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Tri Gulf Coast

TRI GULF COAST: A NON-PROFIT TRIATHLON CLUB SUPPORTING TRIATHLETES ACROSS THE GULF COAST

We are people who win races, and people who haven't done one yet. We're training for yet another Ironman, and we're thinking about trying a sprint race. We've got \$4000 Bikes, and we've got \$50 bikes. Some of us can swim across Pensacola Bay, and some of us are working on swimming 400 yards non-stop. Some of us can run a 10k in less time than others can run a 5k. In other words, if you're fast, slow, new, or experienced, you'll fit in just fine here.

Pensacola Triathlon Club

Mere Mortals is Here!

Join us For Some Fun at the Beach!

Summer is here! It's time to start training! Tri Gulf Coast is here to help you get ready for the big race, no matter how inexperienced you may be!

Who in the world are the Mere Mortals? We're a free training group that meets almost every Sunday From June through September to help new triathletes prepare for the Santa Rosa Island Triathlon.

What do you do? We help you learn the ropes of swimming, biking, running, and combining the three back-to-back! During our training, we'll show you how to swim in open water, get you used to swimming in groups, and share tips and tricks so you don't have to learn them the hard way. We'll learn how to transition from swim to bike safely and quickly. We'll show you safe cycling and how triathlon cycling has it's own special rules. We'll learn and practice "T2," the second transition from bike to run, and we'll learn how to complete the 3.1 mile run course after an 18 mile bike and a 1/3 mile swim. You'll train alongside experienced triathletes, and see presentations from experts in many aspects of fitness and triathlon.



The Member's Only Triathlon is July 30th on Pensacola Beach!



Lactate Threshold (LT)

Lactate threshold is the intensity at which lactic acid begins to accumulate in the bloodstream. It does not signal a shift to anaerobic metabolism but rather that lactic acid is being produced faster than it is consumed. As exercise intensity is increased, you begin to recruit more fast-twitch muscles. Fast-twitch muscles produce lactic acid when they are active because they have lots of lactate dehydrogenase, the enzyme that produces lactic acid. Slow-twitch muscles consume lactic acid. At your LT intensity, your fast-twitch muscles are producing lactic acid faster than your slow-twitch muscles can consume it.



Mere Mortals is Free and Both Experienced and Inexperienced Athletes are Welcome!

6:30 A.M. Casino Beach stage on Pensacola Beach

How much does it cost? All participants should be members of Tri Gulf Coast. To join, click on the "Join the club!" link to the left and print the form. Fill it in and send with your check, and you're all set! Only \$15.00 for individual membership, and \$20.00 for family!

When and Where do you meet? 6:30 a.m. (yes, I did say a.m.!) on Sunday morning at the **casino beach stage** on Pensacola Beach.

What kind of equipment do I need? There are all kinds of goodies you can buy to help you in triathlon, but only a few you really need for your first race. Here are the basics:

Swim: Goggles, a bright swim cap (required!)

Bike: Bike (duh!), and a cycling helmet. Helmets are required both during training and in the race. Recumbents and three wheelers are not legal in triathlons.

Run: A good pair of running shoes. We run during the

summer, so you may want to carry fluids with you on the run.

What sort of physical condition do I need to be in? As with any new physical activity, you should talk with your physician about your plans to do a triathlon and listen to his/her feedback. We'll help you get ready for the race, but here are some good guidelines for what you should be ready for:

Swimming: You need to be able to swim 200 yards without stopping. By the time we finish training, you'll have been farther than 200 yards from shore, so being able to make it in would be a good thing! We'll help you get used to open water swimming, but you might want to spend some time training in a pool prior to June. Starting April 15th, there will be coached Masters swim sessions at the Cecil Hunter pool downtown for only \$2.00 per session. Call Grace Ruckstuhl, 850-438-4322 for more information. There are also coached masters sessions at The Club in Gulf Breeze (850-916-SWIM), and lessons at other locations, such as PJC, UWF, and the YMCA.

Biking: We'll ride at least 10 miles every time we bike. You'll want to build up to this distance before June, and by spending time on your bike ahead of time, you'll handle the bike safely and more confidently. This is important, because we train on the road with vehicles.

Running: It would be best if you can run 2

miles without stopping. Speed doesn't matter, and it's perfectly legal to walk during the race. By being able to walk 2 miles without stopping by the time we start training, you'll be better prepared to build up to 3.1 miles, even after swimming and biking first!

Did you really think you could answer all my questions in this article? Where do I find out more?

Well, I tried! OK, if you have more questions, here are some ways to get more information: Join the email list on the Tri Gulf Coast web page (www.trigulfcoast.org)! This is my favorite method! I'll send out updates via this list, and when you send a question to the email list, all of us can answer it. That way we all benefit from each other's questions.

COME OUT AND BE A PART OF THE ACTION!

ROB ZIMMERMAN

Strategies for improving your bike leg !!!

