



SLB Coaching & Training Systems



SLB Coaching Newsletter

"Train right, race well"



Spring Programs

- **Winter Coaching Programs** begin - January 2005
- **Tri Stroke Clinics** begin - Saturday January 8 & Monday January 10 2005
- **Private Swim Coaching**—call for an appointment
- **Video Analysis: Swimming & Running**—call for an appointment
- **Tri Club**—sign-up now
- **Set your 2005 Racing Goals NOW!**
- **Start your Base Building Phase** for 2005
- **E-Mail Coaching:** Weekly, Monthly and Seasonal options—**SIGN-UP NOW!**
- **The new SLB Coaching Logo is [Here!](#)**

Winter Coaching—January 2005

Tri Stroke Clinic

It has been said that you won't win a triathlon on the swim, but you definitely can lose it in the water! Swimming is the most technical sport in triathlon. It also produces the most anxiety for athletes. This clinic will help you feel comfortable in the water, improve your efficiency and endurance. Your times will improve. The use of underwater video analysis provides a powerful and unique tool for understanding and improving your swimming.

Start dates:

Beginner/Intermediate Saturday, January 8, 2005 @ 2:45pm
Advanced Monday, January 10, 2005 @ 7:15pm

Cost:

\$280 / \$240 for Asphalt Green members

Description:

10 sessions 2 hours per session. Each session includes 15 minutes of dry land drills and skill review, 60 minutes of in water drills and workout with underwater video taping, 30 to 45 minutes of video tape analysis.

This is an individualized program – drills are modified for your skill level, workouts are also modified for your fitness, skill and goals.

We bring in additional coaches as the group size increases.

The last session is an "Open Water Simulation."

These are very popular and successful clinics, be sure to sign-up early to

reserve your spot.

Video Analysis

As athletes we are constantly striving to improve. We train harder and longer to gain seconds in our performance. Often, our best improvement comes from becoming more efficient – learning to apply force in the most effective manner. Speed and endurance are often improved most dramatically by changing the biomechanics of our performance. The use of video analysis provides a powerful and unique tool for understanding and improving your skills, position and mechanics. We offer swim, running and cycling video analysis.

Private Swim Coaching

Many triathletes struggle with the swim leg of their events. The swim is the most technical of the three sports in triathlon. If you need to overcome your fear of the water, anxiety of mass starts and the chaos of triathlon swimming, individual private (or semi-private) swim coaching can help.

E-Mail Coaching

Working with a professional coach will help your training, keep you focused and help you reach your goals. Whether you are a beginner looking to complete your first event this summer or an age grouper looking to improve your times or move up in distance, or you are an elite looking for that break through race, you will benefit from this program.

For more information and to sign-up for any of these programs go to:

<http://www.SLB-Coaching.com>

or Call:

212-472-9281

212-369-8890 x268

or e-mail:

Coach@SLB-Coaching.com

LI Gold Coast Tri Clinics

Great Neck House, 14 Arandale Ave, Great Neck, LI.

January 26 7pm

Designing a Training Program and Building Endurance

February 16 7pm

Building Strength and Speed

March 23 7pm

Skill Sets—Swimming, Cycling, Running

Contact us for detail, pricing information and to register.

Coach@SLB-Coaching.com

Inside this issue:

LI Gold Coast Clinics 2

Training Tips—Swim, Run & Cycle 2

Mercury Masters 2005 3

Athlete of The Month—Charles Olson 3

Cycle Clinics 3

Schedules: Gold Coast Clinics, Cycle Clinics, NY Tri 4

The Back Page: SOS 4

Quote: Arthur Lydiard 4

Coaching—Why use a Coach?

"The basics of athletic activity cannot be taught. They are part of us all. We just need to discover them for ourselves and develop them to our best ability."

Why use a coach?

Some of the reasons athletes give are:

- **Focus**—using a coach helps an athlete focus on training
- **Knowledge**—a coach provides breath and depth of knowledge
- **Objectivity**—a coach provides an objective view of training
- **Mentor**—a coach provides leader-

ship and guidance for training and racing

- **Individualize Training**—a coach will adapt training plans and knowledge of physiology to you and your fitness and skill level and your life style.



LI Gold Coast Tri Clinics



SLB Coaching & Training Systems

The new SLB Coaching Logo!



2004 LI Gold Coast Triathlon. First Wave heading for the turn buoy.

A monthly series of clinics for triathletes – beginner to competitive. These clinics will present training information to assist you in preparing for triathlon – whether this is your first season or you are looking to improve on your prior performances.

