

TRIATHLON TRAINING GROUP



Swim week: Nick Mathers did a great job of providing some swim tips to participants who attended last Monday's training session (thanks, Nick!). The take-home messages were (1) practice, especially swimming in open water, (2) use a little effort as possible during the swim (don't fight the water), and (3) the more you swim the easier it gets.

More on swimming: There are some good on-line resources for swim information. Check out the links below ... they might be helpful.

- http://www.beginnertriathlete.com/Priscilla/Triathlon_Swim_Training_For_Beginners_Dec03.htm
- <http://swimming.about.com/od/triathlon/a/triathlonswim.htm>
- <http://www.swimbikerunner.com/swimming-for-your-first-triathlon/>

Training plans: At this point all of you should have a training plan developed that fits your ability level and your personal schedule. Consistency is the key to improving, so follow the plan, take small "baby steps" as you work toward your goal, and don't expect dramatic improvements in one or two weeks. Key reminders:

- Try to get in at least two workouts each week per discipline (swim, bike, and run).
- One workout could be a combination "brick" session (bike followed by a run).
- Try to schedule one or two easy recovery days per week.
- Keep a training log! This will let you see how well you're staying with the plan, and will also give you a mental boost when you look back at what you've accomplished.

Next week's session: The group session on Monday 6/1 will focus on cycling equipment and training. We'll meet at the same place (grassy area adjacent to the rest room) at 6:30. **Bring your bicycle** if you would like some pointers related to bike fit, adjustments, etc.

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. **Note – this is a corrected address!**

- 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.
- Intermediate to advanced group rides: Tues/Thurs evenings, 6:30 pm, TxDot parking lot at Knickerbocker and Loop 306. Distances 20-35 miles, pace moderate to fast.
- Wednesday evening brick workouts: Mountain bike ride followed by a dirt road/trail run, pace moderate to fast on the bike, 6:30 pm, front restroom just inside the gate of Middle Concho Park. Not suitable for beginners or those on road or comfort bikes.
- Friday evening running 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.

Need a massage? A weekly massage on one of your recovery days will do wonders to keep your body loose and ready to do more hard training. [Gloria Granado](#) is one of the best message therapists in town, and she's also a personal trainer with over 10 years of experience. Gloria works in the [Vita Sports Studio facility](#) on Sherwood Way – give her a call at 277-8755 to set up an appointment.

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>

Thought for the week:

“It’s all about the lifestyle. Some people would agree that we ride and run for the thrill of competition, seeking those perfect moments when we get called up on the podium to receive an award. I disagree ... what we do isn’t just about racing. Instead, we’ve found that workouts and the camaraderie with others who share our athletic interests constitute a major part of “who we are”. We live for the simple satisfaction of a trail run, the thrill of a fast road ride, and the sheer excitement of bouncing through a technical section during an off road cycling adventure. Running shoes outnumber dress clothes in our closets, and the garage is a big storage cubicle for bikes and related equipment. We're active ... we're healthy ... we're athletes” (May 3, 2009 posting on <http://bcullins.blogspot.com>).

Questions? Contact Bill Cullins at bcullins@verizon.net or call 223-9321.