

# SLB Coaching & Training Systems



## SLB Coaching Newsletter

"Train right, race well"



### Race Ready Coaching Program

#### Summer Programs

- **Race Ready Coaching Programs** begins - August 13
- **Tri Stroke Clinics** Summer sessions are in progress. Drop-ins are available
- **Open Water Swim Clinics** August 20 and 27
- **Private Swim Coaching**—call for an appointment
- **Video Analysis: Swimming & Running**—call for an appointment
- **AG Tri Club**—sign-up now
- **E-Mail Coaching:** Weekly, Monthly and Seasonal options—**SIGN-UP NOW!**

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If you're a triathlete that's short on experience but anticipating a big Fall season in a Sprint or Olympic distance event then Asphalt Green has the program for you. We've created a six week **race readiness program** to ensure that you maximize all of the hard work you've put into your training to date. We've gathered three of New York's finest triathlete coaches to provide you with **four coached workouts** per week. You'll be provided with weekly training plans, informative education sessions and training tips, have access to an Online Training Log, and be provided with email access to the coaching staff for when you have questions on racing and training. The six week program will kick off with an Introductory Workshop on Saturday, August 13 from 12:30pm – 2pm, and conclude on Saturday, Sept. 24. The two goal races for the event will be the Westchester Triathlon on Sept. 25 and the Mighty Hamptons Triathlon on Sept. 18. Whether you're entering either of these or have another Fall race scheduled, make sure you're "race ready" and enroll now by contacting Paul Weiss at 212.369.8890 or [pweiss@asphaltgreen.org](mailto:pweiss@asphaltgreen.org).

#### The "Race Ready" Program Will Deliver:

- **Weekly Training Plans** will be specifically designed by level (Basic, Intermediate, and Advanced). Plans will be delivered each Sunday evening via the AG-Tri website and include - workouts, coached and individual goals, type of workout, effort level and distance.

- **Training Tips** will be on the AGTri website along with general training and race information.
  - **Online Training Logs** will be available to participants.
  - **Three Coached Workouts** per week will be offered in the three disciplines: Run, Cycle and Swim.
  - **One Long Weekend Coached Workout** (Cycle or BRick) will be available.
  - **Email Access to Coaching Staff** who will answer any training and racing preparation questions you have.
  - **Access to the AGTri "Weekly Update"** will also be available.
  - **Prerequisites:** Athletes should have already completed their build phases and be able to complete the following distances per discipline:
    - run at least 5 miles (Basic Level - 11 minute mile; Intermediate Level - 9 minute mile; Advanced Level - 8 minute mile).
    - swim at least 3000 yards per week (Basic Level - minimum continuous swim of 100 yards; Intermediate Level - minimum continuous swim of 500 yards; Advanced Level - minimum continuous swim of 1,000 yards).
    - ride at least 15-25 miles 3 times per week (Basic Level - minimum long ride of 15 miles; Intermediate Level - minimum long ride of 20 miles; Advanced Level - minimum long ride of 25 + miles).
- The program will have pool time available at Asphalt Green as well as open water time at Coney Island. Asphalt Green will also pro-

For more information and to sign-up for this program go to: <http://www.AGTri.com> or Call: 212-369-8890 x150

vide monthly pool memberships so participants can utilize the pool on non-coached days.

#### Sample Training Week:

**Monday:** After receiving your weekly training plan Sunday night, our coaches will have you doing a 1,750 yard swim workout Monday along with a 25 mile bike ride.

**Tuesday:** A 2,000 yard swim along with a coached running workout falls under Tuesday's training plan.

**Wednesday:** A coached bike training ride gets you through mid-week.

**Thursday:** A coached swim workout at Asphalt Green's pool is on tap for Thursday.

**Friday:** A 20 mile bike ride will prepare you for the week-end.

**Saturday:** A 60 minute training run along with a 1,000 yard swim. Open water swims at Coney Island will also be available at several points during the training program.

**Sunday:** Wrap up the week with a coached long bike ride (40 miles) or a BRick workout.

**Cost:** \$449 for the program

#### For More Info:

Contact Paul Weiss at 212.369.8890 or [pweiss@asphaltgreen.org](mailto:pweiss@asphaltgreen.org).