By Hunter Allen, copyright 2005



In triathlon, the bike leg is one of the most tactical of the 3 disciplines, from choosing the right wheels, to drinking while riding, to pacing yourself in order to have something left for the run, your bike leg is possibly the most important component to a new PR. In most triathlons, (not draft legal ones), no one can hide on the bike, so what you have got on that day is there for everyone to see. There are a few thoughts and strategies for an improved bike leg that might help you.

Improving Bike Leg cont..

Training for a “Time Trial

What do I mean by “Time Trial”? In Bicycle racing, the time trial or ‘race of truth’ is the most purest of the bike races. A time trial is just you versus the clock, and you have to put forth your maximum effort in order to really ride your best time. This is essentially what all triathlons are (race against the clock), and by thinking about your bike leg the way that bicycle racers do, will help you to improve your split.

Are there differences in what a beginner triathlete needs to do versus an experienced triathlete? In some cases there are, but the main principles to improving your bike split are the same no matter what level of fitness or experience you possess. I’ll address those specific differences within this article, so be sure to read the fine print.

To start with beginners and experienced racers alike will need to do some specific training for a time trial, so that your mind and body is ready for the event. Beginning racers will need more of this type of training, because the more you practice the better you become and an experienced triathlete will be able to get to race fitness a touch quicker. One of the most important factors is that you practice in your time trial position or said differently, on your specific Triathlon bike while in the aero bars. You have to be familiar and comfortable with your position and that will allow you to produce the most power for your given effort. If you change your position on your current bike, or if you have a specific Tri bike, it can take a while to get used to a new position, so make sure that you have been allowing your body the time it needs to adjust to this NEW power position. One of the major parts of a time trial is that you have to be comfortable on the bike, so you can flat-out hammer the entire time. If your position is not right, you won’t be able to go at your fastest speed. So for a beginner triathlete dialing in your position is of paramount importance, and making sure you are comfortable there is key. For more experienced racers that have their position set, make sure you are able to get in plenty of miles in that position, especially if you are training for an Ironman distance. If you cannot maintain a comfortable position for 112 miles then, think about altering it a bit in order to achieve that comfort.

Secondly, you need to do the correct training for a fast bike leg. The best training for time trials are ‘mini’ time trials. In my opinion, there are 4 time periods or training zones that you should work on to develop a fast bike split. These are 90 minutes which corresponds to the tempo zone, 20-minute which corresponds to your lactate threshold, 6-minute which improves your VO₂ max and 2-minute efforts which improve your anaerobic capacity. Beginners and

experienced racers alike should start out working on your 90 minute, 20-minute effort, then the 6-minute, then finally the 2-minute.

The 90 minute time period is reserved for those that are training for a ½ or full Ironman. This effort should be built up to from a time period of 30 minutes. The intensity of this effort should be what is called tempo pace. This pace is 76-90% of your threshold wattage, or 84-94% of your threshold heart rate. (Threshold wattage and heart rate is determined by the average watts or average heart rate that you can maintain in an all-out 30 minute effort.) So a beginning triathlete should start out riding for a 30 minute focused block at this intensity and increasing this time period until they can maintain 90 minutes at this intensity. A more experienced racer could most likely start out with a 45-60 minute block and build up to 90 minutes and even more. Training your ‘tempo’ pace will give you a solid foundation of aerobic fitness to build on, as you prepare for more intense efforts.

Once you have a solid base of work in the ‘tempo’ zone, then start to work on improving your lactate threshold with 20 minute efforts. The 20-minute effort gives you a solid chance to work your muscles at your time trial pace for 17-minutes or so. The first 3-minutes of the effort is spent building up to speed and getting into a rhythm, then that allows for a solid 17-minutes of training at your Lactate Threshold in order to improve your overall speed. You are working on your ability to increase a steady workload to near maximal effort while still remaining in an aerobic state. When doing these workouts, be sure to give yourself adequate rest between efforts and build up to more efforts as you get stronger. A newbie should even start out with 1 x 15 minutes with 15minutes easy spinning after, and build up to 3 x 15 minutes, and then move onto a 2 x 20 minutes. A more experienced athlete can start out with 2 x 20 minutes pretty quickly and move to 4 x 20 minutes as your fitness improves and as you ramp up your training. Once you have completed 8-10 workouts in this time range, within a 6-8 week period, then move on to the 6-minute effort.

The 6-minute effort is the perfect microcosm of a bike leg. The first 2-minutes are spent trying to get over the shock of the hard effort, the next 2-minutes are spent trying to find a rhythm and then the final 2-minutes are spent winding out the pace and leaving it all out there on the course. In 6-minutes, your body is able to produce a huge effort, and this is working on improving your Vo₂ max and allowing your muscles to carry an increased capacity of oxygen rich blood. These workouts should be done on a day in which you are relatively fresh and can do near maximal efforts. A beginner should start out with 3x 6 minutes with 12-minutes rest between each and build to 6 efforts total in one workout. A more

experienced athlete can reduce the rest period between efforts, but still start out with 3 x 6 minutes. If you are exclusively racing shorter races like sprint and Olympic distance, then strive to build up to ½ the time that you are anticipating completing the distance in. So, if you think you are going to ride a 60-minute Olympic distance, then build up to 5x 6 minutes, and hold there. If you are racing in ½ or full Ironman distance, then working up to 5 x 6 is really plenty as well. Once you have completed 6-7 workouts in this range over a 5-week period, and then move to the 2-minute range.

