

# SLB Coaching & Training Systems

## SLB Weekly Newsletter #6 week of January 13, 2003

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." Steve Prefontaine

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## SLB Website is up!

The SLB Coaching and Training Systems website is on-line. The site has race schedules, links (races, clubs, gear, nutrition, cycling, running, swimming and triathlon), race reports and stories, training tips, clinic schedules and more. To visit the site click on the URL below, or copy the URL into your browser.

<http://www.slb-coaching.com/>

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### Winter Coaching Programs

#### Tri Stroke Clinic – Saturdays 3:00 pm – 4:00 pm

10 weekly sessions on Saturday afternoons at Asphalt Green. All sessions meet at 3:00 pm to 4:00 pm. We do underwater video taping of your stroke for detailed analysis.

We use the only Olympic pool in NYC – Asphalt Green (91<sup>st</sup> Street and York Avenue). This program is designed for triathletes with basic swimming skills through advanced triathletes looking to improve their swim times. Basic requirements are the ability to swim 100 yards without stopping and a desire to improve. We will work on basic fitness, stroke skills and design a training program that will help you meet your goals.

#### Schedule

**Winter Session** – December 7 thru March 1

**Spring Session** – March 8 thru May 10

**Summer Session** – May 17 thru August 16

**Fall Session** – September 6 thru November 8

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or [Neil.L.Cook@mindspring.com](mailto:Neil.L.Cook@mindspring.com)

#### E-Mail Coaching

A coaching program that provides weekly workout plans for **Runners, Marathoners, Triathletes, Swimmers** and **Cyclists**. The program is on a monthly basis.

A training program for runners and marathoners. This program is designed to prepare you for a goal race or just to improve fitness and performance. The E-Mail Coaching Program is for **Marathoners, Runners, Triathletes, Swimmers** and **Cyclists**. The program includes a personalized training program for each week, geared towards your goals. The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

The weekly training sessions will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season. Beginning, experience and advanced athletes are welcome.

#### Session Dates

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis.

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### Bike Fit Program

Getting the proper bike fit is critical to riding comfortably and getting the most power from your body. As a Serotta certified Advanced Bike Fit Specialist, I am able to adjust your bike fit and riding position to optimize comfort and power.

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### Swim Stroke Video Tape Analysis

We now offer private and group Swim Stroke Video Tape Analysis. Using an underwater video camera we will tape your stroke and provide an analysis of your technique.

One of the key tools for stroke improvement is Video Tape Analysis. The ability to make stroke corrections depends on a good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have a good image of your stroke.

Using an underwater video camera and taping your swimming, we can greatly improve your kinesthetic sense, awareness of your stroke, body position, mechanics and stroke.

We do private Stroke Video Tape Analysis. These are 15 minutes, 30 minute or 60 minute sessions of underwater and above water video taping of your swimming. We will tape you from the end of the pool – head on view, and from the side of the pool as you swim – side view.

Contact us for more details.

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### SLB Group Rides and Runs

You are welcome to join us on our weekend rides and runs. These are unofficial workouts, just a group of athletes getting together to do longer rides and runs. All levels of fitness are welcome, I'm pretty out of shape myself, so you'll not be the slowest in the group. The cost for riding or running with us is: have fun, buddy up with someone and watch-out for each other, help each other out and have FUN. Did I mention the surcharge? HAVE FUN!

I'll be offering assistance with flats and basic bike maintenance and care as usual. But, you should always ride with 2 spare tubes, a frame pump (or CO2 cartridges), tire levers, basic bike tool, water & electrolyte replacement fluid, food - energy bars, gel packets or a bagel, identification, medical ID, cash and a credit card. I'll provide route maps and directions, stories and a few jokes!

We wait about 5 to 10 minutes for those that have difficulty getting up on the weekends.

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In order to avoid confusion and potential problems, please use the following policy concerning group rides and runs:

### *Group Runs*

**Ice and Snow** – If the roads are covered with either **ice or snow**, the group run will be cancelled.

**Temperature** – When the temperature or the Wind Chill is **below 0°**, the group run will be cancelled.

**Weather Warnings** – Any **weather advisory** or **storm warning** will cancel the group run.

### *Group Rides*

#### **Ice and Snow** –

If it is **snowing or sleeting** or the roads are covered with either **ice or snow**, the group ride will be cancelled.

**Temperature** – When the temperature or the Wind Chill is **below 35°**, the group ride will be cancelled.

**Wind** – Severe wind conditions will also cancel the group ride. Winds **above 25** mph or **gusts above 35 mph** will cancel the group ride.

