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CAN YOU TAKE IT TO THE NEXT LEVEL?

Part 3 of 3

In the last two newsletters we described some key success factors in significantly raising your triathlon performance. This article "finishes" highlighting some advice we're confident will help you significantly improve your triathlon performance. Real life examples (RLEs) are included to emphasize the tip.

Core is key - many of us consider this area the 4th triathlon discipline. RLE- everyone of our tri-advisors (top collegiate and/or elite athletes in either the swim, bike or run) spends considerable time working on their core each week, usually 2-3 workouts. Core strengthening becomes even more important as you increase your race distances. Why? You call on your core throughout a race, particularly as you get tired. A strong core allows you to maintain good technique and pace which means increased speed.

Find a track - just look at the run splits of the top athletes in your age group and you'll see a common thread- they're fast runners. Track work is essential to becoming a faster runner; it's analogous to interval work in the pool. Going for long, slow runs can be beneficial but it can also teach you to race slow. Track work helps break "slow patterns" and enables you to know what it feels like to run faster. Track work is naturally measured, accurate and challenging. It improves pace familiarity and your fast twitch muscles and increases your aerobic capacity - all essential to faster run splits.

Go high tech - you don't have to spend a fortune on gadgets but you should at least own a Heart Rate Monitor and get a VO2 Max test. If you're like the average triathlete, you'll quickly appreciate how easy it is for your mind to trick your body. A HRM accurately helps you determine your true fitness level and gauges other key baseline performance metrics. These parameters, when combined with a VO2 max test, are then used to develop/adjust training plans, to serve as benchmarks for measuring progress and to take your training and racing to a whole new level. RLE- my HRM measurements were considerably different (and better) than the 220- your age standard and my educated guess at Perceived Rate of Exertion. I quickly learned and used the 5 HR zones for training way more productively. My racing performance improved dramatically the more I understood my body.

Faster transitions - RLE- the first time I missed qualifying for Nationals it was because of slow transitions and I vowed to not let it happen

FAVORITE WORKOUT: LONG RUN WITH PICK-UPS

Goal: Simultaneously improve on endurance and race pace

After 2-3 miles at conversational pace, do five 30-second pick-ups. Run at your CP for 2-minutes between pick-ups, e.g. CP---30-second pick-up---2-min. CP, 30-se. pick-up, etc. Work yourself up to 10 pick-ups over the length of a run. Finish the run at CP.

Flexibility: change # of miles, # of pick-ups and/or length of pick-up

"NOW THAT'S A TRIATHLETE!"

"I struggled big time on the run; basically my get up and go, got up and went."

-80s Rock fan triathlete

TRI LINGO

Turkish Get-Up
Great Strength/Core Training. Lie on your

again. I actually beat the 1st and 2nd place finishers in my age group in total swim/bike/run time but they nipped me in total race time because of slower transitions. We've covered how to achieve faster T-times in other newsletters but here are a few of the better tips:

- Grease up in the right spots, have the wetsuit at your waist when you reach your bike and get out of your wetsuit fast.
- Keep your shoes on the pedals before and after you do the bike segment.
- Do the side saddle thing by riding into T2 on the side of your bike to hop off with momentum when you reach dismount.
- Drink and eat while out of the T-area, not while in it.

Few final abbreviated tips:

- Really try to practice great nutrition throughout the year, not just during race season.
- Optimize your iPod to kick your run training up a notch - warm-up songs during run warm-up, fast paced songs during the fast parts and cool down music for the end.
- Buy a really good bike or at least race wheels and you'll raise your game immediately.

POST-SEASON TRAINING: REST NOW OR REST LATER, YOU DECIDE

By: Scot DeDeo, assistant coach with the Dreamfar Triathlon Team

In the sport of triathlon, there is no off-season, but there is a post-season. Following a hard season for both beginners and seasoned athletes a transition period must take place to allow the body to heal for the following season without losing the endurance you worked so hard to build up. Two mistakes are generally made that can significantly effect the next season: 1) continuing to train hard straight through the winter without taking time off resulting in early season injury and 2) taking a significant period of time off causing considerable loss in aerobic endurance.

The transition phase, which takes place at the end of an athlete's season (or following a hard "A" race) usually last 4-10 weeks (leaning towards the longer end for athletes newer to the sport). During this period the number, volume, and intensity of workouts are significantly dropped, allowing the tissue damage that accumulated over the season to heal. It also allows for a mental and physical break from the rigors of training and the ability to focus on other aspects of life including family, work, and other activities of interest.

