

# October Triathlon Newsletter



October / 2007

## IN THIS ISSUE

[Training Tips](#)

[Tri "Lingo"](#)

[Now That's A Triathlete!](#)

[Favorite Workouts](#)

[Successful Season?](#)

[Triathlete Spotlight](#)

[Sponsor Promotiom](#)

## "DID YOU HAVE A SUCCESSFUL TRI SEASON?"

Regardless of your answer, just how did you define success? Was it based on your age group place, race times, fitness levels, amount of weight loss, sticking to a training plan - start to finish, or none of the above?

Sounds obvious, but many triathletes measure success using criteria other than goals. That may be fine, particularly for athletes looking to become 1<sup>st</sup> time triathletes with that as their primary goal. But if you're not a newbie (which you're not after you finish 1 race), then what should your goals be? Granted, all goals should be achievable but they should also be based on your "tri-situation" - goals that are right for **you**.

If you tailor goals to your situation, you'll be sure to improve your fitness level and tri results and increase your feeling of accomplishment. How? Set goals commensurate with your situation and ambitions, i.e. your abilities, your time commitment to the sport and your previous year achievements (high school and college accolades were a while ago :)

The following table can help you gain some insights for setting your 2008 goals. These are actual goals used by MA triathletes in 2007. Naturally, you can mix & match and tailor them to your particular situation. Good Luck!

## TRAINING TIPS



- Make Each Workout Count: limit "junk mileage"

- Train the way you want to perform on Race Day

- Try out new gels, energy bars & drinks on training days to find what works best for you

| "Tri-situation"                      | Good Targets   |
|--------------------------------------|--|
| Triathlete with < 3 years experience | <ul style="list-style-type: none"> <li>- Finish 1 Olympic distance race</li> <li>- Add 1 more strength training session per week</li> <li>- Improve my times on a comparable course by 20%</li> </ul>                      |
| 3-5 years tri experience             | <ul style="list-style-type: none"> <li>- Improve my time on a comparable course by 15% over the previous year</li> <li>- Change bike flat in less then 5-min.</li> <li>- Reduce each transition time to &lt; 2-</li> </ul> |

## TRI "LINGO"

### Periodization

*You've probably heard this term on websites or in magazines, but what is periodization?*

Simply stated, **Periodization** is varying training levels over discrete periods of time. Periodization related to Triathlons may include breaking your year into several phases. Some descriptions may include a base, build, and peak phase. This helps prevent injuries, target weaknesses, and reach your goals!

## "NOW THAT'S A TRIATHLETE!"

"With 2 days left to the race, I though I'd try out the course. So I swam at the lake, rode the bike course and then finished things off with the run. I'm thinking about taking it easy tomorrow and just going for an hour swim. By the way, how's the weather look for Sunday?"

## FAVORITE WORKOUT: SWIM

**Goal:** Build strength & endurance

**Workout:** "Swim Ladder" 4-8-12-16-12-8-4 or 2-4-6-8-6-4-2; because you're counting sets, it keeps you focused on the individual set not on the total # of laps

**Pace:** Self-determined based on training plan; I like to swim the middle portion at race pace and the rest of the laps a few seconds slower per lap.

|                               |  |
|-------------------------------|--|
|                               | min.<br>- Spend \$2k+ on a bike  |
| > 5 years tri experience      | <ul style="list-style-type: none"> <li>- Race 3 A-races, 4 B-races and 1 C-race (pertains to matching training &amp; goals with specific races)</li> <li>- Qualify for Age Group Nationals</li> <li>Train more efficiently - quality over quantity</li> <li>- Finish in top 10% of my Age</li> <li>- Group in at least 1 race</li> </ul> |
| Athlete becoming a triathlete | <ul style="list-style-type: none"> <li>- Lose at least 10 lbs.</li> <li>- Complete 2 Sprint triathlons</li> <li>- Know the top 5 most common tri mistakes to avoid</li> </ul>  |
| All                           | <ul style="list-style-type: none"> <li>- Concentrate on triathlon-specific off-season training</li> <li>- Meet great friends and receive support through the sport of triathlon</li> <li>- Feel good knowing that you set back Father Time's clock a bit by being a triathlete!</li> </ul>   |

## TRIATHLETE SPOTLIGHT

### Veronika Patty

**Profile:** Veronika balances her busy life as Fitness Director at the YMCA, organizes community programs in Winchendon, is the mother of a 2 year old and....oh yeah, a Triathlete! Veronika's high energy and enthusiasm has placed her in Max's Triathlete Spotlight this month.

