

TRIATHLON TRAINING GROUP



Bike week: This week's discussion focused on bike fit, adjustments, and training. The topic outline is attached at the end for those of you who missed yesterday's session. The take-home messages were (1) make sure that your bike is properly fitted to you, (2) do a periodic "safety check" of your bicycle (brakes, tires, wheel bearings tight, etc.), (3) carry a spare tube, tires levers, and a pump when you do cycling workouts, and (4) you will gain bike fitness faster if you vary the workouts (not the same distance and speed every day). The weekly workout schedule should include a longer and slower endurance ride, a faster tempo ride, and a strength session (big gear MT repeats or hill repeats). You may also want to include a very easy recovery ride on an easy day.

No meeting next week: The triathlon training group will not meet on Monday June 8th. Instead, I will send out a weekly update that focuses on running and running-specific workouts. We will meet again on Monday, June 15, same place and same time as usual. The June 15 topics will be **brick workouts, nutrition, and race day clothing**.

Some good beginner routes for bike workouts: The routes listed below are great for entry level cyclists. Each of the links will bring up a route map.

- **KOA loop:** Most people think of this as a place to walk or run, but it's also great for bike training (especially for strength work on hills). Each lap is about 2 miles, so you ride multiple laps to get the distance or time that you have planned. This is also a good place for more advanced athletes to do a hard run/bike/run combination (example: run two laps, bike 4-6 laps at a hard pace, and then finish the day with two more laps running). <http://www.mapmyrun.com/run/united-states/tx/san-angelo/905189457443>
- **Red Bluff Road:** This 7.6 mile out and back is a nice beginner route on a low traffic road. Start at the Packsaddle Restaurant parking lot, follow red Bluff Road to Middle Concho Park, and then turn right as you enter the park. Follow the park road to the back gate. If you are on a mountain bike or road bike with wide tires you can continue past the back gate on a dirt road. <http://www.mapmyrun.com/route/us/tx/san%20angelo/176124397288354468>
- **Spring Creek Park:** This is an 8 mile out and back ride with nice scenery. The ride starts and ends at the swim beach, and turns around near the spillway of Twin Buttes dam. <http://www.mapmyrun.com/ride/united-states/tx/san-angelo/601124397354597593>
- **Jamison Road:** This is a longer 15.6 mile route that makes a great "long ride" course for new cyclists or a quick hammer session for experienced riders. New riders can build up to the total loop distance by doing progressively longer sections as an out and back. This ride starts at the intersection of Southland and highway 67 (Wal-Mart area). <http://www.mapmyrun.com/route/us/tx/san%20angelo/162124397473724903>

Heart rate training: Several people expressed an interest in using a heart rate monitor during structured bike and run workouts. These small monitors are not expensive and can be purchased in most sporting goods stores or on-line (example: www.nashbar.com/bikes/Product_10053_10052_122315_-1_10000_11501). HR monitors are a great tool to help you stay in the correct intensity zone during different types of workouts such as endurance, tempo, etc. To use a HR monitor correctly, you must know (or calculate) your maximum heart rate and then calculate “zones” based on that maximum. A good on-line discussion of heart rate training is provided by Sally Edwards at this link: <http://www.howtobefit.com/five-heart-rate-zones.htm>.

To estimate your max heart rate:

- Male: 210 minus 1/2 your age minus 5% of your body weight + 4
- Female: 210 minus 1/2 your age minus 1% of your body weight + 0

Heart rate zones for training: (Note: various coaches will suggest slightly different zones)

- Zone 1: 50-65% of your max HR, warm up, cool down, and recovery rides.
- Zone 2: 65-75% of your max HR, most endurance rides and runs and for weight loss (“fat burning zone”).
- Zone 3: 75-85% of your max HR, moderate tempo rides and muscle tension (MT) workouts.
- Zone 4: 85-95% of your max HR, hard tempo workouts and intervals sessions such as hill repeats.
- Zone 5: all out efforts @ close to max HR, very hard repeats such as bike sprints or short running intervals.

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, 6:30, 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 massage 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.

Road bike for sale: If anyone is looking for a good used 52 cm road bike, Dean Mackenzie has one for sale. Visit this link for details: <http://forum.cvmconline.com/index.php?topic=65.msg267#new>

(Notes from Week #3 Bike Training session)

1. Training updates and questions

- Six weeks until race day
- Group workouts (see attached)
- Training plan questions?
- Problems?
- Next week's session (running): Cancel or move to Wednesday evening?

