



November 2008

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3 THINGS YOU HAVE IN COMMON WITH MICHAEL PHELPS

Of course it's not his world class ability or fame. Nor is it his:

- 8-9 strokes per length of pool (I take 20 and I'm happy)
- Minimum 5-mile per day "warm-up" (never did that distance in a week)
- DUI at age 18 (oops, well I didn't get caught at least)

Good news is that you do have 3 things in common with Phelps [or will be able to after reading this brief column]:

1. Listening to music helps get him motivated to train and compete
2. He cross-trains for core strength and other benefits
3. When the going gets tough during a workout or race, he draws upon a particular training experience to get him over the hump

If you don't have the last one yet, create one. I have Otto's Farm. More appropriately called Otto's Bull Run by anyone who tackles it. It is a rolling hill run in the country that begins near a farm with a real mean looking bull on the premises. While you can easily avoid the bull due to the fenced in property, you can't avoid the **1 1/4 mile** hill that starts the run. In fact it's a **5%** grade hill to boot. For a difficulty perspective/comparison, the famous Heartbreak Hill portion of the Boston Marathon is 1/3-mile long and a 4.5% grade.

Needless to say, **The Bull** is quite formidable. You are hurting by the time you get the top and then you have either 6 or 9 miles of rolling hills left depending on your level of masochism for that day. Naturally, Phelps's Bull is much harder than this, but isn't it all relative?

The level of confidence I've gained from doing the Bull over the years is huge. I also use it as a fitness gauge each year to tell where I stand at a certain point with my training. Finally, knowing I can compare race fatigue to the Bull definitely pushes me through race barriers.

So, create a really tough workout commensurate with your fitness level and goals that you can call your Bull. Recall it with a smile on your face when you're hurting during a tough workout or it's time to push it during a

[Triathlete Spotlight](#)

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FAVORITE WORKOUT: BIG CHAINRING

Total time - 45-min.

Warm-up - 5-min.
easy pedaling, 10-min. trying to "scrape mud off your feet" on the up stroke. Try not to push down on the pedals

Work Out - Use a big chain ring and stay seated. Do 4 x 5-min. sets. Take a rest interval of 2-min. between sets

Cooldown - 5-min.

Flexibility - vary quantity of sets and length of set intervals. Harder gears also add difficulty levels.

SAVE THE DATES!

2009 Max Performance Races

After a superb 2008 tri season, we decided "If it ain't broke- don't fix it!"

Save these dates for your 2009 Tri

race, because it won't pale in comparison to your Bull. Enjoy the endorphin high and the fact that you have one more thing in common with the greatest swimmer in the world.

HOW TO BEAT THE WINTERTIME BLUES!

Since it gets dark at 5 PM now, we're big proponents of mixing things up a bit in the off-season. This tactic helps make multisport training more fun, increases enthusiasm, adds fitness variety and builds strength. One practical way to achieve this is to adopt the WOA strategy - Work Out At Home.

"*But I don't have a lot of free space at home, how can I exercise there?*" It's easier than you may think if you have the right "gear." Here are some essentials to making WOA succeed for you:

Economical & Space Saving Gear

Bike Trainer - con, barter, steal, beg, etc. your way to acquiring the space for one of these from your partner, or if your solo, just move your bed aside. Remember, the bike portion is ½ your triathlon, and using a Bike Trainer is pretty essential to getting stronger on the bike. There are a few great varieties and Quad Multisport carries all of them (covered in more depth in the upcoming Dec. Newsletter).

Stability Ball - when health clubs carry a slew of these, you know they're popular and valuable. They add huge exercise variety and apply to numerous muscles groups.

Foam Roller - recommended tool by PTs to increase flexibility and decrease muscle tension. They act like sort of a self-massage to help your muscles become more pliable. Rollers also help reduce risk of injury and are particularly used by numerous triathletes on their hamstrings, calves and quads.

Medicine Ball - they've come a long way from the ones you've seen in Rocky. Tons of exercises for various muscle groups, requiring little space.

Stretch Cord/rope - great for stretching, cheap, easy to use and helps you to greatly increase flexibility and to reduce injuries.

Exercise Mat - easy to clean, put away and helps symbolize designated exercise time.

"**Core Performance Essentials**" by Mark Verstegen - this book can help with all of the above and pretty much change the way you look and feel.

Less Economical & Greater Space Needed

SelectTech Barbells - no pun intended, but the greatest pound-for-pound investment I've ever made. They are one set of barbells that adjust from 10 to 100 lbs. (basically replacing 17 sets of weights). The variety, ease of use and space savings benefits of this equipment are just a few of the outstanding attributes.