Each session will include an informative presentation, demonstration and question & answer period. All clinics start at 7:00 pm and will last about two hours. Clinics are held in Great Neck.

Dates & Topics:

January 26th – How to design a training program & building endurance

February 16th – How to build strength and gain speed

March 23rd – Skill sets for Triathletes – swimming, cycling and running

April 20th – Building Speed for Triathlon

May 18th – Getting ready to race Triathlon

Cost:

Per session: \$15

All five sessions: \$60, plus \$10 discount on the LI Gold Coast Triathlon Open Water Clinic

Location:

Clinics are held at Great Neck House, 14 Arrandale Avenue, Great Neck, NY 11023

Contact: (631) 995-0659
<http://www.LIGoldCoastTri.org>



Training Tips—Swimming, Running, Cycling

Swimming—5 Keys



Michael Phelps practicing at Asphalt Green prior to his gold medal performance and the Olympics. Notice three of the 5 Keys: Front Quadrant, Streamline, Horizontal.

The 5 keys to efficient and effective swimming are: (1) **Front Quadrant Swimming**, (2) **Streamline Body Position**, (3) **Horizontal Body Position**, (4) **Hip Roll**, (5) **Pull Phase and Recovery Phase**. You should practice each of these keys until you master them. Start with (1) and work up to (5). Every time you swim you should focus on no more than two keys. Use drills that will help develop your skill level in that Key. Always have a purpose for your practice.

Running—Strength for Speed

In order to develop speed—something we all want—you must first develop strength.

If you have been training continuously for 3 years you can start your strength building during your Base Building Phase, otherwise, wait until the Strength

Building Phase. Use drills that build leg strength and help you get your feet off the ground. Doing hill repeats—**skipping**, **bounding** and **springing**—are ideal for developing sufficient leg strength to lead to improved leg speed.

Cycling—Circles and Cadence in Winter

Winter is the ideal time to work on these two important cycling skills.

Each ride during the winter should include skill drills aimed at improving your **pedaling in circles and cadence**.

Pedaling in circles means applying pressure to the pedal through out the circle—across the top, along the bottom as well as the up and down strokes. A good drill is one leg pedaling.

Improving your cadence will help make your cycling more efficient. A higher cadence means less mus-

cular force for the same speed. You will therefore be using more aerobic energy to maintain your speed. Every one has an “ideal” cadence—the cadence that they are most efficient at and at which their upper body doesn’t move or bounce.

Winter Riding

Winter riding should be aerobic, do not do hard riding when the temperature is below 50. This should be Base Building.

Dress for the weather—you should be cold at the start or your ride, do not over dress.

Hydrate and fuel—bonking on a freezing day is a lot more uncomfortable than during the summer.

Keep the rides conversational—ride with a group, share the work and draft. Start into the wind.



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Mercury Masters—2005 Winter



The 2005 Winter Season for the Mercury Masters will begin in January. The season runs for 10 weeks—January 6 through March 24. There will be no session on January 13 and February 17.

The Winter Season will begin the Base Building and Strength Building Phases.

You should have selected your Goal Race for 2005—the race

your training is geared towards.

Start building both your weekly mileage and your long runs.

We will begin running hills—Cat Hill—on Thursday evenings. We will start off with about 4 repeats and build up to 10 repeats.

You can add a second hill workout after 4 weeks of running hills on Thursday nights. If you are racing, reduce your hill workouts

to only one per week.

Remember, the first workout of each session is open to all Merms. If you want to sample our Thursday night workouts, drop by on January 6th.

We meet at NYRR and the workout begins at 6:30pm. It last 1 hour.

Contact the coach if you have any questions:

Coach@SLB-Coaching.com



2004 Merms Holiday Run

Athlete of The Month—Charles Olson



This is a new column. We will select one athlete each month to highlight as our Athlete of The Month.

Charles Olson started serious training in 2002. He progressed quickly—he was selected by his running club (NY Flyers) in 2003 as both “Rookie of The Year” and “Most Improved.” Not one to rest on his laurels, he marked 2004 with a marathon PR (3:13) and is first Ironman finish—Ironman USA Lake Placid (11:28:01).

Charles is 38 years old and married with two children (Sophia and Lucas). His wife Rita gives him what some may consider an unfair advantage—she’s a nutritionist. So, his meals and fueling are always perfect.

2005 is the year Charles is hoping to qualify for the World Ironman Triathlon Championships in Kona, Hawaii. He will be doing IM Arizona, St. Croix Half, Eagleman Blackwater Half and Ironman USA Lake Placid again.