The first part of the transition phase largely consists of taking a break after an "A" race. Most athletes take 1-2 week off to allow their glycogen stores to be fully replenished and for most muscle soreness to subside. Next, a period of short, low intensity workouts mixed with rest and cross

back while holding one dumbbell (e.g. 20lbs) straight over your chest with one arm. Stand up while keeping the weight above you, elbow locked; then lie down again. Do 5 with each arm with no rest.

MAX PRAISE

"I thought I'd take a minute to tell you what an amazing job you and your team are doing. I LOVE the Max Performance races... I go out of my way to fit them on my calendar because you guys are so organized and enthusiastic. I did another firm's triathlon last month, and I was really disappointed in how disorganized and ad hoc everything seemed. I love that you email out the race packets ahead of time and send frequent updates of anything that comes up...knowing that you and your team are so on the ball lets me just concentrate on the race."

Beth A.

MAX ADDS TWO GREAT CHARITIES

We're pleased to announce that we've added two great causes that we'll be

training begins. Consider light bike rides and runs with other activities such as Pilates, hiking, or team sports for a max of 4-5 workouts per week.

As the transition phase continues keep the intensity low, but start focusing on relevant tasks. This is perfect time to take swimming lessons at your local YMCA or take a spinning class and focus on upping your biking cadence. It takes a relatively low amount of aerobic work to maintain endurance, but taking a significant amount of time off (over 2.5 weeks) will greatly affect how fast you build back up in the upcoming base phase (It has been found that taking 4 weeks completely off could take an athlete 8-12 weeks to regain the lost endurance).

Finally, as the transition phase completes you should be feeling rejuvenated and ready to start another fun season of triathlon.

Recommended Cross Training

- Skiing (Cross-country and downhill)
- Team sports (soccer, basketball, volleyball, etc.)
- Rock Climbing
- Hiking
- Elliptical training
- Mountain biking
- Yoga
- Pilates

Scot DeDeo is an assistant coach with the Dreamfar Triathlon Team

www.dreamfar.net

BEGINNERS CORNER- COURSE MAPS

(Tips from triathletes who consider themselves beginners)

Through our Newbies Hotline, we stay in touch with lots of triathletes who would not consider themselves seasoned tri-veterans-yet. This column highlights a tip they considered invaluable in helping them be more prepared for the rigors of a triathlon.

Why fret over course maps?

"I recently realized that studying bike and run course directions the day before and morning of a race is NOT a good idea. While it is the racer's responsibility to know the courses, I was wasting lots of energy and getting myself worked up over nothing. Max races have at least 3 things that allow you to just race:

1. several neon arrows on the road before and at every bike and run turn
2. Police officer at every bike intersection managing traffic and pointing each turn
3. volunteers with orange vests and flags telling you which way to turn

So, I'd recommend glancing at the course maps to be familiar with approx. what miles turns are coming and in which direction but that's about it."

supporting for 2009 and encourage you to do the same:

[Soles4Soles](#)

Every old pair of running shoes you throw away ends up in a landfill. Instead, consider being more green by bringing them to one of our races and dropping them in our donation box and we'll get them sent to people that need shoes all over the world: domestic hurricane victims, refugees, children, etc.

[Team Hole in the Wall](#)

Founded by Paul Newman to give kids with serious illnesses a life-changing camp experience. You'll have the priceless experience of making a difference in the life of one special child.

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!]*

- "Seven Nation Army" by The White Stripes
- "Jitterbug" by Wham
- "Call Me" by Blondie

WHY DO I NEED TO PLUG BAR ENDS ON THE BIKE?

For those unfamiliar, bar end plugs are located at the bottom of your handlebars and at the end of clip on tri bars, also called after market tri bars. Every USAT sanctioned event mandates that bar ends are plugged. The reason it is so important to have these plugged is related to the potential for injury during a fall or crash. If your bar ends are not plugged during a fall, they can act like a melon scooper on your skin (bad visual) or worse a dagger! So, it's not only important for your sake, but also your fellow competitors to have your bar ends plugged.

Simple solution: If you realize your old bar ends fell out on the morning of a race, find a plastic soda bottle cap and use duct tape to wrap it up! Or if you're at a Max race, just head over to our bike mechanic who will be happy to fix you up!

TRIATHLETE SPOTLIGHT

Kim Shattuck

Profile- I am a registered nurse, working in cardiac cath lab in Boston. Sometimes my job is very demanding with short notice overtime that can really interfere with training. I have two school aged children, a husband and a lazy golden retriever who can only run a 15 min/mile.

