

SLB Coaching & Training Systems

SLB Weekly Newsletter #13 week of March 3, 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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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 athletes can receive a discount on a CompuTrainer and E-Caps/Hammer Fuels. Contact the coach for details. Coach@SLB-Coaching.com

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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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. **Each week you'll receive a digital video clip of your swim stroke!** 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

March 5, 2003

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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

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.

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

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

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.

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

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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.

Saturday, March 8

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

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Saturday, March 15

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

Saturday, March 22

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, March 29

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 East Palisades Avenue. (Route Sheet available via e-mail) 50+ miles.

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Training Tips of The Week

Swimming

Solving Breathing Problems

Many people have difficulty swimming because they have difficulty breathing. Not getting enough air will effect your ability to swim – stroke mechanics, stroke timing and body position. Probably the worst effect is the mounting anxiety that comes with not getting enough air.

These are basic drills that will help you control your breathing, relax, develop good stroke mechanics, stroke timing and body position. Spend up to 15 minutes at the beginning of each pool session practicing one or all three of these drills. When ever you do kick sets, practice your breathing drills.

Bobbing – holding on to the side of the pool, take a breath of air, duck your head under water, count to 10 while exhaling. Pull yourself up so that you mouth is clear of the water and inhale quickly. Immediately, duck your head back under water and start exhaling and counting to 10 again. Continue this drill until your breathing is relaxed and the time you spend with your mouth above water is less than 1 second.

Kickboard Breathing Drill – using a kickboard, flutter kick across the pool. Put your face in the water and using the same rhythm you used in the Bobbing drill, put your face down in the water, begin exhaling and count to 10. On 10, pick your head up and quickly take a breath of air. Immediately put your face back in the water. Continue this drill until your breathing is relaxed and the time your face is out of the water is less than 1 second.

Kickboard Stroke Drill – using a kickboard, flutter kick across the pool with your face in the water – the same as in the Kickboard Breathing Drill. When you go to take a breath, release the kickboard with the right hand and do a freestyle arm stroke. As soon as your hand is directly below your face (open your eyes and watch your hand!) turn your head to the right and take a breath. Try to breath at the same rhythm as in the other two drills. Keep your left ear in the water as you turn your head to the right. Do not lift your head – just rotate your neck and look across the water surface. Your left eye should remain either below or just above the surface of the water. Continue this drill until your breathing is relaxed and the time your head is turned is less than 1 second. Now, practice breathing to your left side!

Cycling

Stand or Sit for More Power?

Research conducted in France using well trained cycles (professional, national level, junior level) with an average peak power of 381 watts, riding over 10,000 miles per year and having been training an average of 7 years, were tested on a hill climb and a velodrome.

One day they cycled the hill climb and the next the velodrome. The test lasted 6 minutes at 75% of peak power (286 watts). All the cyclists rode their own bikes. Surprisingly, all the tests were equally efficient – seated vs. standing! And, velocity was the same, 18 km/hr, for seated vs. standing. And, perceived effort was also the same for seated vs. standing.

Their heart and breathing rates increased while standing. But, this did not effect efficiency. The researcher also measured maximum power – sprinting as fast as possible for 30 seconds. This test proved that standing produces significantly more power – 935 watts vs. 773 watts for seating. Surprisingly, this huge increase in power wasn't accomplished at the cost of increased lactate levels.

Running

Speed & Stride Length

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I recall a research article a few years back that found that the length of time spent on the ground is critical to running fast. Faster runners spend less time with their feet on the ground. Also, the speed of leg movement was not very different between sprinters and marathoners. We all move our legs at very close to the same velocity as Maurice Green!

Along those lines, stride length is a function of the force you exert against the ground and the length of time you spend on the ground. So, to get faster and increase our stride length, we need to spend less time on the ground and exert more force when we push off the ground.

I've found that the best way to accomplish this is by using Lydiard Hill Drills - skipping, bounding and springing. It doesn't seem obvious, but after 8 weeks of two a week hill drills you will be significantly faster.

You can't run fast if you aren't strong enough to exert the required increased force on the ground. Finally, running hills reduces the risk of injury, there's less impact going up hill.

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Workouts of The Week

Swimming

Mixing Distance and Speed – during your Base Building and Strength Building Phases you should be increasing the distance you swim. The weekly yardage and the distance of your long swim each week should be increasing. A good drill during your long swim is to mix speed in with your distance swim.

If you're swimming 1 mile as your long swim, start off with at comfortable pace 75% effort.

1. 4 laps warm-up – build to 75% effort
2. 4 laps comfortable pace – maintain 75% effort
3. 1 lap hard – 90% effort
4. 4 laps comfortable pace – maintain 75% effort
5. 2 laps hard – 90% effort
6. 4 laps comfortable pace – maintain 75% effort
7. 3 laps hard – 90% effort
8. 4 laps comfortable pace – maintain 75% effort
9. 2 laps hard – 90% effort
10. 4 laps comfortable pace – maintain 75% effort
11. 1 lap hard – 90% effort
12. 2 laps cool-down – reduce effort to 50%

Cycling

Indoor Trainer – Time Trial Eights

Warm-up

5 to 10 minutes easy spinning to raise your heart rate and body temperature.

