

TriBOISE

Coach Antonio's Weekly Update

SATURDAY JUNE 2, 2007

[Updates](#) - [Workouts](#) - [Race Info](#) - [Athletes](#) - [Sponsor News](#) - [Tri Community](#)

WORKOUT INFORMATION

SWIM - RUN BRICK

CLOCK TOWER POND & GREENBELT
8-10AM

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. Group 2 will immediately transition into a :30 minute run.

Run Course Details:

-Immediately after the swim, athletes will prepare for a 4 mile run.

-Group 1: Focus should be on completing the distance and finishing slightly faster/stronger than you started. Every 10 minutes count your right foot strikes for 1 minute. The goal is to have 90 foot strikes per minute. Record your count for future reference.

-Group 2: 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".

**Tip- when you exit the water in a triathlon, wrap your arms around your chest and give yourself 5 strong hugs. Not to simply congratulate yourself for a job well done, but to help the flow of blood from your arms to your legs, which now need all the blood they can get.*

RACE INFO

CONGRATS TO REBECCA AND BOB FOR A GREAT RACE AT CAMELS BACK DUATHLON!

It was great seeing you guys out there, we can't wait to hear your stories!

LESS THAN 2 WEEKS UNTIL SPUDMAN

*Is anyone interested in carpooling for this event? We'll start a carpool thread on the community discussion board.

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 group training sessions.

- **Race Date:** June 9th.

- **Price:** \$44

- **Registration Deadline:** June 5th. \$10 late fee after June 5th.

- **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 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 the Spudman

Triathlon, mostly on the run. 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 this event. BIG THANKS TO JAMIE AND HANNAH FOR VOLUNTEERING AT CAMELS BACK!

TWO WEEKS OUT...

Boise Spudman- what we've all been training for!

For logistical reasons, having all TriBOISE participants racing or volunteering at the event would be ideal. A short workout will be organized for those who won't be racing.

QUOTE OF THE WEEK:

"Good, Better, Best, never rest.
Until Good is Better,
and Better is Best!"

-A mantra I use when feeling less than motivated to do a workout. Be Strong! ~Coach Antonio