



Soles Inspired Triathlon Club

FEBRUARY 2014

WELCOME TO THE
CLUB!

ARTICLE OF THE WEEK—STEALING TIME

There are many challenges to completing a triathlon. Not the least of which is finding time to train. Most people overestimate the amount of time needed to exercise to get and stay in shape. Thirty to forty-five minutes of exercise a few days a week are all that is required to complete a sprint tri. Use some of the following methods to steal back time from your schedule.

Morning Sessions

Take five minutes before going to bed to lay out your running clothes. When you wake up, get dressed immediately and hit the road for a quick jog instead of lumbering around the house with your cup of coffee. You'll have more energy throughout the day and the relief of knowing you already logged your miles.

Bring the Fam

Can't find time for an open water swim?

Bring the fam to the beach with you. They get out of the house and you have your own safety spotter for the shore.

Skip One Show

Did you see The Bachelor last week? I didn't. I was out for a quick ride around the block. Giving up two TV shows per week buys you fifty hours of cardio per year. Or, put another way, 6 to 10 pounds of fat – every single year.

Make it Social

The next time a friend invites you out for a drink, propose a workout social event instead. Your post-exercise beverage will taste that much better.

Track It

There are dozens of apps for your smart phone that allow you to track your time. Use that data to find out where you are spending time inefficiently.

Build the habit now, early in the season. You'll thank yourself later.

COACH SPOTLIGHT

Scott Beesley

Coach Scott Beesley has helped over 100+ athletes safely complete their first tri and coached another 20+ triathletes to their first every podium spot, from first timers to competitive age groupers looking to return to the podium. He has produced many first-time Ironman finishers, first-time USAT AG National Championship and ITU AG World Championship qualifiers and first-time Boston Marathon qualifiers. The theme among his clients is that they are all busy professionals and/or family members with significant demands on their time that prevent them from being served by traditional "out of the box" training plans.



GET IN TOUCH

Scott Beesley,
Head Coach

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TRAINING GROUPS

As mentioned at kick off there will be a specific path to follow based on your goals and your current level of fitness. To start the season, there will only be two training groups – a Base building group for those new to a particular sport and a Performance group for those experienced athletes looking to get faster. Here is how to choose which path is right for you.

Follow the **Base training** plan if you....

- are brand new one of the disciplines (i.e. swim, bike or run)
- are coming back from time off of training
- you are experienced, yet are indifferent to your race time
- you cannot bike for 60 continuous minutes or run for 45 minutes

GEAR LIST

Swim Mandatory

- Goggles
- Cap
- Suit
- Towel

Swim – Recommended

- Water Bottle
- Waterproof Watch
- Sandals

Follow the **Performance** training plan if you...

- have at least one full year of continuous year round training under your belt
- can easily bike for 60 minute and run for 45 minutes
- you want to get faster
- you can consistently train approximately 6 days per week

Note that you may follow Base for one discipline and Performance for the others. As an example, perhaps you are brand new to running and will follow the Base run plan, yet regularly attend indoor cycling classes at the gym and will follow the Performance bike plan.

Later in the season the Base path will divide into two subgroups based on those who will race the Folsom Sprint and those who will race the Folsom Olympic Distance Race.

Regardless of which you choose, each training group will practice at the same time and the same location each week. We are one club.

Finally, will someone please come up with better names than “Base” and “Performance”? As mentioned before I should not be in charge of anything creative.



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

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

“Lead with your spirit—lead with your passion—and let the mind and body follow and support your dreams/goals/pursuits”

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

Tuesday 1/28 6:40 pm – First cycling practice!

Saturday 2/1 9:00 am – First run practice!

Tuesday 2/4 6:40 pm – Tri 101 Clinic
Newbies will learn the basics of doing your first tri, while tri veterans will come to understand Coach Bees's training philosophy

Thursday 3/6 6:30 pm – Strength Training for Cyclists @ South Yuba Club



Thursday 3/27 5:30 pm – Injury Prevention Presentation

From gear tips to preventative exercises, this session will help you stay safe in the water and on the road

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 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

TRAINING DETAILS—BASE GROUP

The main focus of training for the Base group to start the season is *frequency* of training. Now is not the time to concern yourself with how fast or how far you are going. Instead, put your energy into making time each day to sweat for 20 to 30 minutes. This is especially true for swimming and running, as it is the cumulative effect of this training that will improve your overall fitness in these disciplines. In a short number of weeks, you will be able to cut back on the number of exercise sessions done each week. For now, get out there and get in as many short sessions as you can each week without worrying whether or not you get them done on the days suggested below. More details will be given at the **Tri 101 presentation on Tuesday, February 4** (details on page 3).

