

SOLES INSPIRED TRIATHLON CLUB

You did it! Congrats to all who came and conquered at the Folsom triathlon. It was truly the highlight of my year to see you all crossing the finish line with smiles. There is a sign above the tunnel leading to the football field at my alma mater that reads, "Those Who Stay Will Be Champions." While I make no such promises of those who stay in the club, I will say that those who follow the program will be aptly rewarded on race day. My favorite quote of the day came from John who said, "There was absolutely nothing that surprised me today." And that



quote didn't surprise me, at least coming from him. He came to most every practice and worked hard. He came to most every clinic and asked good questions. And when he didn't train with us he still put the miles in on his own. Remember that this is a guy who could barely swim 100 yards back in January. The lesson: Follow the plan. It works.



For those of you just joining us - WELCOME! For those of you re-joining us for the BSM or Oakland Tri Festival - WELCOME BACK! Everything you need to finish your race of choice this summer will be presented to you in these newsletters.

Join us at practice or play along at home. And keep those questions coming.



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Also, be sure to tune into KNCO News Talk 830 on the AM dial this Tuesday at 12:30 pm with host Jon Katis to hear Coach Bees, John, and Suzanne share their stories from the Folsom tri.





ARTICLE OF THE MONTH: TRAINING IN THE HEAT

by Scott Beesley, USAT, USAC, RYT, ACE

It happens every summer. There is a stretch of a couple days or a couple weeks where temperatures jump ten to twenty degrees and take us all by surprise. Here's how to manage.

Stay Safe

- Most important, listen to your body and stay safe. Don't be a hero when the temperatures rise. Sacrificing a day of training may be the best idea. When you need to call it quits, do it. Any signs of heat exhaustion should prompt an immediate end to your session. This includes serious cramps, headache, dizziness, irregular heart rate or abnormal fatigue (source: WebMd and Mayo Clinic).

Plan Ahead

- Look at the forecast if you have a key workout on the schedule. A pre-dawn wake up may be in order to get your miles in safely.

Training Indoors

- Switching from months of running on pavement to running on the treadmill could have a huge impact on your stride and work muscles and joints in ways they have not been worked in a while. Cut your workout short and stay outside if you can. Switch to the treadmill if you must.

Hydration & Sodium

- Remember that hydration starts the day prior to when it is needed. The night before and morning of your long hot training sessions should include increased

water and sodium intake. You can check your hydration strategy by weighing in before and after your workout. Any weight loss over 1% should cause you to adjust your hydration program for the next session.

- A prominent USAT Elite coach at the US Olympic Training Center has been known to recommend as much as 5 grams of sodium per hour during intense exercise. That's right, the equivalent of sucking down three Ramen noodle flavor packets per hour. While this is more than I am comfortable recommending to the average athlete, the point is that you need some amount of sodium when training at a higher volume and/or intensity in the heat. Water alone will not cut it.

Caloric Intake

- In an effort to cool down, blood moves away from inner organs to the skin's surface. Combine this with the blood already drawn to working muscles and there is not much left to surround internal organs used for digestion. The end result could be a decreased appetite or outright intolerance of solid foods. Be sure to have a Plan B for calories on sessions lasting longer than 90 minutes. When in doubt, keep it simple and focus on liquid calories.

Recovery

- Exercising in the heat puts extra stress on your body. You might find that you do not bounce back from training in the heat. There is a time to eat right, avoiding high-sodium processed foods and train through discomfort. During a heat wave is not one of those times. Be safe out there.

Scott Beesley is a Minneapolis-based cycling and triathlon coach. He sweats. A lot. More training tips available at www.solesinspired.com and www.facebook.com/solesinspired

This article originally appeared as a guest post on a national cycling blog in 2011.

FOR THE NEXT FOUR WEEKS WE WILL BE TRAINING AT THE FOLLOWING LOCATIONS:

Tuesday 6:30 p.m. Run @ Downtown Nevada City - meet at the corner of Bennett St. & Spring St.

Thursday 6:30 p.m. Swim @ Scott's Flat Lake - meet at the dock next to the boat launch on the Cascade Shores side of the lake (where the BSM tri is held). Be sure to bring cash for the entrance fee.

Saturday 8:00 a.m. Bike + Run Brick @ Western Gateway Park, Penn Valley. [See attached map.](#) Our specific meet up location will be in the back of the park at the lot in front of the bathrooms. Please arrive early so that instruction can begin before the official start and we can be pedals down at 8:00 am.

Saturday, June 28 - In addition to the above sessions, John and Nancy have invited us to train at their cabin near Bullard's Bar on Saturday, June 28. We will have a short swim, short bike, and (maybe) short run followed by brunch on their house boat. Your whole fam is invited. Details will be sent over in a couple weeks.

