourself" by Eminem
- "The Way I Am" by Timbaland
- "#1" by Nelly

TRI CONNECTIONS

Website:

www.maxperformanceonline.com

[2007 Photo Gallery](#)

See if you made the gallery!

[Suggestion Box](#)

Got any???

Athletic Interests: Played football (the one you play with your feet) for 10 years. I enjoyed running before all the injuries started and duathlon was my specialty because I had a fast run. I enjoy watching biathlon on TV as well as American Football (Go Pats!).

Triathlon Accomplishments: Winning Ironman USA Lake Placid in 2005 is probably the highlight from a results standpoint. But I think my biggest accomplishment was coming back after 3 years of inactivity and ankle surgery. My calf looked like a broomstick when we took the cast off my leg. I had sold the bike, bought a sedan and gotten fat. I wasn't planning on racing again until one of the women I worked with at the pool said, "You used to have abs when you started working here..." I went home and started training again (2003).

Motivation: I just enjoy competing. It doesn't have to be formal races. To the contrary, I enjoy it more when we kick the crap out of each other in practice and go for a beer afterwards. It beats getting a medal.

Goals for 2008: Break all my PRs for running. I'm finally healthy enough to run more miles and I see that as my next challenge. Of course, I'm not giving up the swim and bike while doing so. Watch out Craig Alexander! (just kidding, that guy can run backwards and still beat me).

TRI COACH REPORT

Base Period - the Time to Develop Technique, Strength, and Aerobic Endurance

By Elaine Vescio

founder of Vescio Multisport Performance Services

Cool breezy days and colorful leaves dancing in the wind signal the start of a new training cycle for many triathletes in New England. After a rest/transition period of four to eight weeks from your last race, it's time to add some structure once again. Starting your base training in November gives you a nice jump on those who wait until December or January to get moving.

Traditionally, the base period is viewed as the time to develop technique, strength, and aerobic endurance in the three sports that make up triathlon. Since trying to focus on all three components for all three sports at the same time would spread a training schedule too thin, the purpose of this article is to help triathletes determine a primary focus for each of the three sports during the base period.

Triathletes of all swimming abilities benefit from using the early base period to improve their swim form. Have an experienced swim coach assess your technique and, if possible, videotape your swimming from above and below water level. Assessing and video will enable your coach to provide you with specific drills to improve your swimming technique. Alternately, you can participate in an organized swim improvement program, such as our *12 Week Swim Prescription Program*. With either approach, drills (combined with steadily increasing your weekly swimming volume) should help improve your form, while getting you ready for swim strength workouts later in the base period.

Workouts that develop cycling-specific strength are the primary focus for

base period cycling. These are my favorite cycling workouts and entail using a very big gear with a slow cadence of about 50 RPMs. This workout feels more like lifting weights rather than riding a bike. Plan on doing two of these workouts each week: one with shorter intervals that last about 5 minutes each, and one with longer intervals that last 10 or more minutes each. Gradually increase the number of the shorter intervals in each workout and the length of the longer intervals in each workout as your base period progresses. About eight weeks out from your first "A" race, start adding some anaerobic endurance and power workouts to translate your new found strength into some fast time trials.

Finally, the base period is the perfect time to focus on running workouts that build aerobic endurance. Since the run is the final leg of the triathlon, you will need the ability to run strong despite suffering from glycogen depletion and lactic acid build up. Since our chilly New England winters are less likely to impede a long run than a long bike ride, spend this time working on your running endurance. During the base period, gradually increase your weekly mileage and your weekly long run, and throw in a midweek hill run occasionally for strength. Consider training for a late winter half marathon-this is a great way to add focus to your base period running. About six to eight weeks from your first A race, add speed work to get ready for the tri-season.

By following this approach of having a primary focus for each of the three sports, you will get the most out of your base period training.

Please check us out at [Vescio MPS!](#)

Future issues will cover triclubs, featured MA races, and more!

Happy Thanksgiving!

Tim Richmond

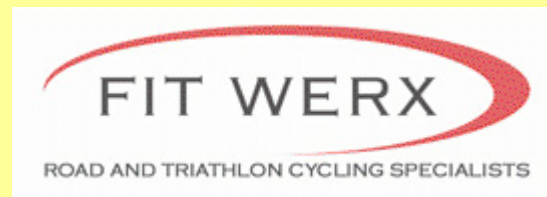
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