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*"The dashboard melted but we still have the radio..." Modest Mouse*

Congratulations to the women who bet right on the Sept. 9th triathlon "proceeding as planned." Although we had much to do from 2-5 AM on race morning, the weather turned out wonderful, the wet roads dried and over 550 athletes were the only ones in New England doing a triathlon that weekend (the other tris were cancelled). Kudos to you for your patience and fortitude and for staying in touch with us throughout the days leading up to the race. We're also glad we aired on the side of over-communicating to the athletes, police, EMS, Sponsors, vendors, volunteers, and Recreation Dept. officials.

The camaraderie, spirit and desire that we witnessed that weekend made the event very memorable for us. We promise to return the appreciation by making the race even better for next year!



## FAVORITE WORKOUT: ROLLING HILLS RUN

Find a rolling hills run course of a length appropriate for your training plan and tri-goals, even if you have to drive there to do it. Run mostly at a comfortable pace but accelerate up the short hills practicing good form throughout (see previous newsletter on how to run a hill). Also, try not to fight gravity going down the hills. This is key because you work your quads harder if you're leaning back to slow down too much and you lose time.



7AM

## "NOW THAT'S A TRIATHLETE!"

"Your race yesterday was my 1st tri and I'm 60 years old. I was very happy to take 3rd place in my age group. Do you know when the results will be posted because I want to see my splits and focus my training better."

-Never too late  
woman go-getter

## BEGINNERS CORNER- BRICK WORKOUTS

*(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.

**Do several Brick Workouts prior to a race** - these workouts can be any combination of two workouts in a row but often refer to a bike and run combo. The bike-run combo helps you experience the fatigue associated with going from one discipline to another. It also increases your training time in one workout which builds strength and endurance. Finally, the Brick helps you mentally get prepared for race day experience. TIP - do a Brick for a total length of time greater than you'll expect it will take you during a race. So, if your bike and run during a race is expected to take you 1 ¼-hrs, get yourself up to a Brick of at least 1 ½-hrs.

## TRI LINGO

### Hammer

The ultimate in effort,  
often used to describe

## CAN YOU TAKE IT TO THE NEXT LEVEL?

*Part 2 of 3*

In the August newsletter we described some key success factors in significantly raising your triathlon performance. This article continues that line of thinking by highlighting additional advice we're confident will help you significantly improve your triathlon performance. Real life

a blazing fast bike split where you crush the course. Similar to the crushing effect displayed by a hammer in the hand of a skilled carpenter when they hit the nail on the head. Metaphorically similar to what the athlete does with their effort in the race or on a training ride.

## MAX PRAISE

"I can't tell you how much I truly enjoyed myself and I'm sure you've had high accolades from countless people, but please know the whole process from signing up to crossing the finish line was flawless in my eyes. Your staff was helpful, sincere and beyond encouraging. I was so impressed by the entire procedure and you made it look so easy. Heaven knows the prep that goes into these events- you surely do quite a surmountable task. The personal service was over the top too! I can't imagine how many calls and e-mails you took from anxious newbies. Thanks so very much for making my first sprint so memorable."

Lisa N.

examples (RLEs) are included to underline the tip.

### **Training (and racing) should be very structured**

It really helps to plan out your races *and your training* in an accented way, especially in comparison to when you were "just racing." You'll want to set and reach various goals throughout your training period in order to know you're on track for race goals. This requires more structure and requires treating more training sessions like race sessions. Milestones and metrics will help immensely. RLE - I set my race goals and work backwards to build incremental training goals along the way to reach the race goals. This includes weight/core training too, e.g. reach 2-minutes in the plank position, 50 push-ups, etc. by certain dates.

### **There is no off-season**

Sure you can, and should give yourself a mental and physical break in late Fall but seriously consider jumping right back in soon thereafter. Use the early part of your training plan to work on things that seem to get pushed to the back during the tri season, e.g.

- **Technique** - both in the swim and on the bike.
- **Core strength** - build that extra strength you'll need when your whole body hurts near the end of the race.
- **Stretching** - wish I did more of this a few years ago - there are pilates and yoga DVDs for triathletes and have been known to really help prevent injuries and increase flexibility/speed

### **Get faster on the Bike**

If you read our newsletters consistently, you've seen this. Still very true though since it makes up ½ your race. There are some great ways to do this, so here are a few:

- **Use variety in training** - long rides, hard gears, hills, interval sets, etc. Races are often a mix of these aspects, so make your training (gear shifting, muscle groups, breathing patterns) prepare you for common triathlon bike courses (see favorite workout section of this Newsletter).
- **Do some hill training (big gears)** - most good tri-courses have at least one hill. And, hills build strong legs which naturally makes for faster cyclists. So, make hills a strength through proper training
- **Practice out of the saddle techniques** - a few important tips can add huge gains here:
  - Don't lean too far forward over your handle bars and try not to sway much. It throws off power delivery and increases fatigue.
  - Don't lock your elbows - bad trap to fall in and can negatively affect aerodynamics, safety and power.
  - Breathe - you may actually have to remind yourself of this since you're focused on survival and not

## 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!]*

- "Somebody Told Me" by The Killers
- "Start Me Up" by The Rolling Stones
- "Rockefeller Skank" by Fatboy Slim
- "Rosalita" by Bruce Springsteen
- "Angels of the Silences" by Counting Crows
- "Hungry Like the Wolves" by Duran Duran
- "The Shock of the Lightning" by Oasis
- "Lust for Life" by Iggy Pop

## 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

necessarily techniques.

