



August Newsletter 2016

*“Strong to go long,
then as easy as
possible to go longest
possible, then power
and range of motion to
go fast. Then go fast.*

*Then go long fast.
Then race fast. Ok?”*

-Bobby McGee

This Month's Activities

Speed & Form

Workouts: Every
Tuesday, 5:30 a.m. @
Vulcan Trail.

Vulcan Group Ride:

Every Tuesday, 5:30
p.m. from the BB&T
building (below
Mtn.BrookY).

Brick Training:

Every
Thursday, 6:00 a.m. @
Cahaba Cycles
Homewood. **Note:
this will be a tempo
workout**

In this Issue:

- **Race Reviews: Renaissance Man Triathlon: What's Not to Love?**
- **Coaches Tips: The Importance of Post Workout Comments**

Renaissance Man Triathlon: What's Not to Love? By Sarah Portella

If you haven't made the trip up to Florence, AL for the Renaissance Man Triathlon you should put it on your list. This past year was the 3rd running of the event and the staff does a fantastic job. This year we had a small contingent of PkPerformers make the trek up to race. Here are some of their favorite parts of the race:

“Is it bad to say my favorite part was the rain?! No, the bike course is pretty going through rolling fields, the race results and awards were done in a timely manner, and the run (though hilly) has a nice section running through the North Alabama campus. BUT my favorite part really was going to a race with a bunch of friends.” –Tim Pemberton



“Great course, maybe the best bike course for a race that I have encountered over the years. Run course is hilly but such a challenge it makes me want to do it again. I think that if it was less

challenging I wouldn't be as interested in returning. They could improve the awards by giving some!” – Coach Craig

July

Shout-Outs!

Stephanie

Farrington: 2nd AG
Capital of Dreams

Troy Goss: 3rd AG
Sunfish Sprint

Susan Lines: 3rd AG
Buster Britton

Tim Pemberton: 2nd
AG Renaissance Man

Gavin Poole: 5th AG
Renaissance Man

Sarah Portella: 1st
Overall Renaissance
Man

Craig Cecil: 1st AG
Renaissance Man

Lance Steed: 1st AG
Music City

Robert Thompson: 2
- 1st Overall Aquabike
finishes!

Susan Lines: 5th AG
Capital of Dreams

Alex Pitts: PR for 2
mile Time Trial of
12:26!

Brenda McGovern:
1st AG Wet Dog Sprint

“The most relaxed race I’ve done in a while. Smallish field. Very low key and laid back. Enjoyed it all. Plus, racing with friends as Tim says is brilliant. Oh! How could I forget running with the dogs!! And the Sunday KFC buffet on the way home!” – Gavin Poole

“While the water is warm in July, I think it is a great out and back swim course. The bike is rolling and scenic and the run is probably the most challenging of any I’ve done...but where else will you have lions for spectators?!” – Coach Sarah

The Importance of Post Workout Comments – PWC

by Sarah Portella & Craig Cecil

Most triathletes are over-achievers. If you weren’t sure if you fell into that category...surprise! We are always trying to pencil in one more item into our already long lists of responsibilities: full time jobs, family responsibilities, 10-18 hours of training per week, social activities. But we need some help to make our coach/athlete relationship better. As coaches, Craig and I are asking you to include Post-Workout Comments.

WE promise it won’t take long.

As coaches we too are trying to play a game of Tetris, fitting similar responsibilities into our days. But providing good service to you is our goal. So when it comes to 20+ athlete workouts per day for us to review we want to make sure we provide timely and relevant feedback. One of the best ways is for the athlete to include a **Post Workout Comment!**

Without a comment we assume that the workout went well!

Sooooo, Craig and I are encouraging each of you to take the PWC Challenge (insert smiley face or eye roll emoji here, whichever you prefer). Here are some of the feedback we’d love to be reading from you about your workouts. And yes, we realize that sometimes zero feedback is okay.

- 1. How did you feel going into the workout?***
- 2. How did the workout go?***
- 3. Did you have any trouble with any part of it?***
- 4. What was your perceived effort?***
- 5. Did you feel like you did the workout as prescribed?***
- 6. If not why?***

Have fun! I have a client, whom shall remain nameless, that I LOVE reading her/his comments. While the information is provided, the presentation is priceless. Here is an example that covers it all taken from a recent swim workout:

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Email:

sarahp@pkperformers.com

“yeah, I thought I was going to have to be rescued by the lifeguard. Sluggish going in, didn't eat b'fast...BUT managed to pull out TWO 1:29 100's. What the????? Pretty stoked about that one. My 25's were all 20 and 21 sec. Tried for a :19, but alas...NO bueno. This was H. A. R. D.”

Another example of a PWC follows.

“Excited about overcast skies and low humidity - as you can see from the first two miles. Reignited it in as sun came out and humidity increased. Could feel my lungs start to struggle so kept easy, relaxed pace. First time my stride felt "normal" in quite a while. Yay!! Left Achilles still making itself known but not painful ... will continue the zapping couple more times. WW on odd miles with complete stop for bottle fill ups on 8 and 11 before heading for home. Miles melted fairly easily; mind wandered on last few. Legs, endurance, mind in good shape. Needed this run today! :)”

Both of these comments give us great information. One lets us know of a breakthrough in training. The other is a reminder that while feeling great a nagging injury is diminishing but still there! And both indicated the athlete was mentally doing great!

And just a couple more for full effect!

“Knee holding strong”;

“I'm not sure what happened tonight. I felt a groove I've never felt before in the water. It felt like I was grabbing the handle bars to pull myself through the water. And all I was concentrating on was staying in a perfect position and relaxed.”

A short comment works. We know that with the new devices uploading automatically we get away from logging in on the phone or the laptop. But just a minute or two will greatly improve the quality of the athlete/coach relationship.

For positive feedback on this article please email: sarahp@pkperformers.com

For negative feedback on this article please email: craig@pkperformers.com

(Just kidding...no, really!)

Discounts!!

- **Don't forget to use your athlete discount at Cahaba Cycles Homewood for all of your triathlon & cycling needs!**
- **PkPerformers also get a 10% discount at Trak Shak in Homewood!**

