



# Soles Inspired Triathlon Club

APRIL 2014

ISSUE 3

## TO GO LONG, OR NOT TO GO LONG

The time has come to register for your tri. This begs the question, what race will you do? Many of you have questions as to which is the best distance for you and only you can answer that. The bottom line is *what* race do you want to do? If completing a tri – any tri – is why you are here, then do the Sprint and don't stress yourself with the International (aka Olympic or "Oly") distance race. If you think your post-race Facebook status update will be a lot cooler by using the phrase Oly, then do the Oly.

Doing the International distance does mean more training. This is the time of the year when the Base training group splits in to two groups based on your distance. You can see here in the newsletter what your month ahead will look like for your given race. For the month leading up to the race, those training for the International distance race can expect to log a week day run of about 5 to 7 miles and a Saturday brick that includes a 20 mile bike plus a 3 mile run immediately after.

Hopefully the above helps you make a more educated decision.

Regardless of your race distance, you should now be comfortably able to continuously swim half of your race dis-

tance. If this is not the case, it's time to pick up the frequency of your swim training to two or three times per week.

### **Here's what you need to do before April 1.**

- 1) Register at <http://www.usaproductions.org/> then click Events. Be sure to register under our tri club.
- 2) Send me an email once you're registered.
- 3) In that email include your shirt size and the size of the tri top. I will be placing both orders the first week of April.

As always, give your coach a call if you have questions or need advice as to what race to choose.

## STRATEGIES FOR RIDING HILLS

by **Scott Beesley, USAT, RYT, ACE**

### **Training on Hills**

Regardless of whether or not your big road races will be on hilly courses like The Horribly Hilly Hundreds or Wildflower 70.3, riding hills has a place in most training plans. If nothing else, they are speed training in disguise.

Be very clear of your goal when training on hills. If you are trying to simulate race conditions then hit the hill as you would on race day. If you are in an anaerobic/speed-based training phase then get out of the saddle and go hard. If you are doing an early season trainer ride then stay seated to build hip strength.

### **Racing on Hills**

Conserve energy on the way up as best as possible. Don't go hypoxic on the climb and ruin your...



### GET IN TOUCH

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*Continued from Page 1, "Strategies for Riding Hills"*

legs. Come off the drops and rest comfortably on your hoods (or out of aero and on the pursuit bars for you triathletes) and find your rhythm without pushing too hard. Don't worry about all the guys out of the saddle hammering past you ...you'll catch them soon enough.

Begin to build speed just before the crest of the hill when everyone else starts to back off and congratulate themselves on their great climb. Bomb down the back side as fast as you can safely manage. You'll make up more time here on the descent and than you will lose by conserving on the ascent. To summarize, work for consistent effort, not consistent speed. This is true whether your measure of effort is heart rate, watts, or perceived exertion.

***Bike Handling Skills***

Practice makes perfect. Don't wait until your race to figure out how comfortable you are at descending and cornering. Get out there and

complete repeats on the actual race course when possible.

Ride your rear brake to steadily slow down while feathering your front brake as needed.

Sometimes your bike may shake a bit at top speeds. It's called the "speed wobble" (or in some circles the "death shimmy") and can be avoided. First, make sure your bike is properly tuned. Second, relax and don't white knuckle the bars. Third, bring a knee to gently touch your top tube to dampen the

vibration.

On long sweeping turns keep your eyes up and look where you want to be going. Your body will naturally follow your eyes ....so stop looking at that 75 foot drop off! During a fast descent the wind in your ears will drown out the sound of even the most obnoxious Harley Davidson so always assume there is traffic behind you when riding open roads.



**GEAR LIST**

**Swim Mandatory**

- Goggles
- Cap
- Suit
- Towel

**Swim – Recommended**

- Water Bottle
- Waterproof Watch
- Sandals

**Bike – Mandatory**

- Water Bottle
- Sweat Towel
- Bike Clothes (comfortable, synthetic material)

**Bike –Recommended**

- Bike Shorts
- Bike Shoes with SPD cleats
- Heart Rate Monitor

**Run – Mandatory**

- Run Shoes
- Run Clothes (synthetic material, worn in layers)

**Run – Recommended**

- Heart Rate Monitor

CALENDAR ALSO AVAILABLE AT [SOLESINSPIREDTRICLUB.COM](http://SOLESINSPIREDTRICLUB.COM)

## 2014 KEY DATES

### WINTER PRACTICES

- Tuesdays 6:40 pm cycling at South Yuba Club
- Saturdays 9:00 am run at locations