2. Bike fit

- Body position - comfort vs. speed
- Aerodynamics (your body provides about 90% of the wind resistance)
- Tires (especially on mountain bikes)
- Seat height (leg extension)
- Seat tilt
- Reach to handlebars
- Drop – saddle top to bars

3. Bike adjustments and safety

- Shifting
- Brakes
- Headset bearings
- Wheel bearings
- Tires

4. Bike equipment

- Seat bag with spare tube, patch kit, and tire levers
- Tubes with sealant
- Pump or CO2 inflator
- Pedals (flat, toe clips, and clip-in)
- Stationary trainers

5. Bike training

- Endurance workouts: slow to medium speed, conversational pace, spin @ 85-95 RPM
- Strength workouts (muscle tension, or MT sessions): big gear, slow cadence 50-60 RPM or hill repeats
- Tempo workouts: Hard pace, but sustainable effort for 20-30 minutes
- Warm up and recovery workouts: very easy pace, spin the pedals, “massage on the bike”
- Brick workouts (bike followed by a run): endurance or tempo
- Heart rate zones:
 - L1=very easy, < 65% of max HR
 - L2=endurance, 65%-75% of max HR
 - L3=tempo, 75%-85% of max HR
 - L4=VO2 max, shorter efforts of 2-3 minutes, HR 85-95% of max
 - L5=all out effort such as a sprint

6. Example bike workouts

	Beginner	Advanced
Endurance	60 minute bike @ endurance pace. Maintain cadence of 85 RPM or faster	90-120 minute bike @ endurance pace. Maintain cadence of 85 RPM or faster
Strength	10 minute warm-up @ recovery pace, then do 3X 5 minutes big gear repeats @ 50-60 RPM with 5 minute recovery between intervals, 10 minute cool down @ recovery pace.	10 minute warm-up @ recovery pace, then do 3X to 6X 10 minutes big gear repeats @ 50-60 RPM with 5 minute recovery between intervals, 10 minute cool down @ recovery pace. Try to do the big gear intervals on a slight uphill or into the wind.
Hills	10 minute warm-up @ recovery pace, then do 4X to 6X uphill repeats on a hill that takes 2-3 minutes or more to ride up (example: hill on FM 2288 by the Bluffs subdivision). Finish with 10 minute cool down @ recovery pace.	10-15 minute warm-up @ endurance pace, then ride a hilly course and try to stay seated on the climbs, <u>or</u> do 8X to 10X uphill repeats on a hill that takes 2-3 minutes or more to ride up (example: hill on FM 2288 by the Bluffs subdivision). Finish with 10 minute cool down @ recovery pace.
Tempo	15 minute warm-up, then 2X -4X five minute intervals @ tempo pace w/ 5 minutes easy pace recovery between repeats. Finish with 10 minute cool down @ recovery pace.	15 minute warm-up, then 2X -4X twenty minute intervals @ tempo pace w/ 5 minutes easy pace recovery between repeats. Finish with 10 minute cool down @ recovery pace.
recovery	20-30 minute bike spin @ a very easy pace. Wear sandals, cruise the neighborhood, and enjoy the ride!	30-40 minute bike spin @ a very easy pace. Wear sandals, cruise the neighborhood, and enjoy the ride!

Update on group workouts

- Cycling - Monday group ride, Swim beach, 6:30 pm start
- Cycling - Tuesday/Thursday group rides, TxDot, 6:30 pm start
- Cycling – Saturday morning groups, swim beach, times vary
- Running - Friday evening Road Lizards group at the Farmers market pavilion, 5:15 pm
- New running group (Contact: Anton Gutierrez, e-mail halfmarathonerboy123@yahoo.com)

Monday: K.O.A. Gun Club, morning session 7:30 am, afternoon session 6:30 pm.

Tuesday and Thursday: South Irving and River Drive (Bart De Witt Park), morning session 7:30 am and afternoon session 6:30 pm

Wednesday: Lake View /Central High School Track (TBA), morning 8:00 am

Friday: Kids Kingdom on River Drive, morning session 7:30 am, afternoon session 6:30 pm

Sunday: Lake Nasworthy Beach (Mary E. Lee Park), 7:00 am long runs 6-20 miles

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