

# SLB Coaching & Training Systems

## SLB Weekly Newsletter #11 week of February 17, 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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### *In This Newsletter*

- [SLB Website is up!](http://www.slb-coaching.com/) – <http://www.slb-coaching.com/>
- [Sponsors](#) - discounts on CompuTrainers, E-Caps/Hammer Fuel
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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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### Sponsors

#### E-Caps and Hammer Fuel



#### RacerMate - CompuTrainer



We are excited to announce that **SLB Coaching & Training Systems** is now sponsored by **RacerMate CompuTrainer** and **E-Caps/Hammer Fuels**. SLB Coaching & Training Systems

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athletes can receive a discount on a CompuTrainer and E-Caps/Hammer Fuels. Contact the coach for details.

**SLB Coaching & Training Systems** athletes receive a discount to the **Asphalt Green Triathlon Training Institute** to be held in March and April. More details about the Training Institute are in this Newsletter.

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## Winter & Spring Coaching Programs

### Tri Stroke Clinic

A ten week clinic focusing on stroke technique and triathlon swimming fitness at Asphalt Green. This clinic is designed for triathletes that have basic swimming skills (*can swim 100 yards non-stop*). Novice triathletes are welcome too (*as long as you can swim 100 yards non-stop*). Each session will cover stroke drills, individual consultation and correction of your stroke mechanics and fitness drills. Expect to cover between 1,500 and 3,500 yards each session. **We do underwater video taping of your stroke for detailed analysis.** Each session is 60 minutes of pool time and 30 to 60 minutes for video tape review. We will hold two "**open water simulation**" sessions with wetsuits. Space is limited, and the clinic fills up fast, so sign-up early.

**Place:** Asphalt Green, York Avenue & 91st Street

**Spring** – (*clinic dates are subject to change*)

1. March 7 Friday 8 pm
2. March 16 Sunday 3 pm
3. March 21 Friday 8 pm
4. March 29 Saturday 3 pm
5. April 4 Friday 8 pm
6. April 11 Friday 8 pm
7. April 19 Saturday 3 pm
8. May 3 Saturday 3 pm
9. May 10 Saturday 3 pm – "Open Water Simulation with Wetsuits"
10. May 17 Saturday 3 pm – "Open Water Simulation with Wetsuits"

Schedule of Future Clinics

**Summer Session** – May 31 thru August 23

**Fall Session** – September 13 thru November 15

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

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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.

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

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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.

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

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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.

We are providing Video Tape Swim Stroke Analysis to the AGUA Masters Swim Team at Asphalt Green on Monday, Wednesday and Friday mornings and Tuesday evenings. Video Tape Swim Stroke Analysis is provided at all SLB Coaching Tri Stroke Clinics.

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.

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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.

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

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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.

### Sunday, February 23

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Piermont & Nyack, NY via Rt. 9W. Return via Rt. 501 and East Palisades Avenue. (Route Sheet available via e-mail) 50+ miles.

### Saturday, March 1

**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.

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## Training Tip of The Week

### Active Recovery

The fastest way to recover from a race, hard workout or a long workout is not with rest! **Active Recovery** will speed the healing processes and shorten the period of soreness. A hard, long workout or race creates microscopic tears in your muscles and produces large amounts of waste by-products. The healing process can be speeded up by an **Active Recovery** workout.

After a hard workout, long workout or race you should go for an easy jog. The **Active Recovery** increases your heart rate slightly, increases your blood pressure and speeds along the healing process. By bringing extra blood to the muscles they are able to rebuild and repair quicker. And the waste by-products are flushed from the muscles faster too.

It is important to remember that you are actively recovering and not doing another workout. The muscular exertion must be kept extremely low. Otherwise you'll be adding to the soreness and not speeding the recovery process. A 2 to 3 mile jog or brisk walk is perfect.

So, instead of taking a day off after the hard workout or race, go out for an easy jog. You'll feel much better for taking an **Active Recovery Day**.

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### Workout of The Week

#### *Swim – Distance Ladder*

##### Warm-up 300 yards

- **Kick** – freestyle & backstroke kick: Alternate: **100 yards** freestyle, **100 yards** backstroke
- **Swim** – **100 yards** freestyle Easy 50% effort (20 beats per 10 seconds)

##### Drills 1,000 yards

- 200 yds **side kicking**, alternating right side and left side – with fins
- 200 yds **catch-up drill** (5 kicks, stroke, roll to opposite side, 5 kicks, repeat)
- 100 yds **easy swim** 60% effort (20 beats per 10 seconds) – focus on body roll
- **Repeat**

##### Main Set 3,000 yards

- **Janet Evans Ladder –2 minutes per 100 yard pace**

An endurance building workout that will also improve the second half of your swim. Warm-up well before starting this workout! Base interval is 2:00 per 100 yards. It is important to make each interval and stay on pace. Don't change your technique as the repeat distance gets shorter – don't shorten your stroke.