**Rain** – Heavy rain will cancel the group ride.

**Weather Warnings** – Any **weather advisory** or **storm warning** will cancel the group ride.

These guidelines are safety precautions. You will need to use your judgment and common sense. If you feel uncomfortable about running or cycling in the weather conditions, don't! And, if you arrive at the meeting location and no one is there – go home and don't ride!

You are better off skipping a run or ride in bad weather and making up the workout on an off day.

### **Sunday, January 19**

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

### **Saturday, January 25**

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Piermont, NY via Rt. 9W. Return via Rt. 9W. (Route Sheet available via e-mail) 50 miles.

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### Race News

The Mercury Masters have won the Veterans Women's Team Points Championship! The new team of over 50 year old women clinched the points title with outstanding performances by a number of team members and the support of the entire team.

Mercury Masters – 154

Millrose AA – 143

Greater NY – 118

If you are a woman over 50 and are looking for a group to run with, go to there website: <http://www.MercuryMasters.org> for more information. Although they are now the top over 50 women's team in NYC, they welcome women of all abilities.

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### Tip of the Week

"The more we do, the more we can do."

William Hazlitt

The off season – winter season – is the perfect time to built both the physiological and neuromuscular basis of a successful racing season come spring and summer. Without the distractions of races, time can be devoted to building a solid physiological base for a successful racing season. It is also the perfect time to improve two critical cycling skills needed for successful racing – cadence and pedaling technique.

The weather should not be a deterrent. It is easy to find alternatives to riding outdoors. When the weather is bad outside, doing the serious indoor training is easy!

### Base Building – Aerobic Phase

Winter is the time to build mileage. After a recovery phase of 4 to 6 weeks, you should start your Base Building Phase. During the Base Building Phase your goals are to increase aerobic fitness, increase mileage:

- Build cardiovascular and muscular endurance.
- Improve VO<sub>2</sub>max.
- Build up base mileage and distance of long workouts.

Build up the distance of your long run, ride and swim gradually. The effort during this phase should be at a comfortable level. Usually, this is 80% or less of maximum effort. You need to include at least one long run every three weeks, one long ride on an alternate weekend. In the pool you should work on distance too. Gradually increase the length of your swim to 1.5 times the distance you'll be racing (for sprint distances, for Half and full Ironman distances work up to race distance). These long swims should be done on alternate weekends from your long run and long ride.

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For example – week 1 do a long run, week 2 do a long ride and week 3 do a long swim, week 4 start the cycle again.

During the week alternate medium distance runs, rides and swims with Active Recovery Days (or days off). It's usually better to take an Active Recovery Day, than to take a day totally off. This would be a run of 1 to 3 miles at 60-65% effort (of maximum heart rate). A ride of about 30 minutes – an easy spin with friends. The swim should be less than 30 minutes.

The benefit of an Active Recovery Day over a day off is that if you increase the blood flow to muscles the waste and soreness will diminish faster than with total rest.

Winter presents training challenges. It's difficult to get all of your mileage in with winter weather. Using a cycle trainer (or rollers or a stationary bike) and a treadmill, you should be able to train regardless of the weather. When using a cycle trainer (or rollers or a stationary bike) is a good opportunity to work on your pedal stroke (practice pedaling in circles) and your cadence. When using a treadmill set the incline to 1% to 2%. This will closely approximate the effort of running outdoors.

## Adding Strength Training

After 4 weeks add a hill training session to your running and cycling workout. Start with about 4 repeats up a 6% to 9% hill. The hill should take you between 2 and 6 minutes to climb. During this workout, emphasize muscular effort instead of speed or spinning. When running hills focus on a high knee lift, a full leg extension (especially pushing off with your toes) and getting off the ground. Do not worry about getting up the hill fast. When cycling hills use a big gear and a slow cadence – 50 rpm is a good starting point. Use muscle power to get you up the hill, standing for as much of it as possible. The goals of this workout are:

- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.

The Base Phase should last a minimum of 12 weeks, longer if possible.

## Off-Season Conditioning

Off-Season Conditioning focuses on the Base Building – Aerobic Phase. You can add strength building activities during the winter too. Do not let the weather deter you from your training. Building a good base during the winter is the key to a successful Spring and Summer.

The focus should be on building weekly mileage and the distance of your long workout. Do not focus on speed. Track only distance or time, not speed. Plan workouts to cover a specific distance or a specific amount of time. Gradually build up the weekly total and the distance or time of your long workout.

