

TriBOISE

Coach Antonio's Weekly Update

WEEK OF APRIL 28, 2007

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CLINIC INFORMATION FOR SATURDAY, APRIL 28.

OUTDOOR SWIM CLINIC #1

10:00AM-11:00AM @ CLOCK TOWER POND

Well, were going to give it a go! This Saturday our clinic will be all about wetsuits and open water swimming. We'll discuss what makes a triathlon wetsuit unique in regards to design and function. Additionally, we'll demonstrate the correct way to put on and remove a wetsuit. We'll also discuss common triathlon swim related questions like how to place yourself for a mass open water swim start. After the dry-land clinic we'll conclude with an open water demonstration on sighting. *Please do not plan on swimming if you do not have a wetsuit, as the water is around 55 degrees* and we don't want anyone getting hurt. Nonetheless, you can still learn a lot by attending.

Clinic Details:

Location: Clock Tower Pond (right next to Idaho River Sports off the Greenbelt)

Time: 10:00am- 11:00am

Coaches: Coach Antonio Gonzalez and Coach Brian Fretwell

What to bring: Wetsuit if you have one, and general swimming attire. Extra set of warm clothes (just in case). Running shoes and clothes.

WORKOUT INFORMATION

VARIABLE SWIM FOLLOWED BY 50 MINUTE RUN:

CLOCK TOWER POND

Run Course Details:

-As a group we'll head out on the Greenbelt for 25 minutes, then turnaround and run back to the pond. Simple and everyone can run their own pace.

-Note: The schedule calls for a 17 mile bike this Saturday. I'm going to substitute the run for the bike, as the participants who do swim may have difficulty warming up by simply cycling. Warming up should not be a problem if we run. For those who are following the schedule closely, please plan on riding 17 miles on Monday instead of running (as scheduled).