

# TriBOISE

Coach Antonio's Weekly Update

SATURDAY JUNE 30, 2007

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## TriBOISE UPDATE

### FIRST 'SPLASH N' DASH' WAS A SMASHING SUCCESS!

Planned and organized in less than one week, Boise's first Splash N' Dash Series (that we know of) started off small but with a lot of heart and potential. About 15 athletes participated in the event with great help from TriBOISE supporters Matt Booth, Rob Thiry, Jenny Tobin, and Peter Ney. Get ready for the next Splash N' Dash event on Saturday, July 7<sup>th</sup>.

P.S. Recommendations to host a "Splash, Dash, N' Flash" have been denied by our parent organization BoiseRunWalk. Something about not sticking to our vision, though I personally believe the view would be better....

## CLINIC INFORMATION FOR SATURDAY, JUNE 30

### RUN SPECIFIC DRILLS

CAMELS BACK PARK

8:00-8:30AM

Coach Brian will take participants through a series of run specific drills designed to teach athletes correct running form and stride rate. The drills will take place before and after the actual run workout.

*Time:* 8:00-8:30am.

*Place:* Camels Back Park, near the Public Restroom (You can probably find Coach Brian in the public restroom).

*Coaches:* Coach Brian

*What to Bring:* Running shoes and appropriate clothing/ sun protection. Water as well, as we won't have our 'Dora the Explorer Water Keg' at this clinic.

## WORKOUT INFORMATION

### DISTANCE ORIENTATED RUN INTERVALS

CAMELS BACK PARK

8:30-9:30AM

#### **Workout Overview**

This workout does not need to be challenging so much as it needs to be focused. Apply the drills you learn in the clinic, and take every stride with perfect form. It's much harder than you may think!

*Coaches:* Coach Brian

*What to Bring:* Running equipment. Personal nutrition and hydration.

#### **Run Course Details:**

-Multiple 1 mile repeats around Camels Back Park. You decide how many laps you want to do, just so long as you apply the right technique. The workout will be followed up with more drills with Coach Brian.

## RACE INFO

### OLYMPIC DISTANCE TRIATHLON NATIONALS THIS WEEKEND

The United States of America Triathlon (USAT) organization is hosting their national age group competition this Saturday at Hagg Lake, OR. Some of the most dedicated amateur triathletes across the nation will compete in this event. Wish TriBOISE members Matt Booth and Antonio Gonzalez luck this Saturday.

## CONGRATS TO ALL THE BOISIANS WHO COMPETED AT IRONMAN COEUR D' ALENE

Wow, what a great race! Almost 100 Boisians competed in Ironman CDA last weekend. Ironman CDA is one of the most challenging Ironman courses on the planet, and dozens of local athletes conquered this amazing course and distance. Checkout [www.ironmanlive.com](http://www.ironmanlive.com) for all the race information and updates.

## TWO WEEKS OUT...

### TRIBOISE'S SECOND 'SPLASH N' DASH'

Next Saturday is 'Splash N' Dash' Volume II . The pre-race clinic will focus on how to run quickly after a tough swim. The clinic will quickly be followed by a World Cup style swim/run event. About the same distance as last week, but with a slightly different course. See you at the pond!

### QUOTE OF THE WEEK:

*"What counts in battle is what you do once the pain sets in"*  
- John Short