## Asphalt Green Tri Club



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### AG Tri Club

For more information and to join the Asphalt Green Tri Club go to:  
<http://www.AGTri.com>  
 or Call: 212-369-8890 x135

### Race Ready Coaching Program

Introductory Workshop Saturday  
 August 13, 12:30pm–2:00pm  
 Program concludes Saturday,  
 September 25  
 Key Races:  
**Westchester Tri** \*(9/25)  
 and  
**Mighty Hamptons Tri** (9/18).

### Asphalt Green Tri Club

Train, Race and Play with the best group of triathletes in NYC! The AG Tri club offers training rides, coached BRicks, swim workouts and group runs, plus a host of other training resources and outstanding social events.

Asphalt Green Triathlon Club offers a challenging, fun and rigorous training and racing community for athletes interested in improving their performance. Our members represent every level of triathlon—from people just starting out to our Sponsored Athletes, competitive racers who are at the top of their game. The club features training opportunities, camps and social events that are a great way to meet and train with other triathletes. Joining the club gets you all sorts of stuff, including:

- Group bike, run, swim and BRick workouts, and free coached workouts each week
  - Team races and trips: last year we did a Hamptons training weekend and bike trials at the Lehigh Valley Velodrome. This year has more fun in store!
  - Discounts and sponsorships from vendors, including Polar, Toga and Gotham bikes and Ultimate Triathlon
  - Scavenger hunts, pre-race dinners and other social, party-type things for crazy athletes
- Discounts of TTI and Asphalt Green programs

### • "Race Ready" Coaching Program

If you're a triathlete that is gearing up for a big Fall sea-

son, Asphalt Green has the program for you. We've created a six week race readiness program to ensure that you maximize all of the hard work you've put into your training to date.

#### • [TTI Consulting](#)

The benefits of professional advice without a full-time coach

#### • [Private Triathlon Swim Coaching](#)

Private or Semi-Private Triathlon Swim lessons

#### • [On-site Bike Fitting Service](#)

The Asphalt Green Triathlon Training Institute has partnered with the Signature Service Professional Bike Fitting Program to provide a state-of-the-art Bike Fit facility.

#### • [VO2 Max Testing](#)

Bike and Run VO2 Max Testing

#### • [Resting Metabolic Rate Testing](#)

RMR Testing is the first step in understanding your nutritional needs

#### • [Diagnostic Movement Screen and Strength Training](#)

Biomechanical Movement Screening diagnoses weaknesses, instabilities, inflexibilities and movement problems BEFORE they hamper performance or cause injury

#### • [Triathlon Email Coaching Programs](#)

Weekly, monthly or seasonal coaching programs

#### • [Tri Stroke Clinic](#)

Get your swim up to speed! This course will improve your swimming technique, increase your endurance and prepare you for the special challenges of triathlon swimming.

### Clinics:

#### • **Bike Maintenance and Tire Changing workshop**

@ Larry and Jeff's (2nd avenue between 87th & 88th); Wednesday 8/10 6:30 PM. Learn the basics of bike maintenance and care, and how to quickly and safely change a flat tire.

#### • **Over-use Injuries - Prevention and Care.**

Workshop with Dr. Mark Klion. Wednesday, 8/17 at 7:30 pm in the Aquacenter 4th Floor Conference Room.

#### • **Open Water Swim Clinics!**

Saturday 8/20 and Saturday 8/27 in Coney Island. Time and exact location TBA. **FREE** to Tri Stroke Clinic participants, **FREE** for AGTC members (one punch-card punch). All others \$25 for one trip or \$40 for both. For more information and to sign-up for this program go to:

<http://www.AGTri.com>  
 or Call: 212-369-8890 x135  
 or E-mail:  
**Coach@AGTri.com**

## Mercury Masters—2005 Summer

The Mercury Masters—a running club for women over 50 years old. Weekly coached workouts on Thursday evenings in Central Park.

The Merms are currently in 4th place for 50 + women and tied for 1st place for 60+ women in the NYRR Club Championship race series.