### SPRING & SUMMER PRACTICES

- Tuesdays 5:30 pm run at various locations
- Thursdays 5:30 pm swims at Scotts Flat Lake
- Saturday 7:00 or 8:00 am brick at various locations

*that simple, and so is this clinic*

### Thursday 5/8 5:30 pm – Race Strategy Presentation

*Lock down all the fine details of your race strategy – pacing, nutrition, hydration, gear, and mental prep*

### Saturday 5/10 7:00 am – Mock Triathlon in Folsom

*You will “practice like you race” to work out the kinks long before the actual event*

### Sunday 6/8 – Race Day @ Folsom Triathlon

*The best day of your summer*

**Key dates for the second half of the season will be announced later.** Training will be focused on the Oakland Tri Festival on 8/31 and BSM Tri on 9/?

*Come if you can. Train on your own if you can't. See the monthly newsletter for details.*

### Thursday 4/17 5:30 pm – Nutrition Clinic

*Carbs? Protein? Raw meat & gun powder? This clinic debunks the myths and mystery around what you need to eat to compete*

Tuesday 4/29 6:30 pm – Bike Maintenance Clinic @ Tour of Nevada City  
*Take off your rear tire and replace the flat – it's*



## TRAINING DETAILS–BASE GROUP

*It's that time of year for the Base group to split in two depending on whether you have registered for the Sprint or Olympic Distance Race*

### **BASE GROUP – Sprint Distance**

#### **Week 11 – Beginning April 7**

M – Off

T – 30:00 run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – 30:00 bike or swim

F – Off

S – 45:00 bike, 9:00 a.m. Western Gateway Park

S – 30:00 run/walk

#### **Week 12 – Beginning April 14**

M – Off

T – 30:00 run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – Nutrition Clinic

F – Off

S – 45:00 bike + 10:00 run, 9:00 a.m. Western Gateway Park

S – 30:00 run/walk

#### **Week 13 – Beginning April 21**

M – Off

T – 30:00 run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – 30:00 bike or swim

F – Off

S – 1:15:00 done as 5 x [10:00 bike + 5:00 run] 9:00 a.m. Western Gateway Park

S – Off

#### **Week 14 – Beginning April 28**

M – Off

T – 40:00 run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – Bike Maintenance Clinic @ Tour of Nevada City

F – Off

S – 45:00 bike + 10:00 run, 9:00 a.m. Western Gateway Park

S – 30:00 run/walk

### **BASE GROUP – Olympic Distance**

#### **Week 11 – Beginning April 7**

M – Off

T – 4 mile run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – 40:00 bike or swim

F – Off

S – 20 mile bike, 9:00 a.m. Western Gateway Park

S – 3 mile run/walk

#### **Week 12 – Beginning April 14**

M – Off

T – 4 mile run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – Nutrition Clinic

F – Off

S – 20 mile bike + 1 mile run, 9:00 a.m. Western Gateway Park

S – 3 mile run/walk

#### **Week 13 – Beginning April 21**

M – Off

T – 5 mile run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – 30:00 bike or swim

F – Off

S – 1:40:00 done as 5 x [15:00 bike + 5:00 run], 9:00 a.m. Western Gateway Park

S – Off

#### **Week 14 – Beginning April 28**

M – Off

T – 5 mile run/walk at 6:30 pm Upper Ditch Trail

W – 40:00 swim

Th – Bike Maintenance Clinic @ Tour of Nevada City

F – Off

S – 15 mile bike + 3 mile run; last 10 miles of bike and first 2 miles of the run should be done at your perceived race pace; 9:00 a.m. Western Gateway Park

S – 10 mile easy bike ride

## TRAINING DETAILS—PERFORMANCE GROUP

### Week 11 – Beginning April 7

M – 50:00 swim

T – Run at 6:30 pm Upper Ditch

Trail done as

Warm up: 10:00 to 15:00 warm up with striders

Main Set I: 15:00 as 15 x [:30 sprint + :30 easy jog]

Main Set II: 10:00 Zone 2 jog

Warm Down: 5:00 to 10:00 easy

W – 50:00 swim

Th – Bike done as

Warm Up: 10:00 to 15:00 easy with spin ups

Main Set: 20:00 as 10 x [1:00 sprint + 1:00 easy spin]

Main Set II: 5:00 to 25:00 Zone 2 ride depending on how much time you have

Warm Down: 5:00 to 15:00 easy

F – Off

S – 30 mile bike + 3 mile run, 9:00 a.m. Western Gateway Park

S – 7 mile run

### Week 12 – Beginning April 14

M – 50:00 swim

T – Run at 6:30 pm Upper Ditch

Trail done as

Warm up: 10:00 to 15:00 warm up with striders

Main Set I: 30:00 as 8:00 as 8 x [:20 sprint + :40 easy jog]

