

# PR Tri Coach News

June 13, 2007



## Training Tips

Here are a few thoughts for the week. Please continue to send tips that have helped to support your healthy lifestyle.

- 1) Walking can be a great supplement of your triathlon training. Look for every opportunity to walk. Never look for the "best" parking spot - just park it and walk. Another way to get in some extra walking is to take the stairs rather than the elevator or escalator.
- 2) Pack your lunch rather than eating out. If you pack your lunch you can better control what and how much you eat. It is often hard to be sure what you are eating in terms of fat and calories at restaurants.
- 3) Have fun with your workouts. Remember, one workout will not make or break you. If you make your workouts interesting and fun you will be more likely to continue with your program. Here are a few ways to keep your workouts fun:
  - Do not do the same workout more than once a week.
  - Speed drills can keep things interesting. One minute hard followed by one minute easy, 6-12 times can spice things up.
  - Working out with friends can help to keep things interesting.
  - Find new roads and trails.
  - Sign up for a local 5k.
- 4) When traveling, pack your food. You will eat better and spend less money. Finding healthy food while on the road is difficult. Typically, you can find food that is bad and food that is less bad. So why not pack your own food? As I sat in the Chicago airport, I had water, an apple, two Promax bars, and a PBJ (whole wheat bread, natural peanut butter, and local honey). That got me into Florida just in time to head for the grocery store. Then, I stocked my hotel room with healthy food so that I was not tempted to look for a vending machine.

## Races

Did you have one too many hamburgers and beers over the Memorial Day holiday? Most of us did, so now is the time to get back on track! Do not worry about the workouts you missed, just pick up where you left of.

So, have you signed up for your favorite races ([www.midwestsportsevents.com](http://www.midwestsportsevents.com))? Lots of the local races are starting to fill up. Redline Tri Club held its first open water swim on 5/28 at Elkhart Lake so the triathlon season is officially here!!

Racing is a great way to stay motivated. It can also be a big part of your fitness program. Racing yourself into shape is easy. Just train through a few local races in an effort to peak for your most important races.

### On a Personal Note...

We had some more great race weekends in WI! Brenda and Lee both took 2<sup>nd</sup> overall in the Ruben's Run Duathlon in Albany, WI on Saturday 5/26. Brenda followed that up with a 2<sup>nd</sup> overall in the Madison Marathon 6k run the following day. Lee managed a 2<sup>nd</sup> in his age group.

The first weekend in June had Lee down in Florida at the National Triathlon Training Center in Clermont for a coaching clinic. Brenda took the opportunity to head out to Boston early for a work conference and spent the weekend borrowing a friend's bike to do a "heat-fest" group ride on Saturday and a sprint triathlon on Sunday. The highlight of the weekend was getting tickets to the Red Sox vs. Yankees game at Fenway Park Sat. night. What a SCENE!!

This past weekend was the Green Bay Triathlon, put on by Midwest Sports Events. It was another fantastic course and an absolutely BEAUTIFUL day!! It was a great day for us race-wise with Brenda taking the overall in the Women's race and Lee winning his age group. So, we hope to keep up the streak as long as possible!

## Clinics

Lee and Brenda will be on site on June 23<sup>rd</sup> at High Cliffs State Park for a swim clinic the day before the big race. Check the Midwest Sports Events website for details.

## WI Tales

The Madison Marathon finishes at the largest Brat festival in the world. Brenda's Father helped with the Brat sales! Guinness World Record Book was on hand to make it official.

Madison is a beautiful town with many miles of bike paths. We took a tour of the capital building and would highly recommend the tour. You will find that you have amazing access to the various rooms in the Capital building. WI has a long history of environmental awareness, and you see that history and practice throughout the building.