The Merms are for beginning runners and walker as well as for advanced competitive runners. The only three requirements to joining are you must be a woman, you must be 50 years old or older and you must be

ready to have fun with your running.

If you're planning on racing in the Spring or Summer, now is the time to sign-up for the Spring Training Session. The 10 week Summer Session starts on July 7 and goes to September - **Speed Building & Racing.**

We will be doing group workouts / runs in Central Park and the surrounding area. The emphasis will be on building speed, preparing for races and maintaining strength and endurance.

Workouts will be geared to summer races - from a 5 Km to the

marathon. We will modify each workout for each of the Merms attending.

Even if you are not planning on doing any races, but just want to keep running or walking, feeling strong and being fit, the Thursday night workouts will help you reach those goals.

We will modify the workouts to fit your goals, fitness level and current ability.



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### Mercury Masters

For more information and to join the Mercury Masters go to:

<http://>

[www.MercuryMasters.com](http://www.MercuryMasters.com)

or e-mail: [ibkent1@aol.com](mailto:ibkent1@aol.com)

## Periodization...Say What?

The first of two articles written by Coach Neil Cook, on Periodization: A new approach to Training appeared in the July/August 2005 issue of Peak Running Performance. The second part will appear in September/October 2005 issue.

This is the third article Neil has written for Peak Running Performance. He also wrote: Marathon to Ultramarathon and Training for Women over 50.

“The first step in preparing is

setting goals and designing a training plan. Your top priority should be to get the most physiological benefits from your training sessions and avoid injury. I base my plans on Arthur Lydiard's approach to training, incorporating Tudor Bompa's ideas, Jack Daniels and Vernique Billet's research. Training is not just running miles. In spite of what popular magazines, books and articles propose (mostly anecdotal and unsupported by research) there is a science to

training. (Coaching is the art – molding the science to the athlete). Training phases, beginning with Recovery, followed by Base, Strength and Speed, can lead you to successful racing and prevent injury. Building endurance is certainly important, but building strength is the key to success and speed. Most athletes that are over 35 should never train on a track. All the necessary speed can be gained with much less injury prone workouts.”



### Peak Running Performance

For more information and to subscribe go to:

<http://>

[www.PeakRunningPerformance.com](http://www.PeakRunningPerformance.com)

## Clinics

A series of free clinics for cyclists and triathletes – beginner to competitive. These clinics will present information to assist you in cycling, maintaining your bike and preparing for “event” – whether it is just enjoying riding, touring, cycle racing or triathlons. If this is your first season or you are experienced, there

will be valuable information presented.

Each session will include an informative presentation, demonstration and question & answer period. All clinics start at 6:30 pm and will last about one hour. Clinics are presented once a month at Larry & Jeff's Bicy-

cles Plus (1690 Second Avenue / 87<sup>th</sup> Street, New York, NY 10128, 212-722-2201).

**August 10<sup>th</sup>** – Bike Maintenance & Tire Changing



Larry & Jeff's Bicy-



SLB Coaching & Training Systems

Quote: "The will to win means nothing without the will to prepare." Juma Ikangas, winner 1989 NYC Marathon—2:08:01

## The Back Page: Ouch & The Damage Done

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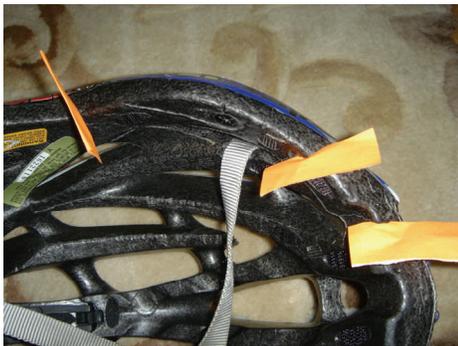
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To receive this newsletter, e-mail newsletter@SLB-Coaching.com please include your full name and e-mail address. Or go to:  
<http://www.SLB-Coaching.com>

"Train right, race well."

Check us out on the web:  
<http://www.SLB-Coaching.com>  
<http://www.AGTri.com>

My helmet with the three cracks. It probably saved my life.



