

The CAT Chronicle



Colonial Area Triathlon Club

Volume 1 Issue 1

April 2007

Schedule of Local Events:

Conte's Racing Team interest meeting –

Conte's Williamsburg
April 10th @ 6pm

Kinetic Half Triathlon – April 21, 2007

Kinetic Sprint Triathlon – April 22, 2007

Smith Mountain Lake Triathlon – May 5, 2007

White Lake Sprint Tri – May 6, 2007

Elizabeth River Run 10k – May 26, 2007

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President's Purrings...

By Susan Boles

Hi and welcome to the first edition of "The CAT Chronicle"! This past month has been an exciting time for the club- we formed, established our structure, voted for club officers, launched our website (<http://www.colonialareatri.org>) and created our discussion forum (<http://colonialareatri.informe.com/>) and had our first social event!

The upcoming month is gearing up to be just as exciting! As a club, we're looking for sponsors, designing uniforms and t-shirts, registering with USAT as a club and having our first meeting on April 18th!

We're also working on registering our club as a non-profit organization with the state of Virginia and the Internal Revenue Service. This is an ambitious undertaking as it will allow us to be eligible for certain grants, allow tax-deductible donations to our club, and help us have a greater impact in our community. However, it is a very precise process and is taking some time to "cross all our t's and dot all our i's".

I would like to encourage each of you to get involved in some way! Participate in the discussion forum, let people know when you're working out or what weekly bike ride you participate in; check in on the website and see what's changed; propose some ideas for a club social on the forum page. Anything that gets you involved will give you a better opportunity to get to know your fellow CAT members and help make us a stronger club!

Speaking of getting involved... the club is desperately in need of a volunteer willing to take over a position on the club's executive board as marketing director. This individual would take over the sponsorship process (already in progress), and work on marketing the club to the peninsula population (i.e. making sure our membership flier is in race packets and at sporting goods locations...). Once we get sponsors lined up, we'll work on designing the membership brochure and membership cards, and that would also be a part of the marketing job. If you are interested in the marketing aspect of the club, but are unwilling to take the director position, you can participate as a member of the marketing committee.

If you are interested in any aspect of the marketing committee, please contact me at 757-814-3071 or at prez@colonialareatri.org.

Looking forward to seeing everyone at our April 18th meeting!! Please check the club website for any club updates. Until then, happy training!! ♦

Next meeting: April 18th @ 6:30pm

Location: Sal's by Victor, 1242 Richmond Road, Williamsburg

President – Susan Boles	prez@colonialareatri.org	Ph: 757-814-3071
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Secretary – Carrie Digges	cdigges@verizon.net	
Social Director – Susan O'Neal	sk2a2005@cox.net	
Marketing Director – to be announced!		
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Using Heart Rate Zones for maximum training efficiency

By Brian Roche

Hi, I'm Brian Roche, Head Coach of RTS Endurance Coaching Services. As part of the new Colonial Area Triathlon Club, I'll provide an article for each edition that will discuss a myriad of diverse topics on endurance training, and more specifically multi-sport topics.

This article will discuss the best approaches to gauge an athlete's effort while training. We are all anxious to get outside and log as many miles as possible in nice weather. Everyone is tired of riding on a trainer and running with many layers of clothing or spending hours running on a treadmill.

With this surge of "spring" energy many athletes push themselves beyond what they are ready to do. What I mean by "push" is either making a significant jump in weekly mileage or intensity compared to what they were accomplishing in prior weeks. Many times such increased efforts are driven by competition. Getting together with other athletes to train or the fear that you're not where you should be at this point of the year can cause you to "push" harder than you should. While single sport athletes have the luxury of working to perfect their folks in one activity, multi-sport folks have to build an entire "fit" body to properly train for and race a multi-sport event.

One of the key components of an athlete's training toolbox is to understand how to measure effort. This knowledge can keep

you from pushing too hard too soon. The options include using perceived effort, a heart rate monitor and/or the use of a power measurement tool (Powertap, SRM, etc) on the bike.

