

SLB Coaching & Training Systems

SLB Weekly Newsletter #16 week of March 24, 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. Receive a 15% discount on your first order. Use my name "**Neil L. Cook**" or code: "**28484**" when ordering on-line (<http://www.e-caps.com>) or on the phone (800-336-1977).

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

I have successfully coached many athletes at all levels. My athletes have not only reached their goals, but have won numerous awards and set Personal Bests. And, they have had fun in the process!

I have an extensive educational background in Physical Education, Coaching, Motor Learning and Neurophysiology, as well as many years experience as an athlete and coach. I am a Serotta certified Advance Bike Fit Professional, and sponsored by E-Caps/Hammer Fuels and CompuTrainer.

My coaching programs are all tailored for each individual athlete. My group sessions and clinics focus on each individual in the group. Private sessions are available on a limited basis, call or e-mail for details: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

March 27, 2003

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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. This program is designed to prepare you for a goal race or just to improve fitness and performance. 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.

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

Spring Triathlon Group Coaching

Spring Road Racing Group Coaching

Marathon Group Coaching

The Spring Session runs for 10 weeks (April 8 thru June 10). It is designed to provide Base Building Phase and Strength Building Phase workouts. There is one coached sessions per week. Workouts include BRicks, Lactate Threshold workouts and Hill drills. The Spring Session will prepare you for a successful summer of racing. All workouts are e-mailed to athletes in advance. All sessions are held in Central Park.

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

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

Schedule of Future Clinics

Summer Session – May 31 thru August 23

Fall Session – September 13 thru November 15

For additional information 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 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. 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.

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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 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

Set Goals

One of the major reasons for a successful season is setting goals. But, just stating you want to improve your times, is not effective goal setting. You need to do four things when you set your season's goals.

1. Be realistic: if you're capable of running an 8 minute mile now, setting a goal to average 7 minutes a mile for a half marathon is not realistic. Look back at your training log. What sort of improvements have you made during a season? Improving your half marathon time by 5 to 10 seconds per mile is a reasonable goal. It will take dedication and hard work, but it's possible to bring your pace down by that amount in a season.
2. Clearly state your goal: just saying you want to run faster is vague and hard to accomplish. In the example I used above, it is clear what will constitute success. Running a marathon 5 seconds per mile faster than you did last year is clear.
3. Your goal must be measurable: again, as stated above, running a half 5 seconds per mile faster than last year is measurable. When you run your goal race, you will either accomplish that goal or you won't. There won't be any question about your success (or failure).
4. Make your goal public: tell your friends and training partners. Write it down. Put a note on your bathroom mirror, or better yet on your refrigerator. "I want to run a half marathon 5 seconds per mile faster than I did last year." Telling others will make it easier to stick to your goal.

Pick Your "A" Race

Now that you've set your goal for the season, select your "A" race. Your "A" race is the one you're aiming your training for. It's the one race that you want to do well in. It's the race you want to reach your goals at. If you don't select an "A" race one of two things will happen. One is that you'll attempt to be at your peak for many races. That's a formula for disaster and injury. The other is you won't peak for any race. That's a formula for disappointment.

Select your "A" race and plan your training to bring you to your peak at that race. You can do other races, they are just not as important as your "A" race and your training will not have you peak for them. You shouldn't taper for anything but your "A" race.

If you want to do more than one "A" race, divide your season up into two or three segments. Allow enough time between the segments to do your complete training cycle: Base Building, Strength Building, Speed Building, Racing and most importantly Recovery. It's possible to peak for two or even three "A" races during 12 months. Those races must just be spread out over the entire year so that you can train properly for each of them.

You may want to do a spring marathon (Boston), then a Half Ironman distance triathlon in the late summer and finally a fall marathon.

Get Serious

You've set your goals, selected your "A" race, now you've got to get serious about your training. From the date of your "A" race count the weeks for each training phase backwards to today:

- "A" Race – July 27
- Taper – July 14 & July 21 – 2 weeks
- Speed Building Phase – June 16, June 23, June 30, July 7 – 4 weeks
- Strength Building Phase – May 19, May 26, June 2, June 9 – 4 weeks

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- Base Building Phase –March 31, April 7, April 14, April 21, April 28, May 5, May 12 – 7 weeks

As you can see, you don't have a lot of time, 17 weeks. So, get serious and start training NOW!

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Workouts of The Week

Swimming

1,000 yards: Hard & Easy –Doing a long swim set is tough. Holding your pace, form and remaining relaxed through the set is not easy. Here's a 1,000 yard set that will help you build strength, endurance and combat the boredom of a long set. After a warm-up, swim 1,000 yards – every odd length swim hard and every even length swim easy.

Warm-up: start at a comfortable effort – 70% to 75%. You can do some drills that are designed to improve your weaknesses during the warm-up.

Main Set: the main portion of your swim –85% to 95% effort on your odd lengths, drop the effort down to 75% to 80% on your even lengths.

Cool-down: Reduce your effort to 60% to 70%.