Calendar:

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

**Massachusetts State
Tri
July 26**

**Sharon's Back Tri
August 16**

**Title 9 Women's
Only Tri
September 6**

**Buzzard's Bay Tri
September 20**

Can't wait to see you
in 2009!

Bowflex - they've come down in price and have gotten clever with their space set-up. Resistance training provides numerous benefits and is much easier to apply than cumbersome free weights.

Treadmill or Elliptical - recommended for large scale home gym set-ups to increase convenience and workout flexibility. If you're in the market for either of these, email us and we'll give you some ideas.

NUTRITION NEWS: NUTS- HEALTHIER THAN YOU MIGHT THINK

Ignore the "nuts are too high in fat" rap and consider them as a great snack. They are delicious, pack the 'crunch factor' and are packed with vitamins, minerals and antioxidants. The fat rap occurs because of fat confusion - most of the fat in nuts is mono and polyunsaturated which has been said to lower LDL (the so-called "bad" cholesterol). Heck, even the FDA said that eating a handful a day reduces heart disease. MDs have also said that nuts have an anti-inflammatory effect and can help repair tiny muscle injuries that create inflammation.

But not all nuts are created equal. Brazil, macadamia and cashews don't quite make the cut and are actually full of saturated fat.

Prepackaged nut mixes are usually coated in oils and salt, so they're not great either. Eat these types sparingly. Here is a quick look at some of the **healthier** nuts to enjoy:

"NOW THAT'S A TRIATHLETE!"

"At about mile 4 of my 1st 1/2-Ironman bike leg, I hit a pothole and both my water bottles and spare tube gear jettisoned like a rocket off the back of my bike. Rather than stop, I figured I would just grab fluids from the bottle exchanges and play the odds on the spare. Odds beat me because I got a flat at mile 53. I never was a good gambler."

- **Pecans** - one of the top 15 antioxidants and shown to prevent bad cholesterol build up based on recent studies.
- **Almonds** - provides 35% of daily vitamin E - a powerful antioxidant and also was shown to actually block some of the nut fat from being absorbed.
- **Walnuts** - rich in omega-3 shown to decrease inflammation; also have been shown to increase "good cholesterol" and lower bad.
- **Peanuts** - actually are legumes (i.e. from the bean and pea family) not nuts and are rich in resveratrol (same phytochemical in red wine) found to protect against heart disease and high glycemic index that means they're digested slowly to help you maintain a balanced sugar level.
- **Hazelnuts** - have the highest nut level of folate - a B vitamin known to reduce the risk of heart disease, cancer & depression. They also contain potassium, calcium & magnesium, all of which can help lower blood pressure.

TRI LINGO

Tempo Run Pace

About the pace you can hold when running pretty much all-out for up to an hour. Roughly about 30-40 seconds then your 5-k race pace. It improves your threshold for endurance running. Good duration for a tempo run is 20-25 minutes

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!]*

- "Womanizer" by Britney Spears
- "XO" by Fall Out Boy
- "Babylon" by David Gray
- "Hot n Cold" by Katy Perry
- "Sleep Now In the Fire" by Rage Against the Machine
- "Whip It" by Devo
- "Disturbia" by Rihanna
- "Don't Stop Believing" by Journey

POST-RACE SEASON TRANSITION

As a New England Triathlete, you've completed your last triathlon of the season. Maybe it was a good year of training and racing and you met your goals for each big race. Or, maybe you had some nagging injuries or life priorities that held you back. Regardless, the overall outcome, it's important to enjoy the late fall season while reflecting back on your year. Here are a few helpful tips to focus on your transition from tri season.

- **Assess your Year-** Take a look back at 2008 and assess all your hard work. You've dedicated that last 3 months, 6 months or even a year toward reaching your goals. Be honest with yourself in your review. Were your goals realistic? i.e. Top 3 in age group at your first ½ IM? Take time to reflect on 2008, understanding too that life's obstacles impact your training schedule and therefore your racing.
- **Recover-** Fall and part of Winter are much needed times for rest. The body can only recover and grow with rest periods. This may also be the time to finally see the doc about that nagging shoulder injury, or visit your local Chiropractor for some treatment. Wouldn't you rather be instructed to "shut it down" now than in the middle of July?
- **Find Enjoyment in Sport-** Week after week of training, possibly over-training, can cause some irritability in all of us. Now is the time to enjoy the sports you find worthwhile. Maybe it's the perfect time to pull out your mountain bike or even go on a hike with some friends. Maybe you want to train for a local Turkey Trot, focusing more on your running form. Whatever your sport of choice, find pleasure in the activity.
- **Set new goals for 2009-** Take a peek at the racing calendar for 2009 to schedule your "A, B, C Races." Again, be realistic in setting your goals. Attainable and reasonable goals are the keys to making triathlon a way of life, versus an all-consuming challenge. While everyone would like the glory of finishing an IM, shoot for a goal that is within your frame of reference,

This is a beautiful time of year to place some well-earned "exercise" into your schedule. We spend so much time training with specifics for each workout that it's easy for triathletes to miss the big picture. So here's an idea: While the leaves are dropping, leave the heart rate monitors at home and truly enjoy the scenery; exercise, don't train. Sound good too you?

