

SLB Coaching & Training Systems

SLB Weekly Newsletter #17 week of April 1, 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 31, 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.

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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. Check back next week for a schedule of training rides and runs.

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News

Trek Tri Bike

Trek has just announced a new Tri bike. The TT401 is a carbon and titanium frame with Campagnolo carbon Record group set. Full internal cable routing. The geometry is pure triathlon – 79° seat tube, 650 wheel set (choice of Bontrager Race Xlite or Hed 3 and Hed Deep or Alps). It's fitted with the new Hed carbon handle bars and Aerobars. Not only is this bike light, it's amongst the most aerodynamic frameset ever tested by John Cobb in the Texas wind tunnel. Expect to see Lance and the USPS team riding this for all TT events in the TdF. It's available in limited quantities through major US dealers. Price is an amazing \$3,000. To receive a 10% discount when ordering this bike use the code: 04012003.

Speedo Wetsuit

Speedo has jumped into the wetsuit business. The long time swim suit manufacturer has introduced a low drag coefficient, highly buoyant and flexible wetsuit, specifically for triathlon. The suit is made of a new rubber that reduces drag by as much as 60%. It is the most flexible suit on the market too! The suit comes in long sleeve and sleeveless models for both men and women. Speedo has also designed a new zipper and closure system that makes removing the suit extremely fast. Expect to improve your swim times significantly and speed through T1. The suit will sell for an amazingly low price of \$125 at all major Speedo dealers. To receive a 15% discount when purchasing this wetsuit use the code: 04012003.

Training Tips of The Week

Edmund Burke's Last Research Project

The late Edmund Burke, one of the top exercise physiologists in the world, was working on a research project at the time of his death this past winter. That study has just been made public. The study looked at three variables in national class cyclists, triathletes, swimmers and runners. Dr. Burke was looking for a relationship between stride frequency, stroke frequency, and cycling cadence. He found a significant correlation between the three variables in both male and female athletes at the national level. Stride frequency is a ratio of 0.40103 of cycling cadence and stroke frequency squared. Colleagues have been puzzling over the significance of this ratio. They speculate that if you increase your stroke frequency, reduce your cycling cadence and stride frequency to obtain this ideal ratio, you will be producing the greatest forward force with the least expenditure of energy. The exact formula to obtain this ratio is to be published next month in the American Journal of Exercise Physiology.

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Workouts of The Week

Training Cycles

Training cycles have always been related to weeks and months. Some coaches and athletes have attempted training cycles that were 10 or 14 days, instead of the typical 7 days. Their success has been limited. A new study out of the University of Waterloo, in Canada, has revealed that a lunar cycle is the most effective training cycle. The study shows that working in blocks of 28 days – beginning with the new moon – produced the greatest training effect of all cycles studied. The researchers are working on a follow-up study that will look at peaking for non-lunar calendar races.

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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.

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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

NYC Marathon

NYRR has announced that starting with the 2004 NYC Marathon, they will use a qualifying systems similar to what has been used at the Boston Marathon. Qualifying times are:

Men – 29 or younger: 2:30

30 – 39: 2:40

40 – 49: 2:50

50 – 59: 3:00

60 – 69: 3:10

70 and older: 3:30

Women – 29 or younger: 2:40

30 – 39: 2:50

40 – 49: 3:00

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50 – 59: 3:10

60 and older: 3:30

They reasoned that given the economic situation in the city, reducing the field will help NYC cut costs by not requiring extensive overtime for police and sanitation personnel. At the same time, they reasoned that having an “elite” field will increase spectator support and bring increased revenue to the city during marathon week. Mayor Bloomberg thinks the plan is financially sound and supports it. He is quoted as saying “New York leads the world in so many areas, making the NYC Marathon an elite event only strengthens the cities’ position as a world leader.” Rumors abound that the NYRR will also return the race to Central Park.

Boston Marathon

As if in response to NY’s move to make the NYC Marathon an elite event, the BAA announced that it will remove all qualification standards for the 2004 Boston Marathon. The BAA seems to be looking to pick-up all those runners that will not qualify for NYC. The BAA doesn’t expect opposition from the Boston Mayor’s office or their sponsors.

NYC Triathlon

The NYC 2012 committee has announced course changes to this year’s NYC Triathlon. In order to showcase Central Park as a site for the Olympic Games, they have moved the entire event into the park. The swim will be held in the Reservoir. The Great Lawn will be used as the transition area. The bike and the run legs will also be held in and around the park. The 40 Km bike will travel down Fifth Avenue to 59th Street, then head west to Columbus Circle and north on Central Park West, and east on 110 Street back to Fifth Avenue. The run will be held on the park drive. There will be viewing set up at various points along the course. Stadium TV screens will be set up at various points and the leaders will be viewed via remote cameras along the course.

IM Hawaii

World Triathlon Corp., owners of the IM logo and races have announced they will open their World Championship IM race in Hawaii to anyone that wants to compete. Reacting to criticism as an elitist race and repeated complaints about athletes being unable to qualify for the Kona event, WTC responded by opening up the race. They announced a points system and a lottery for entry to the Hawaii Championship. There will be 3 dozen races of varying distances designated as “qualifying” races. A triathlete must compete in 6 “qualifying” races during an 18 month period prior to the Kona IM to qualify. In addition a lottery will be held for all triathletes that compete in only 3 “qualifying” races.

Local 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>

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

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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:

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.bikennyork.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)

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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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