TRAINING DETAILS

- The Base Group assumes that you are starting fresh with only minimal swim, bike, and run training under your belt and the goal of completing a sprint tri in late summer or early fall, like the BSM Tri. The program focuses first on frequency of exercise with multiple short sessions done six days per week for five weeks, then dropping to three or four days per week of slightly longer sessions.
- The Performance Group assumes that you already have a strong base of fitness (such as just completing the Base Group training for the first half of the year) and are training for a sprint tri in the late summer or early fall. The program will include some speed and drill work and training at distances beyond your actual race distance.

- Individuals wishing to train for an Olympic distance race should contact Coach Bees directly for their training plan.

- Regardless of the training path you choose to follow, it is imperative that you have adequate technique and endurance in the swim before joining us in open water at Scott's Flat. There are no lifeguards. There are no safety boats. There are no swim angels. There is deep water. This means that you should be able to swim 800 yard continuously in a pool without using the walls for rest. If you are not at this level of fitness yet, please spend some time at Club Sierra or Memorial Park Pool before coming to a team practice. Reach out to Coach Bees if you need help finding a pool or private lessons.

GEAR LIST

Swim – Mandatory
Goggles
Neon Cap
Suit
\$1.50 for park entry fee

Swim – Recommended
Water Bottle
Waterproof Watch
Sandals
Towel
Sunscreen

Bike – Mandatory
Helmet
Sunglasses
Water Bottle
Bike Shirt in bright colors
Tail Light

Repair Kit (tube, patch, levers, air pump or CO2, cell phone)

Bike – Recommended
Bike Shorts
Heart Rate Monitor
Sunscreen
Second water bottle & food

Run – Mandatory
Run Shoes
Run Clothes (synthetic material, worn in layers)

Run – Recommended
Heart Rate Monitor

BASE GROUP

Week 21 – Beginning June 16

M – 20:00 swim
T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City
W – 30:00 easy bike ride
Th – 20:00 swim @ 6:30 pm Scott's
Flat
F – Off
S – 10 mile bike ride @ 8:00 am
Western Gateway Park in Penn Valley
S – 2 mile run/walk

Week 22 – Beginning June 23

M – 20:00 swim
T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City
W – 30:00 easy bike ride
Th – 20:00 swim @ 6:30 pm Scott's
Flat
F – Off
S – 10 mile Bike + optional Swim +
optional Run @ Bullard's Bar
S – 2 mile run/walk

Week 23 – Beginning June 30

M – 20:00 swim
T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City
W – 45:00 easy bike ride
Th – 20:00 swim @ 6:30 pm Scott's

Flat
F – Off
S – 10 mile bike ride, no club practice
today
S – 2 mile run/walk

Week 24 – Beginning July 7

M – 20:00 swim
T – 2 mile run/walk @ 6:30 pm Bennett
and Spring St in downtown Nevada
City
W – 30:00 easy bike ride
Th – 20:00 swim @ 6:30 pm Scott's Flat
F – Off
S – 10 mile bike ride @ 8:00 am
Western Gateway Park in Penn Valley
S – 2 mile run/walk

Week 25 – Beginning July 14

NOTE: NEW TRAINING LOCATIONS

M – 20:00 swim
T – 2 mile run/walk @ 6:30 pm Nevada
County Fair Grounds
W – 45:00 easy bike ride
Th – 30:00 swim @ 6:30 pm Scott's Flat
F – Off
S – 10 mile bike ride @ 8:00 am
Lemond Loop. Meet on Broad St
at the top of the farmer's market in
downtown Nevada City and make
sure you know the course [http://www.
mapmyride.com/us/nevada-city-ca/
lemond-loop-route-656787](http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787)
S – 2 mile run/walk

Week 21 – Beginning June 16

M – 20:00 swim

T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City

W – 30:00 easy bike ride

Th – 20:00 swim @ 6:30 pm Scott's
Flat

F – Off

S – 10 mile bike ride @ 8:00 am
Western Gateway Park in Penn Valley

S – 2 mile run/walk

Week 22 – Beginning June 23

M – 20:00 swim

T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City

W – 30:00 easy bike ride

Th – 20:00 swim @ 6:30 pm Scott's
Flat

F – Off

S – 10 mile Bike + optional Swim +
optional Run @ Bullard's Bar

S – 2 mile run/walk

Week 23 – Beginning June 30

M – 20:00 swim

T – 2 mile run/walk @ 6:30 pm
Bennett and Spring St in downtown
Nevada City

W – 45:00 easy bike ride

Th – 20:00 swim @ 6:30 pm Scott's
Flat

F – Off

S – 10 mile bike ride + 1 mile run otb
, no club practice today. Note: OTB
= "off the bike" and means that you
will transition quickly from bike to
run to prepare your legs for the same
transition you'll need to make on race
day.