Too many athletes still use perceived effort to gauge themselves while training and racing. Perceived effort is just that, "perceived" and is the least reliable or accurate of all methods. Perceived effort is subjective, and for athletes new to training and even a few not so new, it's extremely difficult to get a good feel for energy output. It's like asking a new engine mechanic to tell you what RPM a car is running by the sound of the engine. It's a good guess at best. With the time and financial investment made to improve fitness, is it really prudent to guess your way through your training efforts? Even athletes who have had some success using perceived effort would see much better results if they included a little science into their training.

A heart rate monitor (HRM) is a terrific tool to measure an athlete's energy output. By using one, you can better manage your body's ability to train each day. Your resting heart rate (RHR), which is your pulse when you first wake up prior to getting out of bed, is a good indicator whether your body is tired. A tired body would result in a RHR 5-8+ beats above your normal average. After months of using the HRM an athlete can get a good sense of how their body will respond to a training session just by seeing what their heart rate is prior to starting the session. To use the HRM properly, an athlete must

determine the training zones that are appropriate for them at each point in their fitness plan. These zones can change as fitness fluctuates. There are many approaches to determine training zones, and some of which are quite inaccurate. The methods which determine your training zone with numerical formulas result in very rough estimates, with possible deviations being plus or minus 20 beats per minute. Past studies have shown that these approaches are not specific enough, and can't include such variables as age, gender, present fitness, health and type of exercise. The only true method to determine your MHR is to exercise to your maximum ability wearing a HRM. But that approach isn't recommended for safety reasons nor would it be much fun. ☺

There are less stressful approaches: Participating in a lactate threshold test which takes place in a laboratory setting on a treadmill or computrainer which measures your HR and oxygen use. This determines your lactate threshold heart rate (LTHR) which is the point at which your muscles start producing lactic acid which in turn causes your muscles to fatigue. Once your LTHR is determined, there are various approaches to figuring out the rest of the heart rate training zones. Another approach to determine your LTHR, is by completing a test, which is done over a 30 minute "track" test on a bike or running. The goal is to reach a maximum energy output that can be sustained for the entire 30 minutes. After a complete warm up, the athlete will start the track test, running on a flat (school track is good) course with no

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possible interruptions and as little wind as possible. At the 10 minute mark of the test, the athlete hits the average HR button on their monitor. The first 10 minutes allows the athlete to zero in on the maximum pace that they can sustain for the next 20 minutes. That average for the 20 minutes is your LTHR, and with that data point, the rest of the training zones (1-5 a, b, c) are fairly easy to figure out. Using the bike you follow a similar approach with a flat road and very limited to no chance of cross traffic and as little wind as possible. If your HRM monitor doesn't have an average option, don't worry. Another approach is to have someone along with you for the test. Running on a track, you can yell out your heart rate every half lap and your partner can write them down and average the amount. If you are taking the test on a

bike, you can have a car follow you and provide the same support. Plus, in either situation having a cheerleader along can help you keep the effort up. You'll use this course again, because the "track" test is something you should do multiple times during the year. As your fitness changes your zones may change slightly and need to be reevaluated. Knowing the most up to date data will ensure you are training at the most optimum effort to produce the results you want. (For example: if the focus is to lose weight, there are heart rate zones which burn more fat than others. When training in these zones, the glycogen stores are not engaged so the only fuel source is from fat cells).

Okay, I know what you are saying, "Hey Rocheman, I'm not an Elite or Pro. I'm just someone that likes to train." Yes, I've had folks say that to

me, but in the end, we all want to see positive results from our efforts, and to make the most out of the time we dedicate to keeping fit. I hope this information helps you to do just that. In a future article, I'll discuss training with power.

I hope you found this article informative. If you have any concerns, please go to www.RTEndurance.com and drop me a note. Thanks and be safe! ♦

Brian Roche has been coaching endurance athletes since the mid-nineties. Many of his athletes have competed at state, national, and world competitions, with podium results. Remember, a knowledgeable athlete is a better athlete!

