TriBOISE

Coach Antonio's Weekly Update

SATURDAY MAY 12, 2007

Updates - Workouts - Race Info - Athletes - Sponsor News - Tri Community

CLINIC INFORMATION FOR SATURDAY, MAY 12.

BIKE FIT CLINIC #2 8:30AM-9:30:00AM @ IMT

Marcie from Therapeutic Associates will host the second edition of our Bike Fit series at Idaho Mountain Touring. Marcie will discuss bike fitting with an emphasis on injury prevention and power improvement.

Clinic Details:

Location: Idaho Mountain Touring, corner of 13th and Main St.
Time: 8:30am- 9:30am
Coaches: Marcie of T.A.
What to bring: Just yourself and plenty of questions.

WORKOUT INFORMATION

BIKE – RUN BRICK (CAMELS BACK DUATHLON COURSE) CAMELS BACK PARK

Bike Course Details:

-Starting from the Transition rack in Camels Back park, take Hill Road to the Bogus Basin intersection. Turn up Bogus Basin Road and continue up the mountain for approximately 2 miles. Cones will mark the turnaround point. Back at Hill Road, continue riding West on Hill until the next turnaround at Old Highway 55. Return to Camels Back on Hill Road, *do not* climb up Bogus a second time.

Run Course Details:

-After racking your bike at the transition rack, participants will run the same loop we've done the past few times a Camels Back. Approximately 5k. We'll leave the option open for a second run loop for anyone who's feeling especially strong!

TRIATHLON COMMUNITY

12 Week Swim Technique and Training for Competitive Swimmers and Triathletes

Monday – Friday 7:30-8:30pm.
½ hour of intensive technique work, ½ hour of triathlon/open water training.
Pre-Reqs: Post High School swimmers and triathletes, ability to hold a 2:00/100 yard free interval.
Cost: $150 for entire 12 weeks or $60 month
Where: Boise State Aquatic Facility
Contact: Laurel Hill (BSU Women's Swimming Coach), 559-7748 or 426-1703

-This is a great opportunity for swimmers who feel like the have the basics down, and are now ready for focused and intensive workouts. We'll discuss this opportunity during our Saturday clinic.

Quote of the Week:
"Obsessed" is a word the unmotivated use to describe the dedicated.