S – 2 mile run/walk

Week 24 – Beginning July 7

M – 20:00 swim

T – 2 mile run/walk @ 6:30 pm Bennett
and Spring St in downtown Nevada
City

W – 30:00 easy bike ride

Th – 20:00 swim @ 6:30 pm Scott's Flat
F – Off

S – 10 mile bike ride @ 8:00 am
Western Gateway Park in Penn Valley

S – 2 mile run/walk

Week 25 – Beginning July 14

NOTE: NEW TRAINING LOCATIONS

M – 20:00 swim

T – 2 mile run/walk @ 6:30 pm Nevada
County Fair Grounds

W – 45:00 easy bike ride

Th – 30:00 swim @ 6:30 pm Scott's Flat
F – Off

S – 10 mile bike ride @ 8:00 am
Lemond Loop. Meet on Broad St
at the top of the farmer's market in
downtown Nevada City and make
sure you know the course <http://www>.

mapmyride.com/us/nevada-city-ca/
lemond-loop-route-656787
S – 2 mile run/walk

PERFORMANCE GROUP

Week 21 – Beginning June 16

M – Optional 1400 yard swim
T – 4 mile run @ 6:30 pm Bennett and
Spring St in downtown Nevada City
done as:

- 1 mile easy warm up
- 2 x [1 mile Zone 4 + 1:00 walk]
- 1 mile easy walk/jog warm
down

W – 8 to 15 mile bike as you feel
Th – 700 yard swim @ 6:30 pm Scott's
Flat done as

- 200 easy
- 2 x [100 fast + 100 easy]
- 100 easy

F – Off
S – 15 mile bike ride + 2 mile run otb
@ 8:00 am Western Gateway Park in
Penn Valley
S – Off

Week 22 – Beginning June 23

M – Optional 1400 yard swim
T – 4 mile run @ 6:30 pm Bennett and
Spring St in downtown Nevada City
done as:

- 1 mile easy warm up

- 2 x [1 mile Zone 4 + 1:00 walk]
- 1 mile easy walk/jog warm down

W – 10 mile bike
Th – 700 yard swim @ 6:30 pm Scott's
Flat done as

- 200 easy
- 2 x [100 fast + 100 easy]
- 100 easy

F – Off
S – 15 mile Bike + 2 mile Run OTB +
optional Swim @ Bullard's Bar
S – Off

Week 23 – Beginning June 30

M – 1400 yard swim done as
- 100 to 300 easy
- 100 kick
- 4 x [25 fast (:10 rest) + 75 steady
(:15 rest)]

- 100 easy (:30 rest)
- 4 x [50 fast (:10 rest) + 50 steady
(:15 rest)]
- 200 easy

T – Blind 5k!!!
W – 45:00 easy recovery bike ride
(think of this as a warm up to some
stretching or restorative yoga and
nothing more)

Th – 700 yard swim @ 6:30 pm Scott's
Flat done as

- 200 easy
- 2 x [100 fast + 100 easy]
- 100 easy

F – Off
S – 15 mile bike ride + 2 mile run otb,

no club practice today

S – Off

Week 24 – Beginning July 7

M – 20:00 swim

T – approx 5 mile run @ 6:30 pm

Bennett and Spring St in downtown Nevada City done as:

- 1 miles easy warm up
- 3 x [1 mile Zone 4 + 1:00 walk]
- 1 mile easy walk/jog warm down

W – 45:00 easy recovery ride (think of this as a warm up to stretching and nothing more)

Th – 900 yard swim @ 6:30 pm Scott's Flat

- 200 easy
- 3 x [150 fast + 50 easy]
- 100 easy

F – Off

S – 20 mile bike ride + 2 mile run otb @ 8:00 am Western Gateway Park in Penn Valley

S – Off

Week 25 – Beginning July 14

NOTE: NEW TRAINING LOCATIONS

M – 1400 yard swim done as

- 100 to 300 easy
- 100 kick
- 6 x [100 fast (:20 rest) + 50 easy (:10 rest)]
- 200 easy

T – approx 5 mile run @ 6:30 pm

Nevada County Fair Grounds done as:

- 1 mile easy warm up
- 3 x [1 mile Zone 4 + 1:00 walk]
- 1 mile easy walk/jog warm down

W – 10 to 15 mile bike

Th – 900 yard swim @ 6:30 pm Scott's

Flat done as:

- 200 easy
- 3 x [150 fast + 50 easy]
- 100 easy

F – Off

S – 15 mile bike ride + 2 mile run otb @ 8:00 am Lemond Loop. Meet on Broad St at the top of the farmer's market in downtown Nevada City and make sure you know the course <http://www.mapmyride.com/us/nevada-city-ca/lemond-loop-route-656787>

S – Off

