

The Chronicle

Colonial Area Triathlon Club

Volume 2 Issue 3

April 2008

Schedule of Local Events:

Monument Ave 10K – Apr 5

Cerebral Palsy of VA 5K – Apr 12

3Sports Duathlon- Apr 12

Angels Race- Apr 13

Kinetic Half – Apr 19

Dismal Swamp Stomp Half Marathon
– Apr 19

Kintetic Sprint- Apr 20

Poor Farm Spring Cup – Apr 20

Odyessy Adventure Fix – Apr 24-27

Chesapeake Bay 10K – Apr 26

USAT Duathlon Nat'l
Championships- Apr 26-27

Smith Mountain Lake – May 3

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President's Roarings

by Chris Wells

This past weekend was a busy one for many of us. The local multisport season officially kicked off with the Smithfield Sprint Triathlon on Saturday and the Virginia Duathlon on Sunday. These are the first events for this season in the CAT Triathlon and Duathlon Point Series. Check the club website for more information on the point series.

Other nearby events coming up include the 3 Sports Duathlon, Kinetic Half, Dismal Swamp Stomp, Kinetic Sprint, and the USAT Duathlon National Championships. The club will begin our open water swim practices on Thursday, April 24th at 6PM and will host a Beginner Triathlon Clinic on Saturday, April 26th.

Several club members are planning to ride the CAP2CAP Half-century/Century on May 10th. We have club members already signed up for both the half and the full, so even if you're not interested in a full century, ride the half and have a great time! The ride will follow Route 5 from Jamestown to Richmond and back with several refueling stops and a lunch stop. For those who have never done a century ride before they are a noncompetitive ride that usually has a rest stop approximately every 15-20 miles. This particular ride supports the Virginia Capital Trail Fund which is building the bike path between Jamestown and Richmond. If you would like to join the group please email me to let me know.

There has been little interest in the club's Youth Triathlon Team. If you have children or know of children who would like to take part please send me an email at CATkidscoach@yahoo.com. The races that the team will be training for are the Powerkids Triathlon on May 31 and Twin Hickory Youth Triathlon in August. More information is available on the club website.

Good luck this season!

Next meeting: Monday, Apr 14th @ 7pm **Location: Toano Library**

President – Chris Wells wells_cd@yahoo.com

Vice President – Susan O'Neal sk2a2005@cox.net

Newsletter Editor/ Event Coordinator/Membership – Susan Boles susan_e_boles@yahoo.com

Co-Secretaries – Connie Glueck/ K.Lynne Loving

Treasurer, Social and Marketing Director –Mindy Schulz colonialcatnews@gmail.com



Early Spring Training

By Brian Roche

During the latter portion of the winter months to early spring, most athletes focus on improving fitness with the longer days and warmer weather. It's still early in the training cycle and you are months away from your biggest "A" race of the year so caution needs to be used when adjusting your training schedule. Making too big of an increase in both training intensity and duration can lead to a number of problems. Instead of improved fitness, some athletes end up with inconsistent training weeks with missed workouts. The better approach is to maintain a consistent week-after-week training plan.

Let's look at a typical training week for an age group athlete at this time of year. There are two important guidelines to use when adjusting your training schedule this time of year. Embrace these two concepts for success:

* Concept 1 – The hard/easy approach: After every harder training session (or harder training

day), plan an easier session the following day. Hard is defined as high intensity or very long endurance sessions. For more mature athletes, or folks new to regular training, the easy day concept may apply for up to 36 hours. I know this may sound like common sense, but one of the regular conversations I have with clients is over the tendency to train above and beyond the plan I provide. Trust me, I have been there myself, it's hard to reel back when you feel strong enough to go on.

* Concept 2 - The repeatability factor: This concept is for the athletes that train at the same pace each workout. How many days in a row should you repeat what you are doing? Even though you are training day after day, up to 7 days a week, each session doesn't have to be all low intensity and really shouldn't be. Adding a couple of higher intensity sessions will truly sharpen your fitness. Just remember Concept 1, and include recovery days between the hard days.

General guidance, as these guidelines are not athlete specific

(You must determine session intensity and duration according to your

fitness, or ask someone to assist you, like a coach.)
* Monday, Wednesday, & Friday - swim (Monday hard, Wednesday is easy/technique Friday is endurance pacing). If you are part of a Masters group you can follow this approach even if your swim coach doesn't. Masters swim groups usually have an established 2 or 3 days a week with harder efforts, use one of those sessions for your hard effort. Just drop down a lane and work with a slower group on your easier day. For many of my clients, to complete a long endurance session I recommend they swim alone or with like minded partners.

* Monday & Friday - Weight training. The specifics will depends on where you are in your training. For the most part, endurance athletes work with higher reps and lower weight.