3:00 easy jog

8:00 as 8 x [:20 sprint + :40 easy jog]

3:00 easy jog

8:00 as 8 x [:20 sprint + :40 easy

jog] Warm Down: 5:00 to 10:00 easy

W – 50:00 swim

Th – Bike done as

Warm Up: 10:00 to 15:00 easy with spin ups

Main Set: 32:00 as 4 x [4:00 Zone 5 + 4:00 easy spin]

Warm Down: 5:00 to 15:00 easy

note – for the four minute “Zone 5” sets, go as fast as you can sustain for all sets, i.e. set one will be just as fast as set four but you couldn’t possibly do a fifth at that pace.

F – Off

S – 30 mile bike + 4 mile run, 9:00 a.m. Western Gateway Park

S – 7 mile run

### Week 13 – Beginning April 21

M – 50:00 swim

T – Run at 6:30 pm Upper Ditch

Trail done as

Warm up: 10:00 to 15:00 warm up with striders

Main Set I: 30:00 as 8:00 as 8 x [:20 sprint + :40 easy jog]

3:00 easy jog

8:00 as 8 x [:20 sprint + :40 easy jog]

3:00 easy jog

8:00 as 8 x [:20 sprint + :40 easy jog]

Warm Down: 5:00 to 10:00 easy

W – 50:00 swim

Th – Bike done as

Warm Up: 10:00 to 15:00 easy

with spin ups

Main Set: 32:00 as 4 x [4:00 Zone 5 + 4:00 easy spin]

Warm Down: 5:00 to 15:00 easy

F – Off

S – 5 x [15:00 bike + 10:00 run] 9:00 a.m. Western Gateway Park

S – 30:00 easy active recovery of either swim or bike

### Week 14 – Beginning April 28

M – Off

T – 5k Marker Set run, 6:30 Upper Ditch Trail

W – 40:00 swim

Th – Bike Maintenance Clinic @ Tour of Nevada City

F – Off

S – 30 minute marker set, 9:00 a.m. Western Gateway Park

S – 3 mile easy jog

## CYCLING SAFETY

As we prepare to ride outside, please abide by the following safety procedures.

### Gear

**Helmet** – must be certified, typically by CPSC

**Bright Clothing** – stand out from the shadows and be seen by the distracted drivers

**Tail Light** – keep your light on even during the day

**Eye Wear** – helps keep dust and road debris out of your eyes

Water Bottle – one or two depending on the length of your ride and air temps

**Inflated Tires** – inflate before every ride, as pressing your thumb against your tire is worthless

**Fix Kit** – this should include everything you need to fix a flat tire: tube, lever(s), air

**ID** – a Road ID with emergency contacts is best

**Cell Phone** – You know, ‘cause its 2014

### Signaling

*Let other riders behind you know what is coming*

**Turning** – point left or right

**Stopping** – one hand turned down with palm facing backward, while yelling “stopping!”

**Slowing** – similar to the above, yelling “slowing!”

**Debris in the road** – point to the sand, leaves, trash, road kill, etc

**Traffic** – at an intersection, yell “car left!” “car right!” or “clear!” depending on conditions

### Road Rules

You have the same rights *and obligations* as a car. This means you must stay to the far right of the road, riding single file. You come to a complete stop at red lights and stop signs. Wave and smile to everyone – the impression you make on motorists today impacts how they treat the cyclist they see on the street tomorrow.

