



“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**

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Triathlon Training Terminology By Craig Cecil

Over the years I have been asked at numerous times what the various terms mean when they show up in a workout. So each month we will include one or two terms and their meaning relative to training. Since I use the Triathlete Training Bible coaching philosophy the definitions will usually be quotes from Joe Friel, the author. This week will be what Joe calls *Basic Abilities*.

Aerobic Endurance – AE: You see this often in workouts prescribed by Sarah and I. Training at this intensity is the best way to build overall endurance. This is upper 1z and mostly 2z. According to the 80/20 rule 80% of your time training should be spent here. Typical workout is Warm Up for 15 min. then hold 2z or conversational pace for a certain amount of time. And we increase this in 10%-20% increments. Look at your pacing zones for swimming. How many of us are swimming too fast most of the time?

Speed Skills - SS: This is probably the most confusing. It is not to be confused with going fast. Speed refers to cadence. Up to a point the higher the cadence the more efficiently we move. Skill refers to correct efficient form. A typical workout would be 80 meter striders at the end of a run with perfect form or a swim set with 8*50 drill followed by fast 25's.

Force – Fo: To go fast we must be able to apply force. Thus most of you are on strength programs. The more difficult the conditions the greater force you will need to be able to apply to go fast. Think rough water, wind and hills. Weights, paddles, drag suits, big gear climbs all improve our ability to apply Force.

In the next newsletter I will summarize Joe Friel's *Advanced Abilities*.

June

Raleigh 70.3 – Race Review by Sarah Portella

Shout-Outs!

Stephanie

Farrington: 2nd AG

Buster Britton/
Qualified for AG
Nationals.

Troy Goss: 1st AG

Buster Britton

Susan Lines: 3rd

AG Buster Britton

Tim Pemberton: 2nd

AG Buster Britton

Brenda McGovern:

2nd Overall Masters
at Monster
Triathlon

Gavin Poole, Don

Walston, Darwin

Bell: Buster Britton
finishers

James Aaron &

Sarah Portella:

Raleigh 70.3
finishers

Don Walston,

Scottie Holden,

Robert Thompson:

Chatty Waterfront
Finishers

In hindsight, you always have a clearer picture of what you should or should not have done. For instance, signing up for a 70.3 race in June. In Raleigh. When temps are known to be...~~warm~~...sweltering. Maybe I signed up because I like a challenge...or because I love the heat...or more than likely because I am a crazy triathlete that gets super excited about planning my next racing season *literally weeks after I've ended my last season*. And it's cool then. Well, for all of my complaining I'm hear to tell you all that you should consider doing Raleigh 70.3 at least once.

Our adventure (my husband came along and was my official photographer) started early Friday morning as we packed our Subaru and headed out of town for a calming eight - hour drive north-easterly. We arrived in Raleigh with a couple hours to spare before packet pick-up closed for the evening. So we walked over and I grabbed my bag, timing chip and all the goodies then took a short walk through at the expo. I planned to come back the next morning for the athlete briefing so we didn't stay long.

Raleigh is a point to point to point (too many points?!) course, which I have never done, so I wanted to make sure I knew how race morning was going to go. After getting very helpful instructions my husband and I drove the 40 min. out to Lake Jordan (swim start and T1) so I could get in a short ride and run (no swimming out there the day before the race for some reason) and then rack my bike in T1. It was hot. After a short 30 min. bike I was dripping sweat. A wave of nerves hit me. Tomorrow was going to be so hot. Bike in T1 and a short run out of the way, we made our way back into town.



The weekend forecast had not looked promising. The Weather Channel kept fluctuating between 70-90% chance of thunderstorms Saturday and Sunday. The thunder storms held off until Saturday night then there was a rather intense few moments of storm. My poor bike was getting wet...

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Economy – How Do We Improve It? By Craig Cecil

In the last newsletter I touched on Aerobic Capacity, Lactate Threshold and Economy. Today I will discuss Economy. Remember when we refer to Economy we mean *the ability to go faster at the same effort*, that is becoming more economical with our energy.

Improved economy can take the longest to change but will usually have the greatest impact on your performance as a triathlete. Shortcuts to improved economy include purchasing a lighter bike, shoes or even losing weight. Each of these will allow you to go faster with less effort.

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But after you have exhausted the short cuts, becoming more efficient through better technique is the best way and usually the longest lasting. Sarah and I will often give you Speed Skills workouts or drills to help you improve your technique. The term speed skills is often misinterpreted. While it is true that eventually your speed/pace will improve here the term refers to workouts that will improve cadence and correct muscle recruitment and development. Examples include practicing 30 left foot strikes in :20 to help develop cadence of 90+. The same with cadence drills on the bike. Examples of improving muscle recruitment include one – legged hops, ankling, ILT's (Isolated Leg Training) on the bike, or fast 25's in the pool . All of these improve your technique.

Economy also improves with *increased frequency* if you are practicing good form.

Swimming in particular can improve greatly by swimming 4-5 times a week.

Unfortunately, because it is the shortest of the events it is hard to devote more sessions to swimming due to time being the greatest limiter to all of us.

At first when making a change in technique you will often find your pace slowing and your HR increasing. But once you have internalized the change you will find yourself moving at a faster pace or speed with a lower HR. This takes longer than buying something lighter or more aero but the benefits will last much longer. And with improved economy or efficiency you will usually have fewer injuries from the repetitive motions of our sport.

Discounts!!

- **Don't forget to use your athlete discount at Cahaba Cycles Homewood for all of your triathlon & cycling needs!**