

Weekly Update:

TRIATHLON TRAINING GROUP



Good first session last Monday! I hope that all of you have developed a training plan that fits your schedule and ability level. Remember that having a plan and then following the plan is the key to success. Drop me an e-mail with and questions if you need help with getting your plan developed.

Next week's session: The group session on Monday 5/25 will focus on swimming, with a "real swim coach" facilitating. Nick Mathers has graciously agreed to give you some pointers and answer questions. We'll meet at the same place (grassy area adjacent to the rest room) at 6:30. **Wear your bathing suit and be prepared to get wet.**

More on swimming: For the people following **the more advanced Olympic distance training plan**, you might want to consider the suggestions submitted by Kathy Rakel (a Goodfellow triathlete who is one of the top amateur racers in the nation). Here are her suggestions for the swim workouts:

- *Rest times for repeat 100s? Maybe like 20 or 30 secs of rest after each 100*
- *How about open water swimming? this is important to practice and could be incorporated as some of the easy swims*
- *For the week of July 19th, I'd add another swim; I think 2 swims a week should be the absolute minimum, and three swims/week should be considered for some weeks; swimming is about the feel of the water.*
- *Maybe add 3x300 repeats (30 secs rest) for July 14th as a step to the 3x500s that you assign later in the plan.*

Group workouts: Michael Perez, a personal trainer and co-owner of Vita Sport Studio, has offered to lead a training group of entry level triathletes if anyone wants to meet up for workouts on a daily or every other day basis. If you are interested, contact him at 232-2506 or by e-mail at michaelaperez6@yahoo.com.

Other group workouts: Some of the local triathletes are meeting at the swim beach on Tuesday and Thursday evenings at 5:30 to swim, then heading to TxDot for the Tues/Thursday Loop Group cycling rides at 6:30. Other group workouts include the following:

- *KOA: There are always people working out on the KOA loop if you prefer to run or walk with other people around.*
- *Friday evenings Road Lizards group: This group meets at 5:15 at the Farmers Market pavilion across from Fort Concho. Park near the railroad track end of the lot, and start the run with the group, then go at your own pace, and meet afterwards at Club 404 for re-hydration.*
- *Beginner group rides: Monday evening, 6:00, swim beach, beginner ride (easy pace, 10-15 miles) and Meets every Monday at 6 p.m. starting at the swim beach. This is a slow-moderate ride, 12-15 miles long. There is also a Saturday 9:00 am meeting at TLC and touring around the Bluffs area.*

Challenge a friend: Challenge some of your friends or family to take "The Triathlon Challenge". Details are posted at http://www.sanangelobicycleassociation.com/images/2009_TRIATHLON_CHALLENGE-3.pdf. New people can join on the Monday group sessions at any time.

Road bike for sale: If anyone is looking for a good used road bike, Dean Mackenzie has one for sale. Visit this link for details: <http://forum.cvmconline.com/index.php?topic=65.msg267#new>