WHAT'S THE DEAL WITH PLASTIC WATER BOTTLES?

An overwhelming number of athletes today are using plastic water bottles to fulfill their hydration needs on a daily basis. Many of us reuse our water bottle, often refilling it several times a day. Last Spring, reports hit the national news on the harmful effects of Bisphenol (BPA), typically found in Polycarbonate shatter resistant water bottles, baby bottles and in the resin lining of some cans. Preliminary research conducted on

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

Prostate Cancer Foundation

Local YMCAs

Team Hold in the Wall

Souls 4 Soles

MAX PRAISE

"It was my first time doing a Max Performance race. I want you to know it was exceptional. Everything from the pre race emails, to the course markings, to the volunteers, etc., it was all first rate. I wanted to thank you for a real enjoyable race. Also, thank you for the high five after I forgot my number during the run and had to go back to get it."

Rich S.

laboratory rats, suggested that BPA can leach into the water we drink and can mimic several hormones in the human body, resulting in a host of cancers, obesity, and type II diabetes.

Now, before you throw away every plastic bottle you own and break out your grandfathers canteen, you may want to hear some additional facts. According to the Centers for Disease Control and Prevention, approximately 93% of Americans have low levels of BPA in their urine. Within the Plastics Industry, BPA has been safely used in many plastic products since the 1950s. Additionally, the Food & Drug Administration has just released the following information: *"Based on our ongoing review, we believe there is a large body of evidence that indicates that FDA-regulated products containing BPA currently on the market are safe and that exposure levels to BPA from food contact materials, including for infants and children, are below those that may cause health effects."*

What can you do?

The Resin Identification Code (number found on the bottom of water bottles/plastic products), is truly used for recycling purposes. It represents the type of plastic found in the product. As it stands, number 7 bottles contain "other plastics" which **may** include BPA. So, BPA might be found in number 7, but not all number 7 bottles contain BPA. Get it? All other numbers are either considered safe or are not used to produce plastic water bottles.

The bottom line: What may appear as conflicting information from one scientific community to the other, is just that. The American Chemistry Council has their position and many other researchers/scientists have their stance. At the time of this newsletter, major Outdoor Retailers of plastic water bottles, including REI, EMS, Dicks Sporting Goods, have pulled products containing BPA and replaced them with alternative products. Many include the newer line of stainless steel or alternative plastics. We'll let you, the consumer, be the judge!

BEGINNERS CORNER- BENEFITS OF A TRAINING LOG

What is it? It's a log, journal, chronicle, record of workouts, races, experiences & observations. Why keep one? Here are some good reasons

- **Be accountable** - a log makes it tough to blow off workouts when you know you have to log all your actions. It also allows better self-coaching to be able to see your progress in writing.
- **Build confidence** - reviewing a record of your objectives & accomplishments helps shore up tired legs, a bad workout and doubts that can occur during a long season.
- **Spot trends** - it's easier to see performance patterns that cannot be observed 1-day at a time.
- **Confirm goals** - your log keeps you grounded with your goals and helps you avoid goal inflation and distractions.
- **Create motivation** - hitting pre-recorded milestones and

TRI CONNECTIONS

[Max Website](#)

[2007 Photo Gallery](#)
See if you made the gallery!

[B&S Fitness](#)

[Charles River YMCA](#)

[Clark Community
YMCA](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

comparing info. over time is an excellent motivator. Seeing what I did 5-years ago is not only a trip but a fun look at how fit I was as a 5-year-younger version of myself.

- **Emotional outlet** - tri training & racing can invoke irrational and intense emotions. In reality, beyond yourself (and maybe your coach), nobody else cares too much if you had a poor race. Use your log to vent and put things into the proper perspective.
- **Getting better** - your log is a written record of what worked and didn't work for you. Use this gold mine to improve next season's training plan and race results.

You can set your training log aside during the off-season to give yourself a mental break, but start it again when you switch from exercising to training.

TRIATHLETE SPOTLIGHT

Steve Levandosky

Profile- I am a mathematics professor at the College of the Holy Cross, I am married and have three daughters. I grew up in Framingham and now live in Hopkinton.

