

# TriBOISE

Coach Antonio's Weekly Update

SATURDAY MAY 26, 2007

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## 1<sup>ST</sup> CLINIC FOR EMMETT TRIATHLON SESSION THIS SATURDAY!

We're looking forward to working with our new Emmett athletes as well as the Spudman athletes who are continuing on with the class. Welcome!

## CLINIC INFORMATION FOR SATURDAY, MAY 26.

SPUDMAN & EMMETT GROUP:

8:30-9AM @ CLOCK TOWER POND

Our Emmett group will start off their training with a general discussion of TriBOISE and what they can expect during their 11 weeks with the program. Coach Brian will lead the discussion on workouts, clinics, goal setting, and how to overcome common obstacles associated with triathlon training. Spudman session athletes who would like to provide tips, suggestions, and impressions of how the training has impacted their life would be very welcomed.

## WORKOUT INFORMATION

SPUDMAN GROUP: SWIM - RUN BRICK

CLOCK TOWER POND & GREENBELT  
9-10:30AM

### 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.

### Run Course Details:

-Immediately after the swim, athletes will prepare for a short 2 mile recovery run. Coach Brian will lead this workout as well, unless of course he gets a flat. :-p

## RACE INFO

### CAMELS BACK DUATHLON THIS SATURDAY, 9AM

The best preparation for any race is, well, racing! Join Coach Antonio at this classic duathlon. For those who are interested, Coach Antonio will help any TriBOISE athletes set up their transition area and warm up. Show up for the race around 7:45-8am.

### 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)

## TRIATHLON COMMUNITY

### 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!

## NEXT SATURDAY'S GAME PLAN

### TENTATIVE SCHEDULE FOR SATURDAY, JUNE 2

For the last session before the Boise Spudman triathlon, we plan on meeting up at Spring Shores at 8am for a full "mini" triathlon. Bring your wetsuits to experience swimming in the cold Lucky Peak Reservoir water, your bike so you can conquer the steep "Hill Top Climb", and your running shoes so you can finish it all off with an easy 1-2 mile run. There will be plenty of time to ask questions and practice transitions.

Expect to see Coach Brian and one or more of our additional coaches at this workout. Coach Antonio will be absent for a race.

### QUOTE OF THE WEEK:

"The difference between try and triumph is a little umph." -anonymous (don't my quotes get better and better every week???) ☺