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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  
Tuesday, 6:00 a.m. @  
Vulcan Trail.

**Brick Training:** Every  
Thursday, 6:00 a.m. @  
Brookwood Village.

\*\*Note: this will be a  
tempo workout\*\*

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## **Deep Water Running: DWR** By Craig Cecil

Several years ago I was coaching a recent graduate from Samford who also ran cross country for the school. She told me that she had repeated problems with shin splits, stress fractures and the like. She had always done Deep Water Running (DWR) for recovery. Then she told me that each time she came back she had a PR in the 5k distance. I had always heard that should be the case (a PR) but had some doubts about it until then. The causes of the frequent injuries is for another discussion. This is about the benefits of DWR.

Now when I have an injured runner I put DWR workouts in their schedule. Sometimes they are followed closely but often not. Most athletes have a difficult time treating the DWR's as a true run workout. The reasons that athletes do not do them include the following: boredom, too much time in the pool, lack of the proper equipment or too difficult.

So let's discuss how the hurdles can be overcome. They now make several types of headphones for music and news programs. One athlete just catches up on NPR, ESPN and other news while in the pool. Others can have their favorite playlist. And the improvement in mental toughness will be a huge asset in races. It does involve either longer sessions in the pool, say after a swim or on the previous run days but commitment to a valid recovery program is always difficult. It just needs to be done. You do have to make an investment in a proper flotation device. Usually the clubs will have one piece that is worn out. Spending \$25-\$35 is pretty minor for a speedy recovery from injury. If the workouts seem to be too difficult it is probably because the muscles used are weak. And the weakness contributed to the occurrence of the injury. When done properly you will develop a stronger core, hip flexors, hamstrings and glutes (without any pounding). Once you have developed these muscles they will engage much easier during your runs.

## September

### Shout-Outs!

**Sarah Portella:** 3<sup>nd</sup>  
AG IM Augusta 70.3

**Stephanie  
Farrington:** 2<sup>nd</sup> AG  
Frantic Frog

**Jon Herron:** 1<sup>st</sup> AG  
Jamestown Half Iron

**Robert Thompson:**  
1<sup>st</sup> AG Frantic Frog

**Troy Goss:** 1<sup>st</sup>  
Masters Frantic Frog

**Ironman  
Chattanooga  
Finishers!:** Roberts  
Abele, Janet Harden,  
Tony Atwell, Steven  
Duke

If you follow the workouts correctly the result will be a faster gait, better posture and a lighter foot strike. And faster run times! One athlete, Robert Thompson had various ankle, calf and knee problems since last winter. Basically his only running for months were DWR's. Each multisport event he entered became an aquabike instead of a triathlon. Until Rocketman in Huntsville. At Rocketman he ran for the first time off the bike in 2016. He only ran a 47 min 10k and took 1<sup>st</sup> in his AG! And then he raced Frantic Frog. Robert again took 1<sup>st</sup> in his AG with a 6:37 pace off the bike.

Deep Water Running seems to work. Give it a try next time!

## The Off Season and How To Cope! – Part 1

by Sarah Portella

For most of us the season is over, and for the few that have a race left, you're almost there! So, what are you doing with your off season?

I hope your answer was nothing...er, at least nothing *structured*. For those of you coached by myself or Craig, you have been encouraged to take a break after your last peak race. Contrary to what most Type A triathletes believe, this is not to torture you! If it's not to torture you, then why do we do it?!

Rejuvenation. That's the simplest way to put it. After a long season of training and racing your body needs time to decompress, and your mind needs time to relax and not worry about fitting workouts in around a hectic work and life schedule. Another bonus of taking a break is that if you do it right it should leave you with a desire to get back to training and feel an excitement about the workouts on your schedule. The unstructured period should ideally be at least two weeks and can last up to a month. Ample time to get excited about training again.

Take time off to enjoy your family and friends! Because soon enough it'll be time to plan for next season. We'll discuss that and some other fun things in Part 2.

## 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

**The  
Trak Shak**  
Running Shops

in Homewood!

