



January 5th, 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 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 their gym workouts. That does not mean they are not important, it is just that I hate to get bogged down with rigid guidance like number of reps, specific days, 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, squats, 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.

First MTB Race of 2010

[Simril's Review of the First Snake Creek Gap Time Trial](#)

Upcoming Races & Events



Snake Gap Mountain Bike Time Trial Series

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

[Southern 6 Trail Run](#)

Feb 21, 2010

[Rock Creek River Gorge Trail Race](#)

Mar 27, 2010

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