Two variations you may like to attempt –

- (1) Add 100 yards x 5 to the end of the workout.
  - (2) To make the workout significantly more difficult – decrease the base of 2:00 per 100 yards with each set: 500 @ 2:00 per 100, 400 @ 1:50 per 100, 300 @ 1:45 per 100, 200 @ 1:40 per 100 and 100 @ 1:35 per 100.
- 500 yards x 1 @ 10 minutes (85% effort)
  - 400 yards x 2 @ 8 minutes (85% effort)
  - 300 yards x 3 @ 6 minutes (90% effort)
  - 200 yards x 4 @ 4 minutes (95% effort)

##### Cool-down 100 yards

- **Swim 100 yards** freestyle Easy 50% effort (20 beats per 10 seconds)

**Total Yardage:** approximately – 4,400 yards

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### Clinics

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, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

#### *Urban Athletics:*

Urban Athletics – 2 World Financial Center (Winter Garden), 212-267-2247

- **February –**

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- **Monday, February 24, 2003, 6:00 pm - Triathlon Training – Getting it Right**

*Larry & Jeff's Bicycles Plus:*

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

### 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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### *Asphalt Green 2003 Triathlon Training Institute*

<http://www.AsphaltGreen.org> Click on "Sharp Center" heading

Paul Weiss – 212-369-8890 ext. 150

Two words of advice for triathletes who want to fulfill their potential.

#### Asphalt Green

Swim, bike and run faster! Take advantage of this unique series of workshops, presented by outstanding regional and national coaching and performance enhancement professionals. They will take you step by step through every aspect of preparing for and executing your best Multi-Sport performance. If you want to be a faster triathlete, duathlete, cyclist, runner or open-water swimmer, you can't afford to miss these workshops from the Peter Jay Sharp Center at Asphalt Green.

Registration Form can be downloaded from: <http://www.SLB-Coaching.com>

Discounts are available for **SLB Coaching & Training Systems Athletes**, **Asphalt Green members**, **NY Flyers members** and multiple sessions.

Bike Fit and the Biomechanics of Aerodynamics, Comfort and Power – Paul Levine: How to Maximize Your Performance on the Bike Through Fit & Positioning

**Saturday, March 1, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

**Sunday, March 2, All day** - Asphalt Green Murphy Center, 555 East 90th Street

Eddie Borysewicz Racing Skills Workshop – Eddie B: Cycling Techniques, Skills & Tactics: a World Class Coach's Perspective

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**Saturday, March 8, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

**Sunday, March 9, 10am to 1pm** - Central Park, East 90<sup>th</sup> Street Entrance

Buying Speed on The Bike – Equipment Selection and Use – Michael Weiss: Buy What Works, Avoid What Doesn't, & How to Tell the Difference: Bike Mythology and Making Repairs Like a Pro

**Saturday, March 9, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

Performance Nutrition for the Multi-Sport Endurance Athlete – Keri Glassman (M.S., R.D., C.D.N.)

**Saturday, March 15, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

The Run Leg: Preparing for & Executing Your Fastest Run Split Ever – Mike Plumb: Training, Technique, Skills, Drills and Racing Strategy

**Saturday, March 22, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

**Sunday, March 23, 10am to 1pm** - Central Park, East 90th Street Entrance

Triathlon Training & Racing for the Beginner/Intermediate Triathlete – Neil Cook: Developing a Training Plan that Works and Developing Competition Skills

**Sunday, March 30, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

Strength Training for the Multi-Sport Endurance Athlete – Harvey Newton: Building Power, Muscular Endurance, Explosiveness and Speed

**Saturday, April 5, 3pm to 6pm** - Asphalt Green Mazur Theater, 555 East 90th Street

Swimming for the Multi-Sport Athlete – Scott Rabalais: Open Water Racing, Turning Your Weakest Link into a Competitive Advantage

**Saturday, April 12, 12:30pm to 6pm** - Asphalt Green Murphy Center, 555 East 90th Street

**OR**

**Sunday, April 13, 12:30pm to 6pm** - Asphalt Green Murphy Center, 555 East 90th Street

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## Races

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

### *New York Road Runners Race Schedule – 2003*

<http://www.nyrr.org>

#### February

Sat 22	<a href="#">NYRR Snowflake 4-Mile (Men-8:30a, Women-9:30a)</a>	4M	8:30a	S	Q	+M/W
Sat 22	<a href="#">NYRR Club Night, Hilton New York</a>		6:30p			
Thurs 27	<a href="#">Thursday Night at the Races, Armory Track and Field Center</a>	var.	7:00p			

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

**Saturday, February 22**

<http://www.pptc.org>

**Cherry Tree 10 Mile**, Prospect Park

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### *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](#)