Finally the 2-minute effort is an effective way to increase your speed in the time trial. By doing short hard efforts that last for only a short period of time, you are able to increase your overall speed for your anticipated time trial, working on your improving your anaerobic capacity. This interval is not so short that you make the mistake of working on your sprint, as you know you cannot do an all out sprint for 2 minutes. You will have to choose a hard pace to start out, but not so hard that you blow in the first 45 seconds. Do these intervals in the preceding 15 days of your event so you can really hone your top end speed and leave time for a small rest period before your actual race. You should try to complete 3-4 of these workouts before your event, being sure to give yourself enough recovery between sessions. Start out with 4 x 2 minutes, and build to about 25% of your race time, if you are doing shorter events. So for a 60-minute time trial, try to be able to do 8 x 2 minutes in your last session before resting for the event. For those doing longer events, you could work to 12 x 2 minutes, especially if your event is very hilly. Make sure to rest for 4 minutes between each effort, as these are very intense efforts and require more recovery time.

Day before your race!

The day before your race, it is very important that you “blow out” your legs to a certain extent. The best and most efficient way to do this is by doing some hard intervals. Some triathletes choose to do this with running, so with swimming, but, in my opinion the best warm-up the day before is on the bike. The reason being is that it works the largest muscle groups (legs) and also it’s non-impacting, therefore preventing any unnecessary muscular trauma. There should be at least one effort in the 12-15 minute range at your maximum sustainable pace for that length of time. You should also include at least 3 intervals in the 2-minute range. These are much more intense than your longer effort, and they are intended to help “open up” your legs to a super intense effort. Give yourself adequate recovery between efforts and be very sure of staying hydrated today and also eating plenty of carbohydrates. Having a recovery drink after your ride today will be critical.

Day of your race!

Once at the event- Make sure you are there 2 hours in advance and preferably NO more than 2 hours in advance. If you get there at 9:00 a.m. then, you want to be ready to race at 11. But, don’t get there at 11 a.m. if you are going to race at 3p.m. By the time 3 o’clock rolls around you are not going to be psyched and you are just going to want the whole thing to be over with and as a consequence, you are not going to ride a very good race...

Warm-Up- This is absolutely crucial to a good performance. You have to get your body ready for the “shock” of the hard effort that you are about to do. This “shock” will come in the warm-up and NOT in the first 5 minutes of your swim! So, Go and do some hard intervals either swimming, running or riding! Push yourself in warm-up! Do some 2-4 minute efforts and sprint in the last 15 seconds of each one. Blow out the “gook” and get those legs and arms and heart ready and going before the start. Your goal in the warm-up is to get your body so ready that when you get on the line, and you take off, it is just like your warm-up and you can immediately get into a rhythm. Be sure to drink a sports drink (if on the bike) during warm-up and stay well hydrated. Time your warm-up, so that you have 10-15 minutes to come back to your car, or transition area and get set up for your swim. Then you should have another 5 minutes to loosen up at the start line and be sure not to miss your start!

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Tri Gulf Coast Kids Camp!!!

July 18-22, 8 a.m. - Noon

Tri Gulf Coast and Running Wild are presenting the 7th annual Kid's Tri Camp. The camp focuses on developing skills of beginners. Kids will get a chance to test their abilities with a race on the final day of the camp. Local coaches and volunteers will be leading the sessions to ensure that kids get the most expert guidance available.

Sign up early as space is limited to the first 50 applicants!!

Location: Roger Scott Athletic Center
2130 Summit Blvd
Pensacola, FL 32503

Required Gear: Sunscreen, goggles, swimsuit, towel, bike, helmet, water bottle, shirt and running shoes.

Optional Gear: Sunglasses, hat and cycling gloves.

Registration Fee: \$50.00 per child. Make checks payable to: Running Wild

*Entry fee is non-refundable.

Registration fee includes 20 hours of training and coaching, t-shirt and more!

Participants will be mailed an information packet the week prior to the camp start day.

For more information call: Running Wild (850) 435-9222, e-mail: paul@werunwild.com



5-Hills Thigh Buster Ride

This one is simple. It is on Scenic Hwy, North of I-10. I park at the parking lot at Scenic and Summit Blvd and ride to the last hill as a warm up. Then do 3-4 repeats on each hill. I like to do the whole circuit and repeat. The hills are short but hard! Especially the entrance to Ellison Industrial Park! There are some good hills just North of here at UWF as well.