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### Spinning

Spinning classes are an excellent way to build your Base – Aerobic fitness. They are also a good way to work on the two critical skills – cadence and pedaling technique (pedaling in circles). But, be careful of spin classes. Most are not cycling specific. You should not use a stationary bike to build strength. Use it to build Base – Aerobic fitness and cycling techniques. Keep the resistance low – just enough to provide feel for the pedals. As you improve your technique – pedaling in circles and increased cadence – you can increase the resistance. You need just enough resistance so that you can apply pedal pressure to maintain a smooth technique.

Work on cadence and circles in Spinning classes.

### Trainers

Trainers are an excellent tool for winter training. The more control and information you get the better off you will be. It is important to be able to vary the resistance the trainer provides, without getting off your bike or stopping your workout. This will allow you to simulate riding outdoors. Add more resistance to simulate a hill, reduce the resistance to simulate riding flat terrain or down hill.

It is also important to know your cadence. Some high end trainers offer information about your pedal technique – differences between right and left pedal, variations in power throughout the pedal stroke.

Trainers come in wind, fluid and magnetic versions.

### Rollers

Rollers add the feel of riding outdoors – you are not attached to the rollers and must maintain your balance. They are for the expert rider.

Rollers come in simple – no control of resistance, to advanced – control over resistance.

### Weights

Alternate workouts are great for the winter. When the weather is really bad and you have been riding your trainer for weeks, it's great to go to the gym and lift weights. As long as you are working on your Base Building – Aerobic Phase, adding strength work is fine. Do not sacrifice your Base Building – Aerobic work for strength–weights. Doing weight work during the Winter will also not interfere with your rides and races.

Use only free weights or pulleys. Get directions on the use of the equipment before you begin. Always work with a partner – spotter.

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### Clinics

#### Cycle Clinics – Wednesday 6:30 pm – 7:30 pm

These are a series of free clinics for the **Cyclists** and **Triathlete**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Transition – Getting it Right!, Getting Ready for Competition, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops and at local triathlon races.

There are a series of free clinics for **Cyclists**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right. They are offered free of charge at local bicycle shops.

#### *5BBC:*

5BBC – 891 Amsterdam Avenue (103 Street), 212-932-2300 x115

- **January** –
  - **Monday, January 13, 2003, 7:00 pm** - Bicycle Design
  - **Monday, February 10, 2003, 7:00 pm** - Bike FitRefreshments will be served

#### *Larry & Jeff's Bicycles Plus:*

Larry & Jeff's Bicycles Plus – 1690 Second Avenue (87 Street), 212-722-2201

- **January** –
  - **Wednesday, January 15, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
  - **Wednesday, January 22, 6:30pm:** Maintenance & Tire Changing
- **February** –
  - **Wednesday, February 19, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
  - **Wednesday, February 26, 6:30pm:** Maintenance & Tire Changing

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### Races

Do you have a favorite race? Send me the details to have it included in the SLB Newsletter.



# SLB Coaching & Training Systems

## SLB Weekly Newsletter #6 week of January 13, 2003 *New York Road Runners Race Schedule – 2003*

<http://www.nyrr.org>

### Event Schedule Key

- S** Scored Race
- Q** 2004 New York City Marathon Qualifying Race
- \$** NYRR Prize Money Race (*info coming soon*)
- +W** Club Points Race for Women
- +M** Club Points Race for Men

All races are co-ed unless otherwise indicated.

### January

Thurs 16	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		
Sat 18	NYRR Frostbite 10-Mile	10M 9:30a	S	Q
Sun 26	NYRR Gridiron Classic and Longest Football Throw (8:45a)	5K 9:30a	S	Q
Thurs 30	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		

## *Prospect Park Track Club Race Schedule – 2003*

### Saturday, February 22

**Cherry Tree 10 Mile**, Prospect Park, <http://www.pptc.org>

## *Taconic Road Runners Race Schedule – 2003*

<http://www.Runner.org>

<b>Freezer 5K February 2</b>	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039
<b>Freezer 5M February 16</b>	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039

**Bold indicates application available!**

On-Line entry available at <http://Active.com> for some races too.