The "beginning"- I've been competing in triathlon for two full seasons. I began by doing home workouts trying to get into shape. I hadn't worked out since I had my first child 13 years earlier and I had never worked out consistently. My husband is a competitive master's cyclist, and thinking it would be a good idea to add a little extra cardio to my workouts, I got a bike. I started to ride with him and realized it was fun and a good way for us to spend time together. I didn't like the idea of racing bikes in large groups of riders, so triathlon was the next best thing. I competed in my first race in June of '07 and never looked back. I'm lucky to have such a supportive husband who performs all my bike maintenance, cleaning and tune-ups. It's good time management; we get quality time together and our workouts in all at once.

Athletic Interests- My only athletic interests are swim, bike, and run, there's no time for anything else! I never swam or ran track in high school, but I always knew I was athletic. It wasn't really "cool" to be an "athletic girl" in high school. I think maybe that's it... I'm living a second childhood and triathlons have afforded me that chance.

Triathlon Accomplishments- After completing my very first triathlon in June of '07, I was able to take 1st overall female at Max's Hopkinton Season Opener less than one year later. I went on to have a great season this year, placing in my age-group at all local races I competed in. Except of course the few Elite divisions I've raced in. That's a complete different level!



- "All My Life" by Foo Fighters
- "B.O.B. (Bombs over Baghdad) " by OutKast
- "Standin In the Rain" by Dave Thompson
- "Are You Gonna Be My Girl" by Jet
- "Going the Distance" by Cake

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

TRI CONNECTIONS

[Max Website](#)

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

[B&S Fitness](#)

[Charles River YMCA](#)

[Clark Community YMCA](#)

Goals for 2009- I could possibly have a slot on Team USA (I'm still waiting to hear) if so, then my priority for next year will be the ITU World championship in Australia.

NUTRITION HIGHLIGHT- TUNA CAKES

This quick and easy, recipe packs a powerful protein kick with all the feel of its counterpart, the Crab Cake! Enjoy this as an entrée or even turn it into a burger between a whole-wheat bun, with lettuce and tomato. Makes 2 large cakes.

Ingredients

1 Can Solid White Tuna
1 Cup breadcrumbs
1/3 cup minced onions
1/3 cup minced red peppers
1 tbsp olive oil
¼ teaspoon salt
¼ teaspoon black pepper
2 egg whites
½ teaspoon hot sauce (optional heat!)
Lemon wedges



Preparation

Combine all ingredients above in a medium size-mixing bowl. Reserve a one empty plate for finished cakes and one plate lightly coated with breadcrumbs. After mixing all ingredients in a bowl. Form two to four cakes with your hands and lightly coat each side with breadcrumbs. Heat non-stick skillet over medium heat. Place one-tablespoon olive oil into pan. Place cakes in pan, turning after lightly browned on both sides (approx 3-4 min/side). Serve with lemon wedge for an entrée and enjoy!

Nutritional Info

Per one large tuna cake: 210 Calories, 3g Fat, 24g Carbs, 18g Protein

TRICLUB UPDATE

Congratulations again to the Mass. State Triclub winners. The USAT event was hosted by Max Performance at the Massachusetts State Triathlon in Winchendon where clubs were able to choose between a Sprint or Olympic course to race.

The winners were as follows:

<u>Division</u>	<u>Club Size</u>	<u>Team Name</u>
Division I	>250	Tri Fury
Division II	130-249	No Competitors
Division III	80-249	Wheelworks
Division IV	30-79	North Shore Tri

[Fit Werx](#)[Fuel Belt](#)[Hammer Nutrition](#)[Lock Laces](#)[Old Colony YMCA](#)[Quad Multisport](#)[Sage Chiropractic](#)[Village Bicycle](#)[Westborough YMCA](#)[Xterra Wetsuits](#)

Thank you for contributing to a wonderful and successful 2008 year! We have some great things planned for 2009 and welcome more of your input too.

All the best,

Tim Richmond

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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

PREVIOUS MAX NEWSLETTERS AVAILABLE!

Prior newsletters are available upon request.

Some well received topics included:

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

Just reply to this email and we can forward you newsletter(s) of interest.

MAX NEWSLETTER SUGGESTIONS



Max welcomes suggestions on future topics.

Just REPLY to this email with your 2 cents!

www.maxperformanceonline.com