

TriBOISE

Coach Antonio's Weekly Update

SATURDAY JUNE 16, 2007

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

TriBOISE UPDATE

WE'RE PLANNING A GROUP SOCIAL!

Check the Community Discussion board on our website at www.triboise.com to help coordinate a get-together sometime this week or next. From the homepage, click on 'Community', then scroll down to the TriBOISE 'Announcements and Special Clinics' forum. We need your input deciding upon a meeting place and time.

CLINIC INFORMATION FOR SATURDAY, JUNE 16

PRE-RACE BIKE SETUP AND CHECK

CAMELS BACK PARK

8:30-9:30AM

What equipment do you need to prepare and check before your big event? This clinic will focus on preparing all the necessities for an Olympic or Sprint distance triathlon. After this clinic you'll have no excuse if you forget to bring something to your first triathlon! A pre-race checklist will be provided after the clinic. We'll cover everything from bike safety checks, transition area setup, nutrition/hydration preparation, race paraphernalia prep, etc.

Time: 8:30-9:30am.

Place: Camels Back Park, near the Public Restroom (but not in the public restroom).

Coaches: Coach Brian and Antonio

What to Bring: Bike, running and cycling shoes, helmet, sunglasses, beach towel, any race specific equipment you may have like AeroDrinks, Bento Boxes, etc.

WORKOUT INFORMATION

BIKE-TO-RUN BRICK(S)

CAMELS BACK PARK

9:30-11AM

Workout Overview

This is a great workout, one of my personal favorites! Participating athletes will gain valuable experience transitioning from cycling to running, then repeat again, and once more. Our Spudman group will do a total of three (3) bike-to-run intervals, each interval slightly longer and harder than the one before. Our Emmett group will have the choice to do one (1) interval or more if they choose. This workout will teach you to become comfortable running on tired legs, and also provide valuable transition practice.

Coaches: Coach Brian, Antonio, and **Rachel** (new to our group!)

What to Bring: All necessary cycling and running equipment. Personal nutrition and hydration. TriBOISE will provide water and "Dora the Explorer" Dixie cups as usual!

Bike Course Details:

-Spudman Group: Bogus Basin Road. Each interval will take you slightly higher up Bogus Basin. Our stylish orange cones will mark the turnaround for each interval. Longest bike interval will be approximately 4 miles up Bogus Basin Road. Approximately a total of 18 miles, with lots of climbing!

-Emmett Group: Take Hill Road to Hill Side Junior High, turn around and ride back to transition. Approximately 6 miles with some rolling hills. Excellent for developing cyclist.

Run Course Details:

-Immediately after each bike interval, athletes will transition into their running gear:

-*Spudman Group*: Focus should be on quick leg turnover and “finding” your stride. A 1 mile loop in Camels Back will be marked out. Spudman athletes will run 1 loop for interval 1, 2 loops for interval 2, and 3 loops for the final interval. 6 miles total. Take your mile split times, and try to make your last few miles the fastest!

-*Emmett Group*: Focus will be on finding your running legs quickly by shortening your stride and increasing your leg turnover rate for the first 5 minutes of the run. Once your legs start to feel like running legs again, try to build up your speed until you are cruising just above “conversational pace”. If you’re feeling good, join the Spudman Group for some more intervals on Bogus!

**Tip- The last ½ mile before you reach the bike-to-run transition, drop your bike into an easier gear and spin your legs faster than normal. The idea is to take some tension off your legs and prepare them for the run. Also stand a few times on your pedals, just to help the blood flow to your legs.*

RACE INFO

CONGRATS TO OUR TRIBOISIANS WHO COMPETED AT SPUDMAN!

Wow, what a great race! The highlight of my day was seeing so many of you out there, racing and cheering each other on. Did everyone see Grandma Kay run 5 minutes for the last mile of the race? Unbelievable! I can’t wait to hear everyone’s stories.

TWO WEEKS OUT...

TRIBOISE’S FIRST ‘SPLASH-AND-DASH’

Oh yes, that’s right. Next Saturday we’re organizing a small ‘Splash and Dash’ (swim and run) event for the local athletes. We’ll kick it off with an Open Water Swim Technique clinic with professional triathlete Peter Ney. After the clinic we’ll do a competitive (or not-so-competitive) 1,000 meter swim and 5k run. More info on the Splash and Dash at this Saturday’s clinic.

QUOTE OF THE WEEK:

“The strongest oak tree in the forest is not the one protected by the forest and hidden from the sun.”

- I can’t remember who said this. Though I always think of a balding man who is trying to justify his receding hairline.