**Years in Triathlon:** 2

**Occupation:** Fitness Director, Clark Memorial YMCA

**Prior Fitness Levels:** Instructor in Pilates, Strength Training, Step Aerobics, Cardio Conditioning! Wow!

**2007 Accomplishments:** Consistently finished in top of her age group at 3 events this season in only her 2nd year in Triathlon.

**What I enjoy about the sport:** I get bored very easily, so three different



## MAX PERFORMANCE LINKS

Website:

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

[2007 Photo Gallery](#)

See if you made the gallery!

[Suggestion Box](#)

Got any???

disciplines in one race with two different transitions is my kind of thing!

**Goals for 2008:** To compete in Olympic Distance events against Elite Women.

## TRI COACH REPORT

### **Winter Training - *How to Stay Warm and Comfortable*** **-Brandi and Steve Dion, USAT Certified Coaches**

The 2007 Triathlon season is over, the warm comfortable weather is slowly diminishing and the cold, windy, snowy and just plain uncomfortable weather is just around the corner. Granted, it is a great time to relax and chill out for the off-season but depending on your 2008 race plans - you may need to start your pre-season training in December or January, so you don't get much of a break. So, here's how to exercise outside comfortably through the entire winter.

When it comes to choosing clothing to wear outside while you are exercising - whether it is walking, running, biking etc, the motto of "Cotton Kills" is familiar to most athletes. The explosion of synthetic clothing from companies like Under Armour, once earmarked for the elite athlete, has trickled its way down to the weekend warriors and can now be found at a variety of stores such as Target, Wal-Mart, Athlete's Corner, New England Running Company, Dicks Sporting Goods and EMS. The benefit that these synthetic fabrics have over cotton is its moisture wicking properties and overall comfort while moving. This type of fabric pulls the sweat away from the body and dries quickly (making it easier for your body to cool itself in the hotter temps and retain its heat in the cooler temps). Cotton simply holds onto that sweat/moisture (as seen in those sweat drenched shirts we often see or experience) preventing or inhibiting the bodies ability to regulate its temperature.

So, what should you wear and is there one product better than another? A good rule of thumb is to dress as if it were 20 or so degrees warmer than it really is when you're going outside to exercise. The first few minutes might be a bit cold - but - once that body gets moving, your temperature will rise and you'll be glad you didn't put that extra layer on. If you enjoy over-dressing to stay warm until you get moving (e.g. Brandi), always dress in layers so you can strip off a layer or two when you warm up to prevent overheating. What you don't want to do is wear so many layers that your body is not able to regulate its temperature.

When participating in activities such as cross country skiing, winter triathlon, trail running, winter cycling/running, etc. the best way to layer is to wear your nylon tights as your under wear, (and yes - men's men do wear tights) then a thin (or thick depending on how cold it is) layer of fleece and finally the outer shell which could be water proof or just wind resistant nylon pants or jacket. Remember, don't put on your cotton underwear and bra, that would just ruin everything. Use synthetic moisture wicking brands or nothing at all, yes I am serious! You may enjoy the synthetic ones so much that you wear them all the time.

As far as keeping your body warm, wear a hat! You wouldn't believe how much heat escapes from your head. Also, you can buy "Body Warmers," (stick-on-heating pads for just about any body part), one of the best 21<sup>st</sup> Century inventions.

If you are one of those triathletes that hibernate to the comfortable indoors during the winter season, and hit the spinning classes and treadmills... toughen up! Take

our advice and try a new winter sport this year or dress properly to continue with your outdoor training. You will be very surprised at how warm and comfortable you can be when dressed properly. Remember, if it feels cold outside when you are moving, you're just not dressed right.

B&S Fitness Programs LLC

---

*Want more fun built into your winter training schedule? Future issues will help you do that.*

*Safe Training,*

*Tim Richmond*

*Race Director*

*Max Performance*

*617.797.2215*

## SAVE 50% OFF BIKE ELECTRONICS

***Awesome Deals on Heart Rate Computers,  
GPS, Power Wattage Meters & Indoor  
Trainers!***



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

**Max Performance Members Receive the  
below exclusive discounts!**

- **25% off all computer products**
- **50% off all tune up service or Any Bicycle Repair Service**
- **20% off any Indoor Trainer!**

**Offer Expires: November 30, 2007**