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### *Armory Track & Field Center Schedule – 2003*

Only Open and Masters events are listed here. For a complete schedule please go to the Armory Track & Field Center website:

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

**February & March 2003**

Fri Feb 21	<a href="#">MAC</a> Last Chance	6-11pm YOM	<a href="mailto:MACTRACKNY@aol.com">MACTRACKNY@aol.com</a> (718) 488-5711
Thu Feb 27	NYRRC "Thursday Night at the Races	7-10pm	<a href="#">Ian Brooks</a> (212) 423-2241
Sat Mar 22	<a href="#">Frontrunners Meet</a>	12-4pm OM	<a href="#">Martin McElhiney</a> (212) 673-5461

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### *Broadway Ultra Society – B.U.S.*

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

**Proposed B.U.S. schedule for 2003**

Joe Kleinerman 12 Hour	Various	Crocheron Park	TBD
Maria/Bruno Memorial Run	36 miles	Alley Pond Park	TBD
New York Pioneer (3 Day)	100 miles	TBD	August 30, 31, September 1
Cirunick-Innamorato Distance Run	50 Km	TBD	August 31
Ted Corbitt 24 Hour	Various	Juniper Valley Park ?	TBD
Knickerbocker	60 Km	Central Park	November 29

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### Grand Prix Series – 2003

*All events and rules for 2003 have not yet been finalized.*

<b><u>Caumsett Park 50k</u></b>	50k	3/02/03	Vinruna@aol.com
<b><u>Sybil Ludington 50k</u></b>	50k	4/26/03	845.737.6435
<b><u>Long Island Greenbelt Trail 50k</u></b>	50k	5/17/03	<a href="mailto:npalazzo@optonline.net">npalazzo@optonline.net</a> <a href="mailto:spolansky@aol.com">spolansky@aol.com</a>
NY Pioneer 3 Day	100M	8/30-9/1/03	B.U.S. 212.496.3099
Staten Island 6 Hour	6Hour	9/20/03	tbd
<b><u>6 Hour-60th Birthday Run</u></b>	6Hour	10/19/03	Vinruna@aol.com
Maria/Bruno Memorial Run	36M	TBD	B.U.S. 212.496.3099
Joe Kleinerman 12 Hour	12Hour	TBD	B.U.S. 212.496.3099

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### Century Road Club Association

<http://www.CRCA.net>

CRCA club races in **bold face**: number of laps may be reduced because of weather. Fields may be combined if there are insufficient motorcycles. Sign-in opens 45 minutes before race start at Rambles parking field – by start-finish line on top of Cat's Paw Hill. Call 212-222-8062 for latest club race information.

<b>Saturday, March 1, 6:30 am</b> ( <i>tentative</i> )	<b>Club races</b>	<b>Central Park</b>
<b>Saturday, March 8, 6:15 am</b> ( <i>tentative</i> )	<b>Club races</b>	<b>Central Park</b>
<b>Saturday, March 15, 6:00 am</b> ( <i>tentative</i> )	<b>Club races</b>	<b>Central Park</b>
<b>Saturday, March 22</b>	Collegiate and Open races	Grant's Tomb
<b>Saturday, March 29, 6:00 am</b> ( <i>tentative</i> )	<b>Club races</b>	<b>Central Park</b>

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### Manhattan Island Foundation – NYC Swim

<http://www.NYCSwim.com>

#### 2003 Open Water Swim Events

June 14th, 2003 - 28.5 miles	<a href="#">Manhattan Island Marathon Swim</a>
July 20th, 2003 - 2.4 miles	<a href="#">Race for the River</a>
July 20th, 2003 - 0.5 miles	<a href="#">Cove to Cove Swim</a>
August 3rd, 2003 - 1 mile	<a href="#">Park to Park One Miler</a>
August 23rd, 2003 - 2.8 miles	<a href="#">The Great Hudson River Swim</a>
August 23rd, 2003 - 1.5 k	<a href="#">Riverside Park 1.5 Tri Tune-Up</a>
September 20th, 2003 - 7.8 miles	<a href="#">Little Red Lighthouse Swim</a>

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### Key Races

#### *Thursday Night at the Races – Armory Track & Field Center*

<http://www.armorytrack.com/> or <http://www.nyrr.org>

Thursday, February 27, 2003 7pm – Mile, 10,000m (10-person relay, 200m legs only- each athlete runs five 200's), 400m, 800m

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#### *Jamba Juice Wildflower*

<http://www.TriCalifornia.com>

Long Course – May 3, 2003 8am (1.2 mile Swim / 55 mile Bike / 13 mile Run)

Olympic Distance – May 4, 2003 9am (1.5 Km Swim / 40 Km Bike / 10 Km Run)

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#### *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)

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#### *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)

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

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#### *Ironman USA Lake Placid*

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

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

Sunday July 27, 2003 7:00 am

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