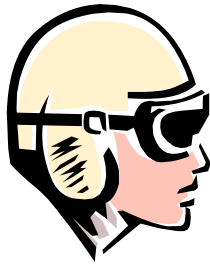




March 11th, 2009

Racing



Triathlon Season is Just Around the Corner

Below is a link to a few great races in the Chattanooga area. Find a race or two in your area and get signed up:

<http://www.sceniccitymultisport.com/>

Also, be sure not to miss this classic trail race right here in town:

Rock/Creek River Gorge Trail Race

<http://www.rockcreek.com/rivergorge/>

Nutrition

Make Your Own Cereal



Take control of what is in your cereal and save some cash along the way! Click on the link below and check out the article labeled "Make Your Own Cereal".

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

Training



Swimming Technique

I have been around swimming and swim racing for 35 years - All of those years as a swimmer and many as a swim coach. One thing I have learned is that teaching an adult how to swim fast is not easy.

It can be done, but it rarely happens just through hard work. Triathletes love to work hard; that is good and bad. When it comes to swimming, that work ethic can work against you. Working hard in the pool will not make you a faster swimmer if you are not improving your technique. Running and cycling are totally different, in that hard work usually makes you faster by improving fitness; technique does not make as big of an impact.

That being said, how do we fix it??

For years I have watched triathletes flash into the pool on their lunch break and swim a steady pace for 30 minutes, 3-4 days a week. This routine is pretty good for your overall health, but rarely does it significantly improve your swimming technique.

On the other hand I have seen triathletes join Masters Swim Teams and make great strides in the swim portion of the triathlon. If you truly want to improve your swim splits, surround yourself with pure swimmers and have a coach or knowledgeable swimmer review your swim technique as often as possible.

As hard as it may be, sometimes as a swimmer you will need to slow down to speed up in the long run. Click on the link below and check out the article titled "How is Swimming like Juggling".

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