Week 1 – Beginning January 27

M – Easy 20:00 run/walk

T – Easy 45:00 indoor cycling at South Yuba Club

W – 30:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at Litton Trail

S – 30:00 easy bike

Week 2 – Beginning February 3

M – Easy 20:00 run/walk

T – Easy 45:00 indoor cycling at South Yuba Club during Tri 101 presentation

W – 30:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at Litton Trail

S – 30:00 easy bike

Week 3 – Beginning February 10

M – Easy 20:00 run/walk

T – 45:00 indoor cycling with 10 x :15 Spin Ups

W – 30:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at Litton Trail

S – 45:00 easy bike

Week 4 – Beginning February 17

M – Easy 30:00 run/walk

T – 1:00:00 indoor cycling at South Yuba Club with 4 x [2:00 hills + 5:00 easy spin]

W – 30:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at Litton Trail

S – 45:00 easy bike

Week 5 – Beginning February 24

M – Easy 30:00 run/walk

T – 1:00:00 indoor cycling at South Yuba Club with 4 x [2:00 hills + 5:00 easy spin]

W – 45:00 Swim

Th – Easy 20:00 run/walk

F – Off

S – 30:00 run/walk at location TBD

S – 45:00 easy bike

TRAINING LOCATION DETAILS

See page 6 for directions to Litton Trail

TRAINING DETAILS—PERFORMANCE GROUP

The early focus of the Performance group is to build speed. Since your aerobic base is already built, focus can be placed immediately on push up your performance at threshold. Later in the season this speed will be applied to longer distances. For now, the distances will be relatively short and the intensity high. The science behind this philosophy will be explained at the **Tri 101 presentation on Tuesday, February 4** (details on page 3).

Week 1 – Beginning January 27

M – 45:00 easy aerobic jog

T – 1:00:00 group indoor ride at South Yuba Club with 5 x :30 (each leg) single leg drills and 4 x [5:00 Zone 4 + 1:00 easy]

W – Swim

Th – 1:00:00 bike, as you feel

F – OFF

S – Swim + Quality Run, done as follows

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

5 x ¼ mile repeats

WARM DOWN

5:00 to 10:00 easy jog

S – OFF or Make Up Day

Week 2 – Beginning February 3

M – 45:00 easy aerobic jog

T – 1:00:00 easy indoor ride at South Yuba Club during Tri 101 presentation

W – Swim

Th – 1:00:00 bike, as you feel

F – OFF

S – Swim + Quality Run, done like last week:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

5 x ¼ mile repeats

WARM DOWN

5:00 to 10:00 easy jog

S – OFF or Make Up Day

Week 3 – Beginning February 10

M – 20:00 easy aerobic jog – save those legs For tomorrow!

T – 1:00:00 group indoor ride at South Yuba Club including 30:00 Time Trial Marker set to establish Heart Rate Zone. Email Scott if you are unable to attend.

W – Swim

Th – 45:00 very easy recovery ride

F – OFF

S – Swim + 5k Run Marker Set at Litton Trail to establish training zones. Email Scott if you are unable to attend.

S – OFF or Make Up Day

Week 4 – Beginning February 17

M – 45:00 easy aerobic jog

T – 1:00:00 easy indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

MAIN SET

28:00 as 4 x [5:00 Zone 4 + 2:00 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, as you feel

F – OFF

S – Swim + Quality Run at Litton Trail:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 3 x [6:00 Zone 4 + 2:00]

WARM DOWN

5:00 to 10:00 easy jog

S – OFF or Make Up Day

Week 5 – Beginning February 24

M – 45:00 easy aerobic jog

T – 1:00:00 easy indoor ride at South Yuba Club, done as

WARM UP

5:00 easy spin

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

5:00 as 5 x :30 (each leg) Single Leg Drill

2:00 Muscle Tension Drill

MAIN SET

28:00 as 4 x [5:00 Zone 4 + :30 easy spin]

WARM DOWN

5:00 to 10:00 easy

W – Swim

Th – 1:00:00 bike, as you feel

F – OFF

S – Swim + Quality Run at location TBD:

WARM UP

5:00 to 10:00 easy jog

5:00 striders

5:00 build

MAIN SET

24:00 as 3 x [6:00 Zone 4 + 2:00]

WARM DOWN

5:00 to 10:00 easy jog

S – OFF or Make Up Day

TRAINING DETAILS GLOSSARY

Here are some of the terms from Training Details (pages 4, 5) explained:

Striders – Very short bursts lasting :10 to :20 at a run pace slightly faster than your 5k race pace. These are fast but not all out sprints. They are used to prep the body for longer intervals.

Spin Ups – Similar to striders, this cycling drill is designed to warm up the legs. They are very short seated sprints of :10 to :20 done at the highest cadence you can maintain without bouncing in the saddle.

Single Leg Drill - Unclip one foot entirely, using only the one leg that is

clipped in. Focus on making smooth "perfect circles" utilizing the full pedal stroke and doing your best to eliminate any jerking motion on the backside of the pedal stroke.

Muscle Tension Drill - These are (relatively) short, very low cadence work sets with tough gearing used to facilitate a high level of muscle recruitment and work the full 360 degree pedal stroke, playing off what was just done in the Single Leg Drills. Stay seated and shift in to a tough gearing. This should NOT be as all out Zone 5 brutal hill simulation. Allow cadence to drop and focus on making "perfect circle" with both feet clipped in.



LITTON TRAIL LOCATION