Cycling

Hills - . Climbing is an important cycling skill. Ride hills as frequently as possible – once to twice a week you should be riding a hilly course. Climbing is also one of the cycling skills that most people have difficulty with. Since there is a skill and a physiological component to riding hills, we may be fit and strong, but our hill climbing skills are weak or we may have good hill climbing skills but our fitness or strength are weak. In either case our hill climbing suffers.

You need aerobic fitness, muscle strength and a high Lactate Threshold to climb well. Be sure to build your aerobic base before getting into serious hill training. Hill training should build both muscle strength and raise your LT. You should be able to climb near or at your LT for 45 minutes to an hour. Never train above your LT. This will allow you to perform well on both hill climbs and in Triathlon (or Time Trials).

Reducing body weight, while maintaining power is also critical to hill climbing, Triathlon and Time Trials. You can make big gains in hill climbing ability by increasing your power and reducing your body weight. But, be careful. Losing too much weight will lead to sickness, loss of strength and lost training/competing time.

But, not all of your hill training should be hammering up the hill, recovering and doing it again. Variations add variety to training.

Train both cardiovascular (high cadence and spinning) and muscular (big gear and powering) hill climbing techniques. Power is best developed at high cadence — 100 to 130 rpm for most riders. Because power is defined as work over time, riding up a hill in a big gear at 50 rpm doesn't develop power. It develops strength. You need to develop great strength with low cadence work, then add power by doing intervals at a high cadence.

Running

Hills – I had the opportunity to meet with Arthur Lydiard in 1979. We talked about training and he emphasized the importance of **Hill Training**. Lydiard had all his athletes, from marathoners like Barry Magee, 5,000 meter runner Murray Halberg, to 800 meter runners like Peter Snell, run hills during both the **Base Building** and **Strength Building** phases of their training. Lydiard's success is well known. Not only through the athletes he coached, but also through the coaches that have and continue to use his methods.

Hill Training is a key element of any running program. Before you can run fast, you need to build strength. You should be running hills and doing Hill Drills during the **Base Building** and **Strength Building** phases of your training program.

Find a hill that is reasonably steep – around 6% grade is fine. It should take you at least two minutes to run up the hill. You should focus on your body position going up the hill and going down the hill. On the way up: shorten your stride slightly, increase your knee lift and arm action and run up on you toes – getting a good push from your hips, knees and especially your ankles and toes. On the way down the hill: lengthen your stride slightly by increasing your follow through (high foot in the back of your stride), drop your hands so they are near your hips/waist, lean down the hill, focus on landing on the mid-foot or forefoot, not on you heel (which will cause a braking action and tremendously increase the impact as you run down the hill).

Run the hill emphasizing lift off the ground. It is not as important to run fast up the hills as it is to run with good form and a powerful stride. Your heart rate should be at or near maximum when you reach the top of the hill.

After running up the hill, turn around and run down the hill. This is your recovery period, so run relaxed and allow your legs to stretch out. Allow gravity to carry you down the hill, do not accelerate when running down the hill, and remember this is your recovery.

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Hill Drills –

These are Lydiard Hill Drills. All are done at a slow pace. The goal is to get lift off the ground and not to move forward at a rapid pace. Your progress up the hill should be slow. It should take up to six minutes to reach the top of the hill.

Bounding – elongate your stride and emphasize knee lift and arm action. Focus on getting high off the ground. This is like jumping over puddles.

Skipping – skip slowly up the hill, emphasizing knee lift and arm action. Focus on getting high off the ground.

Springing – emphasize knee lift and remaining off the ground for a longer period of time than you normally do. Do not emphasize forward movement. This is like jumping over logs.

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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

April –

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.

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 <http://www.nyrr.org>

New York Triathlon Club <http://www.nytc.org>

Armory Track & Field Center *only Open and Masters events are listed here. For a complete schedule please go to the website:* <http://www.armorytrack.com/>

New York Ultra Running & Broadway Ultra Society <http://www.newyorkultrarunning.org/>

Team Squiggle and Metropolitan Cycling Association - 718-522-7390

Century Road Club Association <http://www.CRCA.net>

March

Friday/Sunday 3/28-30:

New England Masters SCY Championship, Blodgett Pool, Harvard University, Cambridge, MA

Saturday 3/29:

CRCA Club races A, B, C, Women, Central Park www.crca.net

NYRR Lucky 7 mile Reversible – scored, NYCM qualifier

Team Squiggle US Pro, Senior 1,2,3b 36 miles, USCF Senior 3, 4, 26 miles, Masters (35+) 30 miles, USCF Cat 4 Women, Cat 5 men 17 miles, Prospect Park Metropolitan Cycling Association 718-522-7390

Sunday 3/30:

Mudders & Grunter TRRC, FDR State Park, Yorktown Heights, NY www.runner.org

NYTC March Madness Biathlon, Central Park 2 mile run/12 mile bike/2 mile run www.nytc.org

LIRRC 30 Km, Eisenhower Park, East Meadow, LI www.lirrc.org

17th Annual MARCH MADNESS BIATHLON Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

