

# TriBOISE

Coach Antonio's Weekly Update

SATURDAY MAY 19, 2007

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## CLINIC INFORMATION FOR SATURDAY, MAY 19.

### SWIM-BIKE TRANSITION PREP

8:30-9AM @ CLOCK TOWER POND

For this clinic we'll discuss various methods of setting up your transition space for a fast and efficient swim-to-bike transition. If practiced well and setup logically, the most difficult part of the swim-to-bike transition should be finding your bike, the rest can be practiced until it's second nature.

#### Clinic Details:

*Location:* Clock Tower Pond

*Time:* 8:30am- 9:30am

*Coaches:* Coach A-Man and B-Town (that's Antonio and Brian, I can't believe I'm actually going to leave that in writing....)

*What to bring:* Bike Related: bike, helmet, sunglasses, sun block, shoes, beach towel (x2), standard rubber bands (optional)  
Swim Related: wetsuit, body glide, goggles, swim cap,

## WORKOUT INFORMATION

### SWIM-BIKE BRICK

CLOCK TOWER POND & GREENBELT

#### Swim Course Details:

-Group 1: Will focus on drills and gaining comfort in the open water. Primary swim will be between the two western docks. Coach Brian will lead this group.

-Group 2: This group will swim one full lap of clock tower pond, approx 1,000 yards. We'll swim a counterclockwise lap with two short rests to regroup and address any questions or simply adjust wetsuits.

#### Bike Course Details:

-Immediately after the swim, athletes will "dress rehearsal" the swim-to-bike transition. Coach Antonio will lead the athletes west on the Greenbelt past Warm Springs Golf Course. Soon after the golf course, we will cross Warm Springs and do two short "intervals" on a quiet stretch of road, approximately 2 miles for each interval. Total bike distance approximately 18 miles.

## RACE INFO

### 3 MORE WEEKS UNTIL SPUDMAN!

By now all your hard training should be out of the way. There's time for a few more key workouts, which will be the emphasis of our last two group training sessions.

- **Race Date:** June 9<sup>th</sup>.

- **Price:** \$44

- **Registration Deadline:** June 5<sup>th</sup>. \$10 late fee after June 5<sup>th</sup>.

- **Race Start:** 9am at Spring Shores Marina

\*Remember you must drop off your running shoes at the Bike-Run Transition prior to race start (Albertsons Corporate Parking Lot)

### CAMELS BACK DUATHLON NEXT SATURDAY

- **Race Date:** May 26<sup>th</sup>

- **Price:** \$39

- **Registration Deadline:** May 22. \$10 late fee after May 22

- **Race Start:** 9am at Camels Back Park

## TRIATHLON COMMUNITY

### POWERBAR NEEDS VOLUNTEERS FOR CAMELS BACK DUATHLON AND BOISE SPUDMAN

Few people know that PowerBar is a large local employer (manufacturing plant near the Factory Outlet) and huge supporter of the local endurance sports scene. PowerBar is the main sponsor of the Camels Back Du and the Spudman. PowerBar is looking for a few volunteers to run their nutrition booths/ aid stations at Camels Back and Spudman. If you don't plan on racing but would like to help out, please contact Coach Antonio (208-440-4263) for more details. We need about 10 volunteers for each event. Thanks!

### 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 they 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:

"Don't quite, dammit!" – Mary Liguori, great American miler, to Kip Keino during a 1972 race in Villanova when Keino backed off on the gun lap.