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*“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

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## **This Month's Activities**

### **Speed & Form**

**Workouts:** Every  
Thursday. 5:30 a.m.  
from Little  
Donkey/Octane Parking  
Lot.

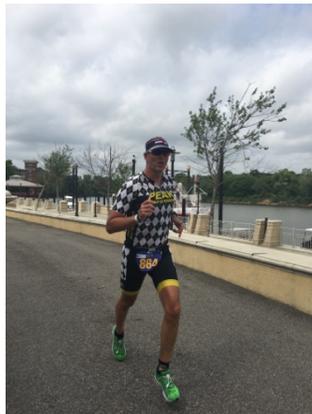
**Vulcan Tri Ride:** Every  
Tuesday. 5:30 p.m. from  
BB&T parking lot  
(below Mtn. Brook Y).  
Be early!

## ***In this Issue:***

- **Race Pace Training**
- **Spring Updates**

## **Race Pace Training**

It's June and already triathlon season is well under way. All of the long aerobic fitness training is done, for the most part, and the focus has turned to higher intensity training leading up to the first (or second!) "A" race of the season. If a shift in training focus has not happened, then now is the time to make the adjustments to more intense sessions sprinkled with long aerobic recovery days. Those long days are used to keep the endurance up without creating additional fatigue. This shift in focus is now more specific race preparation.



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## **Spring Updates**

- It has been a busy spring for Peak Performers! Late Winter/Early Spring Coach Craig and I were able to spend a week in Tucson, AZ for training and meetings. We came back with a lot of great information that is being passed on to all of you!
- The Women's Tri Camp in Chattanooga (end of April) was a huge success! We had a great group of women come to train and we had a blast...despite a little rain.
- **New Day/Location/Time** for our weekly speed & form sessions! Make sure to come out on Thursday mornings! 5:30 a.m. and we'll leave from the Little Donkey/Octane parking lot in Homewood!