Charles formerly raced mountain bikes, so his cycling is excellent. He has concentrated on his running and as indicated by his marathon PR and the NY Flyers awards, he has succeeded in that sport too. This year Charles added the Asphalt Green Masters Swim team and the Brighton Beach Coney Island swimmers to his training routine.

Look for him as he trains through the winter in Prospect Park



Charles Olson—Ironman USA Lake Placid—2004

Cycle 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 Bicycles Plus (1690 Second Avenue / 87th Street, New York, NY

10128, 212-722-2201).

January 19th – Bike Fit and selecting your next bike

February 23rd – Cycle Training, designing a training plan to meet your goals

March 16th – Bike Maintenance & Tire Changing



Larry & Jeff’s Bicycles Plus
1690 Second Ave (87 St.)
212-722-2201



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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>

Schedules

<http://www.SLB-Coaching.com>



Gold Coast Triathlon (http://www.LIGoldCoastTri.com) All clinics are at 7pm at Great Neck House, 14 Arrandale Ave, Great Neck	Cycle Clinics (http://www.SLB-Coaching.com) All clinics are at 6:30pm at Larry & Jeff's Bicycles Plus, 1690 Second Ave (87 Street)	NY Triathlon Races (http://www.NYTri.org)
January 26 Designing a Training Program & Building Endurance	January 19 Bike Fit and Selecting your next bike	March 20 March Madness Biathlon, CP 2mi./12mi./2mi.
February 16 Building Strength & Speed	February 23 Cycle Training, designing a training plan to meet your goals	April 17 Bronx Biathlon, Orchard Beach, Bronx 3mi./20mi./3mi.
March 23 Skill Sets—Swimming, Cycling, Running	March 16 Bike Maintenance and Tire Changing	May 1 Trooper Biathlon, Hurley, Ulster County 2mi./14mi./2mi.
April 20 Building Speed		May 15 Spring Couples Relay, CP 2mi./12mi./0.75mi. row
May 18 Getting Ready to Race		

Quote: "If your coach can't tell you why you are doing a particular workout, get yourself another coach." Arthur Lydiard

The Back Page: Survival of the Shawangunks



The Survival of the Shawangunks is a race where you bike, run and swim somewhat further than a Half Ironman. This is an amazing race. Possibly, the best race I will ever do in my life. The bike is challenging. The ride is mostly flat with some rolling hills, until the last 6 miles. Then it is a pretty tough climb all the way to the first run transition. Your crew meets you at transition, take your bike, gives you your run & swim gear and sends you off. The run is on fire roads - compact dirt and gravel. It took me about 25 minutes to settle into a groove, then the run ended and I headed for the first swim - 1 mile in Lake Minnewaska.

I stuffed my shoes into the back of my shorts, donned my goggles and swim cap and jumped into the 70 degree water. It was chilling and refreshing at the same time. Reaching the other shore, I sat down to put on my shoes. I was a little wobbly from being horizontal, so the momentary rest was good. By this time, I really found my running legs. I caught several people. At the water station was a perfect spot to take in the world. I was at the top of the mountain.

The second swim was much easier as they had orange buoys to mark your way. Since I was able to swim in a straight line, I made up lots of time and caught several swimmers. I sat down once again to put on my shoes. By now my feet were in pain from blisters.

The third run started out with a rock step climb, onto a paved road. The road went steeply down hill. My feet feel like I had hot coals in my shoes. Thankfully the course turned back onto trails.

After another downhill I heard the roar of a waterfall. Then I could see it to your left and ran passed the base of it. It was magnificent. Soon I headed uphill again to lots of rock cliffs. The trails were lined with rock climbers. Sometimes they would offer encouragement. I felt like I was running like the wind. I caught a couple of more people, including the 4th place female.

At the third and final swim, I decided to keep my shoes on and headed out for the final 1/2 mile swim.

I swam towards the Mohonk Mountain house. I got the sense everyone was waiting for me to get to the shore. Once again there were buoys. I passed a couple of more people and made it to the shore in good form. I climbed up several large rocks that formed steps. I wobbled like a drunken sailor on high seas before I finally got my bearing.

The last and final run is a major .7 mile climb to the sky tower overlooking Mohonk Lake and the Mountain house. It was very steep. At several points I had to climb stairs, including the last 50 yards where I climbed a stone staircase. After the staircase, I could finally see the finish and I sprinted as fast as I could across the finish line.

As a survivor, I got a T-shirt, plaque and other goodies. There was lots of food at the finish line and at the hotel where they had a fantastic spread. I will definitely be there again next year.

Charles Olson '04



Larry & Jeff's Bicy.



Thanks to our Sponsors!