Main Set

Time Trial Ladder – 20 minutes: choose a gear that lets you maintain a cadence of 90-100 rpm and a HR not exceeding your LT. It should feel hard but not exhausting.

Ride at Time Trial (Olympic Distance Triathlon) cadence and intensity for 8 minutes. Check the distance you covered, check your average heart rate. Pedal easy for 4 minutes. Repeat the 8 minute effort. Check your distance and average HR again. The distance you covered in both efforts should be close and your average HR shouldn't be more than 5 beats apart. If either of these differences is great, you did the first effort too hard.

Cool-down

5 to 10 minutes easy spinning to allow your heart rate and body temperature to come down into the recovery range.

Running

Long Runs – during the Base Building and Strength Building Phases, your long run is a key workout. You should be doing a long run weekly or once at least every two weeks. The typical problem with long runs is the notion that LSD stands for Long Slow Distance. It actually stands for Long Steady Distance.

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Back in the 1970's the famous (infamous?) Florida Track Club did a weekly long run. There were marathoners and milers in this group. They talked, joked and generally had a great time during their weekly long runs. But, they were running at about a sub 7 minute per mile pace!

It does no good to train at an extremely slow pace, when you want to race at a significantly faster pace. If your long run is 15 miles, use the first 2 to 4 miles to warm-up – gradually building your pace to 85% maximum effort. The middle 7 to 9 miles should be done at this effort. The last 2 to 4 miles is your cool-down. Gradually reduce your effort to 65% to 70%.

As your strength and endurance builds, run your long runs on a hilly course.

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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 - 2 World Financial Center, Winter Garden, 212-267-2247

Monday, March 31, 6:00 pm – Triathlon Training: Getting It Right!

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

February –

Wednesday, March 12, 6:30 pm – Bike Design & Bike Fit

Wednesday, March 19, 6:30 pm – Bike Maintenance & Tire Changing

Wednesday, March 26, 6:30 pm – Go Faster & Further – bike skills and training

Wednesday, April 2, 6:30 pm – Bike Maintenance & Tire Changing

Wednesday, April 9, 6:30 pm – Bike Design & Bike Fit

Wednesday, April 16, 6:30 pm – Go Faster & Further – bike skills and training

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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.

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

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

Sunday, March 9, 10am to 1pm - Central Park, East 90th 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.)

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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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Venue Notes

Kissena Velodrome

The Kissena Velodrome is being resurfaced. It is scheduled to reopen on Saturday, May 3, 2003. The State Track Championships are scheduled for June 6 thru 8, 2003 at the Kissena Velodrome.

Prospect Park

Prospect Park has new "Car Free" hours: Weekdays 9:00 am to 4:00 pm and 7:00 pm to 7:00 am. On April 7, 2003 the hours expand to 9:00 am to 5:00 pm and 7:00 pm to 7:00 am.

The Universoul Circus will be in Prospect Park from March 19, 2003 thru April 13, 2003. The circus will be located at the skating rink. Plan on congestion near the skating rink and the hill. Use either of the traverses to by-pass the circus.

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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>

March

Saturday 3/8: NYRR Brooklyn Half – scored, NYCM qualifier, Men/Women points race

New York Triathlon Club Race Schedule – 2003

<http://www.nytc.org>

March

March 30 - 17th Annual MARCH MADNESS BIATHLON

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

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/>

March

Sat Mar 8 USAT&F MAC Championship

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Sat Mar 22

Front Runners Meet

12-4pm OM Martin McElhiney (212) 673-5461

Ultras

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

April

Saturday/Sunday 4/5-6: Umstead 100 Raleigh, NC

Century Road Club Association

<http://www.CRCA.net>

March

Saturday, March 8, 6:15 am	Club races	Central Park
A 6 laps, B 5 laps, C 4 laps, Central Park		
Saturday, March 15, 6:00 am (tentative)	Club races	Central Park

Team Squiggle and Metropolitan Cycling Association

March

March 9, 6:30 am	US Pro, Senior 1,2,3	30 miles	Central Park
	USCF Senior 3, 4	18 miles	
	Masters (35+)	18 miles	
	USCF Cat 4 Women, Cat 5 men	12 miles	
March 16, 6:30 am	US Pro, Senior 1,2,3	36 miles	Central Park
	USCF Senior 3, 4	24 miles	
	Masters (35+)	24 miles	
	USCF Cat 4 Women, Cat 5 men	12 miles	

Key Races

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)

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)

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)

Sunday July 27, 2003 7:00 am

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