I was on a "recovery" ride with Julie on July 11 around 10am. The park was empty and the weather was wonderful. I had just completed the NYC Triathlon and was satisfied with my performance.

We were rounding the turn at Lasker Pool when I hit something in the road. Both Julie and I were looking out for things that would make us go "bump" on the road. In fact she commented on the two pot holes in the pavement that have been there all winter.

The next thing I knew, my bike was turning violently to the left. I fought it and started to bring it back in line, but not quite. I crashed hard. I landed on my right shoulder and my helmet. Not satisfied with the bodily damage I already inflicted on myself, I rolled across my back on to my face and slid a few yards kissing the pavement.

Julie came up to my motionless body lying in the middle of the road. She had watched the entire accident and since I wasn't moving, was very concerned. I finally started a low moan/scream. And then yelled for someone to turn me on to my back. I'd had enough of kissing the pavement!

The police were there within minutes and so was an ambulance. My helmet did it's job - cracked nicely in 3 places and protected my head. The police asked me my name and what day it was - I amazed and pleased Julie by telling him it was "Monday, July 11, 2005."

I asked them to help me sit up, but that wasn't going to happen. I couldn't put any weight on my right arm. The EMT arrived and insisted I remain on my back. Not wanting to be told, I reached over and checked out my right shoulder. There was an uncharacteristic indentation between my neck and the shoulder. I broke my collar bone. They put me in the ambulance and a second police van took Julie and our bikes back to our building. We arrived at St. Vincent's Hospital, where Julie works, and I was greeted by two nurses and two doctors. What royal treatment.

X-Rays revealed a broken collar bone and possible fractured rib(s). I was given a sling and some pain killers and went home

I saw the surgeon on Tuesday. He confirmed the collar bone break - it's displaced and there's a large gap between the two pieces. He recommended surgery. I agreed after he promised to use the new Michael Phelps implant in my shoulder! He operated on Wednesday, July 13. The collar bone was shattered—4 pieces and a piece of muscle was stuck between two pieces of bone.

Thinking back on the event, I realize that much of what happened is not clear. I crashed, that I know. I fought the crash hard – that I believe. I broke my collar bone, that I know. How I bruised my right hamstring – from hip to knee – is a mystery. I broke a few ribs, that I know. How I damaged my right quad is also a mystery. It's numb from hip to knee, sort of like when your foot "falls asleep" from sitting on it wrong.

I blew out the front tube – pulled the tire off the rim. The rear wheel is way out of true. The front wheel is slightly out of true. The right brake lever is twisted towards the center of the bike.

My helmet is cracked in three places. I don't have a headache, haven't since the crash.

I have 13 staples closing the incision on my shoulder. There is a surgical steel plate and 7 screws holding my collar bone together.

I've been on pain killers since the accident. I really don't feel pain. Until I lean on my ribs, turn the wrong way or sit on my right hamstring wrong. Funny (?) the collar bone doesn't hurt.

I wanted Titanium and Carbon Fiber, but I got surgical steel. I need a letter from the surgeon about the plate in my shoulder in order to get through security check points. Do you think it will interfere with my timing chip?

Here's what I learned:

I. **Wear a helmet.** Did you hear that, wear a helmet. Just in case you don't get the message – WEAR A HELMET! My head hit the road so hard that the helmet cracked in three places:

II. **Keep your eyes on the road.** No matter how many times you've cycled on that road, keep alert and keep your eyes on the road. I was looking at the road – Julie and I commented on the pot holes that still are in the middle of the road at the bottom of the first hill. I never saw the piece of wood that I hit, someone apparently threw it out just before I hit it.

III. **Expect the unexpected and know what to do.** Have a plan for emergencies – crashes, obstacles, cars, bikes, pedestrians. Plan how you will react. Know what you will do when you crash. I knew not to put my hand out to break my fall – that's a sure way to break your collar bone. But, if you land hard enough on your shoulder, it will break any way.

IV. **Practice your evasive actions.** Practice swerving around and bunny hopping over obstacles. These actions should become instinctive. There's no time to think about what to do.



Larry & Jeff's Bicy-



Thanks to our Sponsors!

