



March 11th, 2009

Race Preparation



Planning for your "A" Race

First, an "A" race is your most important race of the year. You can have 1-3 A races in a 12 month period, as well as several "B" and "C" level races that support your A race. Typically you will not taper your training for your B and C races.

You need months to get ready for an A race. A lot of time and energy should go into your preparation. After all, this is the big event, so make sure you don't overlook the little things that could put a damper on it all.

Read more at the link below. See "Planning for your "A" Race."

<http://www.simrilmultisportcoaching.com/Library.html>

Nutrition



Time to Plant Your Garden

Go for it! You cannot go wrong. Have some fun, start small and remember to water a couple of times a week. Again, you cannot go wrong so try it and see what happens.

You do not need a very big space to get big results. Planning a garden is great exercise!

Below is a great link for first timers.

<http://www.thriftyfun.com/tf87601664.tip.html>

Training



Join a Training Group

Peer pressure can be a good thing. One of my earliest memories was of being a little scared of the deep end of the pool. Not because I might drown, but because of JAWS. Okay, I was 6 years old...Give me a break.

So the swim coach said "Go!" and all of my friends jumped into the water. What was I to do?? The pressure of the group pushed me past my fears.

The bottom line is training groups can often push you harder than you are able or willing to push yourself.

The Chattanooga Track Club offers [weekly training runs](#). Find a group in your area and take your training to the next level.

Recommendations



No movie recommendations this week because the days are longer and I am not on the bike trainer very much.

I do have some music and a book:

[Vampire Weekend](#), by Vampire Weekend.



[Truck A Love Story](#), by Michael Perry.