Ocean Drive Marathon, Cape May, NJ www.odmarathon.org

Team Squiggle US Pro, Senior 1,2,3 36 miles, USCF Senior 3, 4 30 miles, Masters (35+) 30 miles, USCF Cat 4 Women, Cat 5 men 18 miles, Central Park Metropolitan Cycling Association 718-522-7390

April

Tuesday 4/1:

NYHRC Backwards Mile

Saturday/Sunday 4/5-6:

Umstead 100 Raleigh, NC

Saturday 4/5:

NYRR 8000 – scored, NYCM qualifier, men & women points

Sandy Hook Time Trial, Gateway National Recreation Area, Sandy Hook, NJ www.geocities.com/sandyhooktt

Team Squiggle US Pro, Senior 1,2,3 18 laps, USCF Senior 3, 4 12 laps, Masters (35+) 10 laps, USCF Cat 4 Women, Cat 5 men 8 laps Floyd Bennett Field Metropolitan Cycling Association 718-522-7390

Sunday 4/6:

SCY Spring Fling Masters Meet, Goodwill Games Swimming & Diving Complex, Eisenhower Park, East Meadow, LI

LIRRC Jack Dowling Half Marathon, Eisenhower Park, East Meadow, LI www.lirrc.org

Scarsdale 15 Km & 4 mile, Scarsdale, NY www.scarsdale.com

Team Squiggle US Pro, Senior 1,2,3 36 miles, USCF Senior 3, 4 24 miles, Masters (35+) 30 miles, USCF Cat 4 Women, Cat 5 men 20 miles Central Park Metropolitan Cycling Association 718-522-7390

Friday/Sunday 4/11-13:

Colonies Zone Short Course Yards Championship at George Mason University, Fairfax, VA

Saturday 4/12:

CRCA Scratch A, B, C, 40+, Central Park www.crca.net

Sunday 4/13:

1st Annual Bruce Hutchinson Memorial Masters Classic, Bruce Hutchinson Natatorium, Southern Connecticut State University, New Haven, CT

Team Squiggle US Pro, Senior 1,2,3 47 miles, USCF Senior 3, 4 30 miles, Masters (35+) 40 miles, USCF Cat 4 Women, Cat 5 men 23 miles Prospect Park Metropolitan Cycling Association 718-522-7390

Niketown Run for the Parks 4 mile scored, NYCM qualifier

Geogre Wodicka Hook Half Marathon, Rockland Lake State Park, Congers, NY www.rocklandroadrunners.org

LIRRC 10 Km, Eisenhower Park, East Meadow, LI www.lirrc.org

Saturday 4/19:

NYRR Rabbit Run 5 Km scored, NYCM qualifier

Cherry Blossom Race, Branchbrook Park, Newark, NJ www.premiercycling.com

Sunday 4/20:

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LIRRC 5 Km, Eisenhower Park, East Meadow, LI www.lirrc.org
Team Squiggle US Pro, Senior 1,2,3 50 miles, USCF Senior 3, 4 33 miles, Masters (35+) 43 miles, USCF Cat 4 Women,
Cat 5 men 23 miles Prospect Park Metropolitan Cycling Association 718-522-7390

Saturday 4/26:

Vytra Human Race 5 Km, Heckscher State Park, Islip, NY www.glirc.org

TRRC Sybil Ludington 50 Km, Carmel, NY www.runner.org

CRCA Individual Time Trial 2 laps, Central Park www.crca.net

Sunday 4/27:

Alley Pond 5 mile, Alley Pond Park, Queens, NY www.geocities.com/queensgranprix or
www.geocities.com/alleypondstriders

Kingston Classic 10 Km, Catskill, NY www.kingstonclassic.com

NJ Shore Marathon, Sandy Hook – Long Branch, NJ www.njmarathon.org

Lincoln Tunnel Challenge Weehawken, NJ www.sonj.org

Thomas G. Labrecque Classic 4 mile scored, NYCM qualifier, men & women points

Bronx Biathlon, Orchard Beach, Bronx, NY 3 mile run/19 mile bike/3 mile run www.nytc.org

Team Squiggle US Pro, Senior 1,2,3 47.5 miles, USCF Senior 3, 4 28.5 miles, Masters (35+) 28.5 miles, USCF Cat 4
Women, Cat 5 men 19 miles SI, Richmond Stadium Metropolitan Cycling Association 718-522-7390

Monday 4/28:

Team Squiggle Masters (45+) 19 miles SI, Richmond Stadium Metropolitan Cycling Association 718-522-7390

May

Sunday 5/4:

Bike New York, Battery Park, NY www.bikenewyork.org

Saturday 5/10:

Spring Couples Relay, Central Park 2.5 mile run/12 mile bike/0.75 mile Row www.nytc.org

Sunday 5/18:

Queens Biathlon, Alley Park, Queens, NY 3 mile run/18 mile bike/3 mile run www.nytc.org

June

Saturday 6/14:

Manhattan Island Swim 28.5 miles, South Cove, Battery Park, Manhattan, NY www.nycwim.org

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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