### Improve your Nutrition

Ever been in the middle of a hard workout and regret what you recently ate? Your nutritional habits influence your training performance and your training dictates your race day performance. It's fine (actually preferred) to snack and eat between meals, etc. but just do it mostly with the right foods and keep it reasonable. Top triathletes are usually quite strict with their nutritional plans so keep this in mind when judging your performance.

## TRIATHLETE SPOTLIGHT

### Jen Searl

**Profile** - I was diagnosed with kidney disease when I was 12 years old and had my first kidney transplant when I was 13. The medications that I had to take to keep me alive were keeping me from truly living my life. I had a handicapped permit in college and difficulty walking, osteopenia, muscle loss, and more. When I was 22, I became the first person in the world to have a joint kidney/bone marrow transplant, allowing me to stop all the medications that were wreaking so much havoc. Now, I'm 28, a librarian, marathoner, (soon to be) competitive swimmer, and triathlete, and hopefully showing the world the positive results of organ donation.



**The "beginning"** - My first triathlon was this year's Title 9 Women's Only Sprint Tri in Hopkinton. I've been running for a few years, and had swam when I was younger, so I bought a used road bike for \$100 last year and vowed to overcome my fear of "things with 2 wheels." I'm proud to report that not TOO many people whizzed by me. Overall, it was a great experience - very non-threatening for a scared newbie. I can't wait to do more next year!

**Athletic Interests** - I always thought that it would be a great story for my docs to say that the girl who couldn't walk ran a marathon, so I did. Unfortunately, I chose the '07 Chicago and was at mile 16 when it was shut down. So 3 weeks later I ran and completed the Cape Cod marathon. Prior to that I had done a handful of half marathons, probably my favorite distance. I recently joined a Masters swim team and have my first competition in December.

**Triathlon Accomplishments** - Actually becoming a triathlete as part of my success in overcoming life challenges. I feel it's important for people to see the results of organ donation, and my life would not be possible without it. This article was written about me recently: [http://www.boston.com/news/local/massachusetts/articles/2008/08/10/after\\_2d\\_transplant\\_great\\_strides/?page=2](http://www.boston.com/news/local/massachusetts/articles/2008/08/10/after_2d_transplant_great_strides/?page=2)

## TRI CONNECTIONS

[Max Website](#)

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

[B&S Fitness](#)

[Charles River YMCA](#)

[Clark Community  
YMCA](#)

[Fit Werx](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

**Motivation** - This is the first time in my life I have been healthy and I honestly feel like a kid in a candy shop. The rush is just amazing. I also love challenging myself and setting goals, whether it is improving a time or increasing the distance. It never ceases to amaze me what my body can now do. I also want to increase awareness of the need for organs, and show that organ recipients can do anything! If it wasn't for organ donation, I wouldn't be alive, never mind competing in triathlons.

**Goals for 2009** - My goal for '09 is a strong showing in the 2009 World Transplant Games. This year, at the US Transplant Games, I was named the Outstanding Female Athlete and will be going to Australia in August and swimming as part of Team USA.

## TRICLUB UPDATE

Thanks to a very successful USAT Club Championship race at the Massachusetts State Triathlon this year, we want you to know we're doing several things **specifically for clubs and teams in 2009**:

1) **Race Series**- organizing a race series where clubs receive points each race in a fashion similar to USAT rules. Top teams receive awards and cash at the end of the season.

2) **Club Profiles**- sharing Club Profiles with our newsletter readers to broaden Club appeal and education.

3) **Matchmaker**- responding to triathlete inquiries by sharing recommended Clubs based on triathlete and Club profiles.

Stay tuned...

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*All the best,*

*Tim Richmond*

*RD, Max Performance  
617.797.2215*

## MASS SPORT & SPINE PHYSICAL THERAPY

### Mass Sport & Spine Physical Therapy

Walpole & Foxboro, MA

Mass Sport & Spine Physical Therapy specializes in sports medicine rehabilitation and return to sport training. They have personal one on one appointments from one of 7 experienced physical therapists and they focus on manual therapy and specific exercise prescription to correct muscle imbalance.

For appointments and/or questions please call:  
David J. Koehn MPT,ATC,PES,TPI CGFI-MP2  
**508-668-8900**

## 50% OFF FIRST MONTH OF TRI COACHING!

### ***B&S Fitness***

Need a Tri Coach?

BnS Fitness in Salem, MA is giving all triathletes **50%** off the first month's coaching fees with a 3 month obligation.

If you are signed up for Max's Title 9 Women's Only Sprint Triathlon- you get a **FREE** month of coaching with a 3 month obligation!

*Simply mention Max during sign up to get this great promotion!*

**BnS Fitness**  
15 Maple Street  
Salem, MA  
978.204.8588  
[www.BnSFitness.com](http://www.BnSFitness.com)

## MAX NEWSLETTER SUGGESTIONS



**Max welcomes suggestions on future topics.**

**Just REPLY to this email with your 2 cents!**

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