* Tuesday, Thursday and Saturday - Spin class/Outdoor ride – Tuesday work on cadence/technique, rpms above 90 while Thursday is a bigger gear effort (strength session), a lower cadence while keeping your HR under control. Saturday is time to build

endurance by riding at a zone 2/occasional 3 HR and focus on high rpms and good technique.

* Tuesday, Wednesday, Thursday, and Sunday – Running - Tuesday, is a good day to complete your track session, to work on improving your lactate threshold heart rate.

Wednesday is a technique session, with a good WU and CD. Thursday is either a tempo run or brick session. If a brick session, start running within a few minutes of finishing your bike ride.

For now, run the first 1-2 minutes at your 5K pace then slow to a fairly comfortable pace for 15-30

minutes. Sunday is a long run, with pace increase every 15-20 minutes. For example, after a 15 min WU, settle into a comfortable pace (HR at a high zone 2), and every 15-20 min increase your HR to a high zone 3 for 5 minutes. This is a good way to simulate what you'll see during a long running race. For example, the 5 min interval simulates a long hill or bridging the gap to a group of runners in front of you. The slower sections simulate running on the flats.

In the end, you have to train at the intensity you feel is best for you. Most importantly, try to be as consistent as possible, week after week. To assist with developing an annual training plan please check out the January 2008 Coaches Corner article.

Brian Roche has been coaching endurance athletes for more than 10 years. Many of his athletes have competed at state, national, and world competitions, with regular podium results. He can be reached by going to www.rtendurance.com. Remember, a knowledgeable athlete is a better competitor!

The club would like to thank our newest Olympic Level Sponsor:

Dr. Adam Wilding with Commonwealth Family Chiropractic
140 Professional Circle
Williamsburg, VA 23185
Phone: 757-220-9670
Fax: 757-564-1197

Wilding@alumni.virginia.edu

Dr. Wilding's services include: Licensed Chiropractic, acupuncture, massage, physical therapy, electro-stimulation, x-rays. etc.

Ginger West, a friend of the club had this to say about Dr. Wilding: "I have had major back and neck problems for many years. I was really nervous about going to a chiropractor but I was made to feel at ease from the moment I walked through the door. Dr. Wilding is profession and personable. I currently see Dr. Wilding 1-2 times a week. I have recommended Dr. Wilding to every friend and family member who has even so much as complained about a stress headache or a kink in their neck."

We look forward to seeing Dr. Wilding at upcoming club events. If you or someone you know needs any of the services provided by Commonwealth Family Chiropractic please call Dr. Wilding to schedule an appointment or screening and don't forget to mention that you are a member of CAT!

WELCOME TO OUR NEW MEMBERS!!!

Since December 2007, we have welcomed the following new CAT members:

**Katie Plummer, Robert Lewis,
Ken Klimchock & Brian Myers!!**

Welcome to the CAT and we hope to see you at some of our club events or at the Club tent at races this year!

BEGINNER TRI CLINIC

The CAT Beginner Tri Clinic will take place on April 26th from 9:30am to 1:30pm at Chickahominy Park in Williamsburg. We'll cover topics like:

- Beginner Essentials (terminology, distances, etc)
- Swim (Water concerns, Gear, USAT rules)
- Bike (Gear, USAT rules, what if I get a flat?)
- Run (Gear, strategies)
- Transitions
- Nutrition/Hydration
- Racing (What to bring, how it works, typical race-day walkthrough)
- Beginner Training Program (how to begin one, typical sprint program)
- Club Resources (what we can offer to them)

We need volunteers to help with the logistics as well as people to teach/speak on the topics above.

If you're interested in teaching, please contact: Susan Boles at 757-814-3071 or by email at susan_e_boles@yahoo.com and if you'd like to cover a specific topic, please mention that as well.

If you're interested in attending, sign up at www.colonialareatri.org

Smithfield Sprint

By Susan Boles

This past weekend was an exciting, and very cold, one for the kick-off of the 2008 local triathlon season! We had tons of club members out at the Smithfield Sprint on March 29th, both racing and volunteering.

Don't forget to look for the CAT tent when you're out at an area race—come meet some fellow CAT members!

Congrats to the following CAT members who participated in the Smithfield Sprint:

Darren Beilstein, Debbie Frye, Sam Frye, Connie Glueck, Mike Glueck, Cheryl Lager, Robert Lewis, Paul Lucha, Zachary Pickett, Julie Pieretti, Brian Roche, Olivia Talbert & Steve Talbert.

March CAT Volunteers

Susan Boles, Matt Krause, Cheryl Lager, Susan O'Neal & Julie Pieretti all helped out at the Smithfield Sprint!

Steve Kean volunteered during the cold and rainy VA Duathlon!

Thanks for volunteering!!