

# PR Tri Coach News

October 23, 2007



## Training

### Time to Retrain Your Triathlon Body



Get a group of triathletes together and the conversation inevitably turns to the latest injury. As triathletes we become very efficient at moving in a straight line. We basically turn ourselves into motor morons. The off season is a great time to retrain our bodies to move in different directions and to use different muscles. By becoming a better-rounded athlete during the off season you will likely reduce the number of over use injuries you suffer next summer.

Yoga, free weights, plyometrics (dynamic exercises), etc. are all great ways to improve strength and muscle balance. Here is a link to some basic abdominal exercises:

<http://exercise.about.com/cs/exercisegear/a/bosu.htm>

"7-Minute Abs" might not be realistic, but 30 minutes every other day will pay big dividends.

## Indoor Cycling



The days are short and the temperatures are dropping...Not surprisingly, we will find ourselves doing more of our bicycle training indoors. CompuTrainers, spin classes, and training videos are all great ways to keep your mind occupied, but I tend to like watching movies. It's the best way for me to forget the fact that I'm stuck inside working my butt off on a bike that isn't going anywhere! Here are two movies that you might enjoy: "Little Miss Sunshine" and "Corndog Man". The latter is a dark comedy that takes a certain type of personality to appreciate (in other words, don't blame me if you totally hate it!). Also, it might be a little harder to find of the two.

## Racing

Midwest Sports Even has an interesting running race coming up the Sunday after Thanksgiving (November 25<sup>th</sup>) in DePere. It's called the "Noodleini" and has both 5k & 15k races. What a great way to get rid of the Thanksgiving guilt. Also, if you drop off your registration at the Noodles & Co. in either Appleton or Green Bay, you get \$3 off – can't beat that!

<http://midwestsportsevents.com/events.php?EventID=14>



Participating in a Masters Swim Meet is a great way to push your swimming to the next level. Here is a link to Wisconsin's association: <http://www.swim-wimasters.org/>

Even if you're not a seasoned swimmer, come on out and join the fun. Lee has managed to convince Brenda that she should do the Individual Medley, even though she only had ever done one of the 4 strokes up until about a week ago! Should be interesting...

## Club Events



The Fox Cities Triathlon Club ([www.foxtriclub.com](http://www.foxtriclub.com)) had their first meeting of the fall on Sunday, October 7<sup>th</sup>). There was a great turnout and the highlight was the debut of the brand new website! Check it out – there is a TON of information on it, including up to the minute news & updates. It's a great tool to be completely up to speed w/ the local tri community!

Don't miss the next meeting – November 4<sup>th</sup>, 4pm at the Downtown Appleton YMCA.

# PR Tri Coach News

October 23, 2007



## Outdoor Cycling



Photo: Courtesy icebike.com © Colt McElwaine

For those of us that are willing to ride at subfreezing temperatures, here is an interesting website that will help you dress for success:

<http://www.icebike.org/Articles/strategy.htm>



The Redline Triathlon Club ([www.redlinetriclub.org](http://www.redlinetriclub.org)) had their end-of-the-season party Sunday, October 21<sup>st</sup>. Lots of members (~60) showed up w/ LOTS of great food and goodies – a perfect way to celebrate a great season. Bill Mahlick, Club President, premiered the club's 2007 DVD, which featured all the great races and personal achievements made this year by the Redliners. Great job to everyone!

## Swimming / Water Polo

Lee will continue to hold the 12:00- 1:00 adult lap swim classes into the winter session at the Manitowoc YMCA.

In addition, the YMCA is holding a Friday night water polo league that is great for all levels.

Beginners, don't be intimidated...you get to use inner tubes!

Contact the YMCA for details (920.682.0341).

# HAVE A SAFE AND HAPPY FALL!



Above: Brenda poses in front of the USS Badger as it prepares to depart on its last 2007 journey across Lake Michigan!