The "beginning" - I started doing triathlons in 2007. That spring I had started cycling and swimming to help rehab a running injury. I borrowed a road bike from a friend to enter my first race. My swim and transitions were pretty pathetic. I think I saw every color swim cap go by me. I also ate, drank and changed clothes at each transition - pretty funny given that it was a sprint! I was hooked though, because the following week I went out and bought a road bike, and did five more races that season.

Athletic Interests - Prior to triathlon, my athletic interests consisted mainly of playing basketball, weight lifting, rock climbing, squash and fitness running. About three years ago I started getting into road races - mostly 5Ks.

Triathlon Accomplishments - I think my biggest accomplishment my first season was learning to swim. This year, I'd say my biggest accomplishment was improving enough on the swim and bike to finish in the top three in my age group in all three sprint distance events that I entered. Completing a half-iron was another big milestone.

Motivation - There are several reasons that I like participating in triathlons. Primarily I enjoy competing. At the same time, I feel that by engaging in the activities involved in triathlon training - exercise, proper nutrition and rest, and setting and achieving realistic goals - I am setting a good example for my children. I also just truly enjoy doing each sport



in triathlon. I've always enjoyed running and still consider it my strength, but I am addicted to the speed of cycling, and I'm convinced that regular cycling has made me a faster and less injury prone runner. While swimming is still my weakest event, I have come to love open water swimming and even pool swimming to some extent. Another thing that keeps me motivated is that, having started racing in my 30s, I'm still getting faster. I look at each race as an opportunity to improve on my previous performances.

Goals for 2008 - Realistically, my goal for next year is to stay healthy, and get faster in each discipline. I would eventually like to become fast enough to win some races.

TRICLUB UPDATE

Any triclubs interested in participating in the 2009 race series, please contact Tim at richmond@maxperformanceonline.com.

Special promotions, awards and bragging rights included!

Thank you for contributing to a wonderful and successful 2008 year! We welcome you to join us to make 2009 even better. Your suggestions are always encouraged.

All the best,

Tim Richmond

*RD, Max Performance
617.797.2215*

LOOKING FOR A USED TRI OR ROAD BIKE?

We've been asked by enough triathletes if we knew of anyone selling a used tri or road bike. So, we decided to solicit the information and to put together a "Used Bike List"

We are merely going to be the collector of the information and the "list publisher."

Sellers

If you're interested in selling a used bike, please email us the following information via reply to this newsletter:

Bike manufacturer and model

Bike age

Asking price

Other info. (at your discretion)

Contact email address

Buyers

Anyone interested in buying a used bike can email us and we'll forward you the list. Buyers are on your own after that to contact the seller and take it from there.

Good luck!

2ND ANNUAL TRI SUMMIT 2009

2nd Annual Northeast Triathlon Summit

Salem State College, Salem Ma.

March 14th, 2009

8:30am-5pm

This summit is designed for Triathletes of all levels to come learn from the pros and specialists on how to become faster, stronger, more injury free and of course gain that competitive edge! The knowledge and priceless tips that you will receive will be well worth a Saturday devoted to triathlons!

Features this year:

"Hands On" swim, bike, and run clinics

VO2max testing (must register separately for that - first come first serve)

Nutrition consultation/program design

Injury screenings.

"Triathlete Garage Sale" to sell, buy, or trade gear

Vendors available with the hottest gear for 2009

More details and a complete schedule can be found at: www.bnsfitness.com

Sponsors: Max Performance, HEAT Training, B&S Sport Science, North Shore Cycles, Fit Werx 2 & Salem Park and Rec.

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PREVIOUS MAX NEWSLETTERS AVAILABLE!

Prior newsletters are available on our website.

Some well received topics included:

- Maximize balance and prevent injury -
- The Real Skinny on Aerodynamics -
- How to have a faster bike split -

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

MAX PERFORMANCE GIFT CERTIFICATES



Looking for a fun Holiday gift to give?

Trying to be original?
Have a friend you want to become a triathlete?
Want to achieve a big surprise factor?
Like to shop from home?

Then give them a gift certificate to a 2009 Max race! It worked really well last year for the clever folks who did it so we wanted to share the idea for this year.

Just reply to this email and we'll let you know how to do it!

Happy Holidays!

www.maxperformanceonline.com

RECOMMENDED 5K FOR THE FALL

Norwood 2008 Turkey Trot

Sunday, November 23rd- 11AM

AT CLAY CHEVROLET

391 Providence Highway, Norwood, MA

Featuring:

Cash and Gift Awards, Free Long Sleeve T-Shirt to the first 300 racers, Free Kids Trot at 10:30AM, Raffles and more!

\$20 Preregistration

\$25 Race Day Registration

\$15 Ages 65+ (Pre & Race Day Registration)

Sign up at www.active.com

Contact via email- NorwoodTurkeyTrot@comcast.net

Or phone- 617.610.0084