## GATEWAY AND UPPER DITCH DIRECTIONS

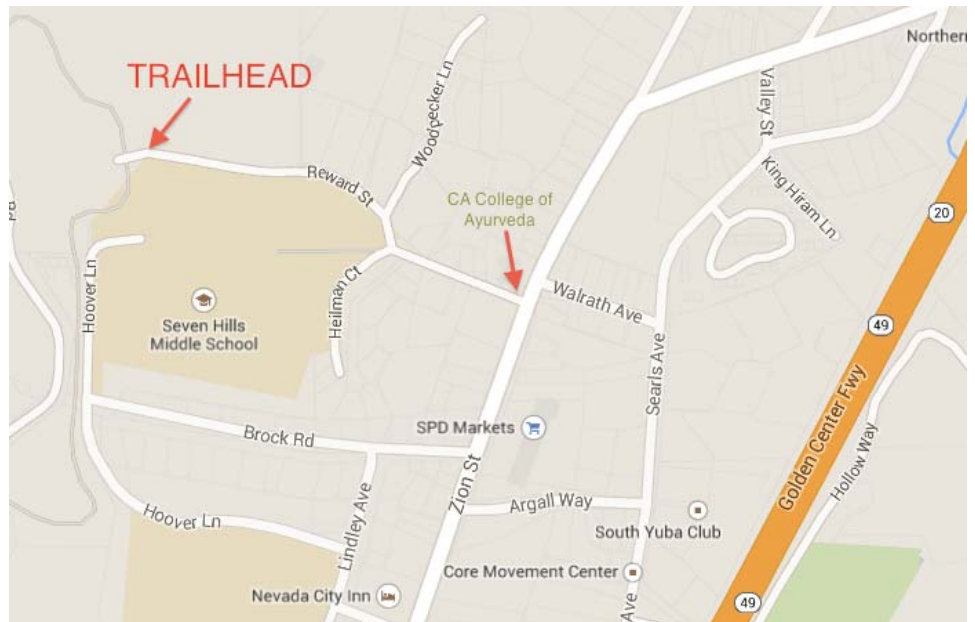
We will once again switch practice locations in the month ahead. Please note also that we will be riding outside in just a couple weeks. If you have yet to get your biked tuned up, now is the time to take it to Tour of Nevada City Bike Shop to get it worked on.

Here are the details on our two practice locations.

### UPPER DITCH TRAIL, NEVADA CITY

This may not be the official name of this, though it is the name of one of the trails we will be using. The official location is 256 Reward St, Nevada City, CA for those of you GPS people. Reward Street is near the SPD on Zion, behind the California

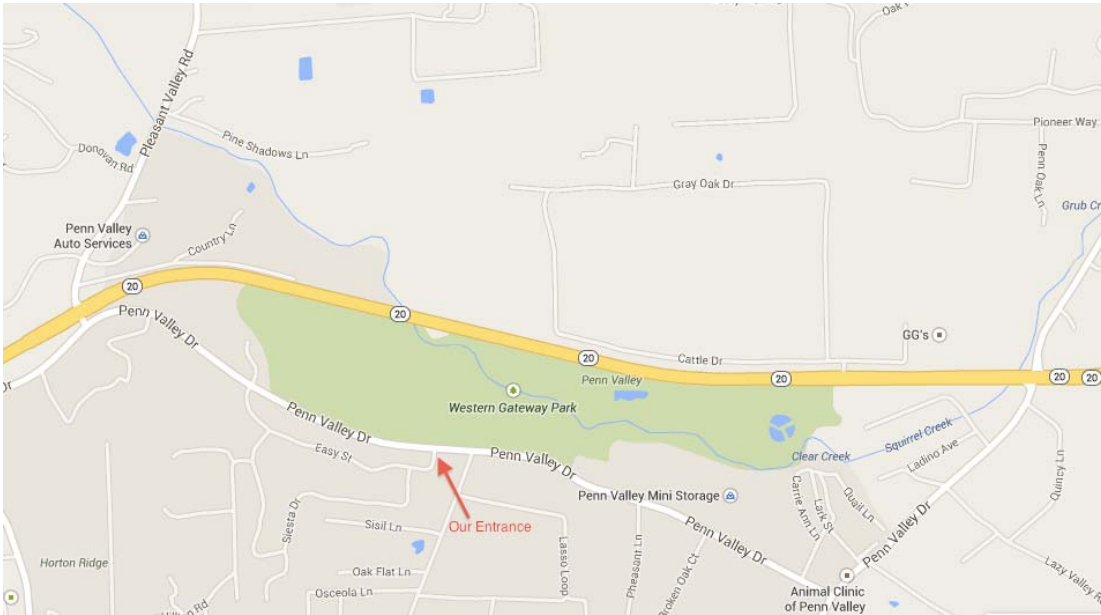
College of Ayurveda. You’ll know you’re in the right place when you run out of road on Reward St and in front of you, from left to right, is a trailhead with a gate, a brown ST CANICE CENTER sign, and a yellow double arrow street sign. There is a good possibility these practices will end at Old Republic Brewery.



## (continued) GATEWAY AND UPPER DITCH DIRECTIONS

### WESTERN GATEWAY PARK, PENN VALLEY

18560 Penn Valley Dr, Penn Valley



The actual entrance for the park is across from a tiny road called Easy Street on Penn Valley. Once you are in the park, drive to the back of the loop by the bathrooms. They are between the playground and the amphitheater. *Please spend some time looking at the ride map – it is your responsibility to know your route.* The 16 mile route is for the Performance group (to do twice). The Base group will be on the same roads, completing a shorter version of the route.