CAT Chow Corner

By Mindy Schulz

Try this quick, healthy and filling breakfast recipe modified from an excerpt from Triathlete Magazine's "Good Eats" by T.J. Murphy April 2007. It's like a quick berry cobbler for breakfast!

Ingredients:

½ cup frozen fruit – I like Dole whole frozen strawberries, but any frozen fruit works, berries tend to work best
½ c up whole grain oats
½ scoop vanilla protein powder (if you like)
water as needed
1-2 Tbs sliced almonds

1. Heat berries until warm and mushy in microwave.
2. Mix in oats and heat for 30 seconds on high.
3. Add protein powder (if desired) and water for the consistency you like best.
4. Heat mixture on high for 30 seconds to 1 minute until warm and cooked.
5. Add low-calorie sweetener or honey to taste if you prefer a sweeter taste.
6. Mix in almonds.
7. Enjoy with a glass of skim milk or your favorite breakfast beverage.

CAT Paw Prints: 
2007 Smithfield Sprint Triathlon
By Chris Wells

Saturday, March 24, 2007 was sunny and mild with a light breeze, the perfect day for an early season triathlon. Excellent conditions brought about 300 athletes out of hibernation for the first Smithfield Sprint Triathlon at the Luter Family YMCA in Smithfield, Virginia. The race included a 300 meter pool swim, 10 mile bike on rural country roads and a 5k out and back run course through downtown Smithfield. As always, Set Up Events put on a high quality event.

The Colonial Area Triathlon Club had an outstanding group of representatives among the competitors. Adam Otstot raced in the elite category and after posting the second fastest bike time of the day he blistered the 5K run course with an amazing run split of 14:36 to win the race even after being assessed a two minute time penalty for forgetting to put on his race number for the run. Connie Glueck was in a close race but was able to pull out a first place in her age group on a fast run performance. Carrie Digges had a great showing while completing her first triathlon. In the male 30 to 34 age group a friendly rivalry was born between Todd Estes and Chris Wells with Todd edging out Chris on his strong bike performance. ♦

CAT Paw Prints: 
2007 Virginia Duathlon
By Chris Wells

Sunday, April 1, 2007 was another perfect day for an early season race. This year the Virginia Duathlon was moved across Virginia Beach from Creed's Airfield to Fort Story. The race was designated a USAT National and World Championship Short Course Duathlon Qualifier so it drew some of the region's fastest athletes. Among the almost 400 competitors were Connie Glueck and Chris Wells representing the Colonial Area Triathlon Club. Fellow club members, Carrie Digges and Mike Glueck, were in the crowd showing their support. The course consisted of a moderately hilly 5K run within Fort Story, a three loop 32K bike course through Fort Story and along Shore Drive, and finished with the same 5K run. Connie completed the course in 1:48:40 on her consistent run and Chris managed a respectable 1:50:16. ♦

Congratulations to all who competed in these early season races and continue to Tri!

We look forward to seeing more of our members' accomplishments and participation mentioned in future articles!

CAT Toys:

Looking for gear or to clear space at home for new gear?

Any Colonial Area Triathlon Club member can post equipment related classifieds here for free!!!

What IS TNT Anyway?

By Chris Wells and Mindy Schulz

TNT or otherwise known as "Team in Training" is a wonderful organization which raises money for the Leukemia and Lymphoma Society while training participants to complete endurance events such as triathlons, ½ marathons, marathons and century bike rides. It offers professional training assistance, paid travel expenses to races, organization and camaraderie. TNT is great for beginners and seasoned athletes alike who want to make a difference while doing something they love.

"Team in Training" is trying to start a Peninsula Chapter and is looking for a coach and participants.

Anyone interested should contact Danielle Smith at Danielle.Smith@lls.org.

Colonial Triathlon Club members, Chris Wells and Carrie Digges are both currently members of Team in Training and would be happy to answer any of your questions about training with TNT.