## *New York Triathlon Club Race Schedule – 2003*

<http://www.nytc.org>

### **March 30 - 17th Annual MARCH MADNESS BIATHLON**

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Enter Online](#)

### **April 27 - 19th Annual BRONX BIATHLON**

Orchard Beach, Bronx - Run-3 mi. Bike-18 mi. Run-3 mi

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

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### **May 10 (Saturday) - 15th Annual SPRING COUPLES RELAY**

Central Park - Run-2.2 mi. Bike-12 mi. Row-3/4 mi Male/Female Teams

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

### **May 18 - 19th Annual QUEENS BIATHLON**

Alley Park - Run-3 mi. Bike-18 mi. Run-3 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

## *Eagleman / Blackwater*

<http://www.tricolumbia.org/>

### **The Blackwater Eagleman Triathlon (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

**Sunday, June 8, 2001 7:30 am** (starting time depends on tides)

## *Tupper Lake*

<http://www.tupperlakeinfo.com/tinman.htm>

### **Tupper Lake Tinman Half Ironman Distance (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

### **Tupper Lake Tinman Sprint Distance (½ mile Swim / 20 mile Bike / 10 Km Run)**

The Tupper Lake Tinman Triathlon, located in the center of the unique Adirondack Park of upstate New York, marks its 21st year of athletic competition. The 1.2 mile swim, 56 mile bike, and 13.2 mile run make the Tinman course a true test of endurance while taking the competitors through this beautiful region.

**Saturday June 28, 2003 8:00 am (Tinman), 8:30 am (Sprint)**

## *Ironman USA Lake Placid*

<http://www.ironmanusa.com/>

### **Ironman USA Lake Placid (2.4 mile Swim / 112 mile Bike / 26.2 mile Run)**

The 2003 Ironman USA Lake Placid triathlon has been closed to general entry, only two weeks after the 2002 event took place in the tiny, upstate village, known internationally for hosting two Winter Olympics (1932 and 1980).

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Sunday July 27, 2003 7:00 am

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## USA Triathlon – Membership Fees go up

COLORADO SPRINGS, Colo. (Dec. 9, 2002) – Responding to increasing insurance costs among other issues, the USA Triathlon Board of Directors voted at the last board meeting to raise the costs of USAT annual and one-day memberships.

The cost of an annual membership will go from \$25 to \$30 per year. The cost of a one-day membership will increase from \$7 to \$9. The change will take effect Jan. 1, 2003. The cost of a pro/elite license will go up from \$75 to \$90. USA Triathlon has not changed the cost of an annual membership since 1993, when the price dropped from \$32 to \$25.

Some membership costs will be staying the same. The cost of a silver membership will remain \$100 and the cost of a gold membership stays at \$200. A youth annual membership is still \$15 and a youth one-day is still \$3.

The increased costs reflect a predicted 30-percent rise in USA Triathlon's insurance premiums for 2003. USA Triathlon provides its members with health insurance coverage over and above their own, should they be injured during a USA Triathlon-sanctioned race. Annual members are insured for the year. One-day members are insured for the day.

USA Triathlon also provides liability insurance for events. Event liability insurance protects race directors, venue owners, athletes, sponsors, spectators and volunteers. It is comprehensive and is the principal tool that allows race directors to their events.

The fee increase will also help fund new USA Triathlon initiatives, such as the hiring of a duathlon coordinator to help that discipline prosper. The organization will also be hiring a full-time risk manager to monitor race safety, which can help prevent future insurance and membership cost increases by decreasing the number of accidents and injuries. "I have made no secret of the fact that, as president, I want our federation to become more of a service organization rather than just a governing body," said Ray Plotecia, president of the USA Triathlon Board of Directors. "With continuing growth comes an expanded requirement to provide service. The duathlon coordinator and risk manager were necessary to provide that support."

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## Miscellaneous – Athlete Public Service Announcements

### Apartment to Share:

BEAT MANHATTAN RENTS, SLEEP LATER, GET TO WORK FASTER. Did you know you can get to Midtown from Astoria in just 20 minutes? Peter Burger is looking for a roommate starting in mid February. He lives in a nice two-bedroom apartment in this hip section of Queens. Located just three stops from 59th St./Lexington Ave. on the N/R line. Bedroom furnished with armoire; faces

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East (sunlight!). Large kitchen and living room. Parquet floors. \$650/month. Contact Peter at [peter.burger@ey.com](mailto:peter.burger@ey.com) or at 917-517-5748 on the weekend or 212-773-6673 (work) during the week.

### **Bike for Sale:**

57cm Litespeed classic, in mint condition, fully equipped with Shimano Dura Ace STI, Syncros stem and seat post, Cateye computer, Look 396 pedals and the choice of either Dura Ace wheels (very light) with Continental Gran Prix tires or standard clincher rims. Asking Price: \$1,550 with standard wheels, \$1,850 with DA wheels. Contact Allan Bobadilla at 718.398.3020 (h), 347.680.0152 (mobile). [alb2011@med.cornell.edu](mailto:alb2011@med.cornell.edu)

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