



December 17th, 2009

Racing



Strength Training

How strong do you need to be as a triathlete? I tend to make general statements about strength training rather than give specific about a strength workout. As a triathlete your number one goal is to get in your swim/bike/run workouts each week, and that alone is a big challenge. So I encourage my athletes to not stress too much about there gym workouts. That does not mean they are not important, it is just that I hate to get bogged down with number of reps, on a specific day, etc..

A little core work each day is a good idea and two or three excersises for arms and legs each day should be enough to keep you strong and healthy.

“Old School” stuff like push-up, chin-ups, jump rope, hopping, sqwats, ect. are all great.

Generally a little more strength work during the off season and a little less during the racing season is a great idea.

Upcoming Races & Events



Lookout Mtn 100k and 10k Trail Run Race

Date: December 19, 2009

[Lookout Mountain 100k / 10k](#)

Snake Gap Mountain Bike Time Trial Series

http://www.nwgasorba.org/the_snake.html

Southern Cross Bike Race

<http://www.55nine.com/southernx.html>

The first endurance cross race in the Southeast. You can use cyclocross bikes or mountain bikes though the course will favor cross bikes. The course will be mainly gravel roads with some spectator-friendly cyclocross goodies thrown in to distinguish it from a mountain bike or road race.

Training



Looking for Opportunities to be Active

Beyond your Logbook

Over the last few decades we have gotten pretty good at not moving.

Here is a little story about a recent trip to Miami. My hotel had three buildings, all with five floors. The first two nights my building was very noisy with doors slamming, talking, and foot traffic in the hallways. At some point during the second day the elevator stopped working. I did not give the elevator much thought, because years ago I stopped using elevators, escalators, moving sidewalks, etc. It did not make sense to me to take an elevator and then go to a gym to spend time on an elliptical machine.

So, back to my story about the broken elevator at the hotel...After the elevator broke my building got very quiet. The story from the front desk was that people in my building wanted to be relocated to a building with a working elevator. Sure, some people are not capable of walking up 5 flights of stairs, but most of us are fully capable of it – we just tend to avoid it at all costs.

Here are a few opportunities to be active that might not make it into our training log:

- Park your car at the far edge of the parking lot and walk
- Yard work
- House cleaning
- Take a walking tour in a new town or even a new section of your town
- Take your dog for a walk
- And of course, skip the elevators, escalators, and moving sidewalks