

SLB Coaching & Training Systems

SLB Weekly Newsletter #18 week of April 8, 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 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!

Most recently an SLB Coaching athlete won his age group at the March Madness Biathlon in Central Park. He improved his performance from last year, going from 43rd place overall to 17th place and taking approximately 2 minutes off his time!

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.

April 9, 2003

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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

E-Mail Coaching

A coaching program that provides weekly training plans for **Runners, Marathoners, Triathletes, Swimmers and Cyclists**. The program is on a monthly basis. This program is designed to prepare you for your goal race or just to improve fitness and performance. The program includes a personalized training program 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.

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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 a written 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 good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have an accurate 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. Athletes meet for rides on Saturday and Sunday mornings at 8 am at the Loeb Boathouse in Central Park. We meet behind the Metropolitan Museum of Art or at East 90th Street (Engineer's Gate) for group runs.

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News

The April 1, 2003 #17 newsletter contained a number of items that were **April Fool's Day** jokes! I know of no changes to the races mentioned. The products described are based on my imagination and the training research is pure April Fool's.

Broadway Ultra Society celebrated their 25th anniversary on March 11, 2003. Founder Richie Innamorato began BUS in 1978, the same year he put on the first Knickerbocker 60 Km Ultra race in Central Park. That first race was coincidentally won by Terry Knickerbocker (no the race was not named after Terry) in the last few hundred yards. Terry's last 10Km was 37:51!. Terry won the Knick 60Km again in 1981 with a still standing record time of 3:40:42. The late Fred Lebow ran that race as his first Ultra race. Also in that race was Allan Kirik, the first American to win London-to-Brighton and with a sub 5 hour 50 miler to his credit. Go to <http://www.NewYorkUltraRunning.org> for the BUS race schedule and a complete list of Ultra races.

BUS is always in need of volunteers. If you want a great view of an Ultra race, check out their race schedule and volunteer for one of their races. Who knows, you might just decide to go longer than the marathon after watching and volunteering.

Larry & Jeff's Bicycles Plus has received their spring gear. Included are wetsuits, tri suits and a great collection of cycle gear, not to mention the latest bicycles – including Kestrel, Trek and Lightspeed – as well as all the accessories you need. The staff is among the most knowledgeable and helpful around.

Urban Athletics will be carrying tri gear. They will soon be receiving wetsuits and swim goggles and masks. They continue to carry one of the best collections of running gear in the Metro NYC area. Their staff is knowledgeable and helpful.

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Training Tips of The Week

Endurance, Strength and Speed

Three building blocks of a successful season are **Endurance, Strength and Speed**. Every one wants speed. But, without building endurance and strength first, it is not possible to gain speed. Your training program should build each attribute. Start with endurance. Build up your weekly training mileage and your long workout. Then, add strength. If you are an experienced endurance athlete, you can begin doing strength workouts during the last weeks of your Endurance Phase. Avoid racing during the Strength Building Phase. Do Strength workouts two to three times per week. Your weekly mileage and long workouts should not drop significantly during the Strength Building Phase. Finally, add Speed. When your Endurance and Strength are developed, Speed comes easy. The difference between strength workouts and speed workouts is the recovery period. During the Strength Building Phase your recovery period should be short. During the Speed Building Phase your recovery period should be long. Short distance repeats are great for developing racing speed. Your form and technique will remain good during a short repeat. Where as, when doing a long repeat, your form and technique can breakdown towards the end of the repeat.

Strength

Begin strength sessions in the gym during the last few weeks of your Endurance Building Phase. Work with free weights and/or pulleys, not machines. Select different exercise from week to week. Do two to three workouts each week. They should last between 30 and 45 minutes – no longer.

Do one exercise in each of the following areas:

- (1) Arms Pushing – extend (straighten) elbows against resistance, press (standing, seated with barbell or dumbbell), bench press (flat, incline, decline), dips, pull-ups

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- (2) Arms Pulling – flex (bend) elbows against resistance, row (seated, bent-over, one arm with barbells or dumbbells)
- (3) Abdominal – static (Side Lying Bridge, Prone Plank, Supine Plank) or concentric/eccentric (crunch). Increase resistance, rather than increasing reps.
- (4) Lower Back – back extension (45° or 90°), Good Mornings, stiff-leg dead lift
- (5) Squats. – step-ups, lunge, leg press

Do one to three sets of 6 to 8 reps for each area. Do all exercises with FULL range of motion. Use a weight of 80% to 85% of 1 Repeat Maximum (1RM) for 6 to 8 reps. You can also use 130% of your 10 Repeat Maximum (10RM).

Thanks to Harvey Newton.

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Workouts of The Week

Swimming

Swim for the Sponsors! Imagine that you are a sponsored athlete. Your sponsor's name appears on bathing suit – down each side and on your butt. Each time the sponsor's name is visible you get a cash payment. So, when swimming make sure that the sponsor's name is visible. When your roll on to your side – start the roll with your hip and make sure that sponsor's name shows. Your body should also be a position so that the sponsor's name on your butt is visible.

Cycling

Ride Like You Stole it! You must ride with some level of abandon. Fearless, not reckless. Throw caution to the wind, go for broke. Hold nothing back. Until you attempt to lay it all out, you'll never know exactly how much you have in the tank at the end of the bike segment. You'll never know if you can race at a higher level. During your hard workouts, you should push yourself to discover your limits. You may be pleasantly surprised!

Running

"Run like an artist." George Sheehan was fond of talking about racing like an artist. His description for the marathon was to do the first 20 miles like an engineer – under control and calculating. But, the last 10km had to be run like an artist – with abandon.

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Clinics

These are a series of free clinics for the **Cyclists, Runners, Swimmers and Triathlete**. They cover Bike Design, Bike Fit and Riding Position, Bike Maintenance and Tire Changing, Winter Training, Cycle Equipment and Clothing, Cycle Skills – Braking, Cornering, Shifting and Hills, Nutrition, Triathlon Swimming, Transitions, USAT Rules, Race Ready Bike, Getting Ready for Competition, Gears, Setting Up Training a Program. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

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

April –

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

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

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

July –

Monday, July 21, 7:00 pm – Bike Maintenance & Tire Changing

August –

Monday, August 18, 7:00 pm – Bike Equipment: Wheels, Saddles, Pedals, Components

September –

Monday, September 22, 7:00 pm – Winter Riding

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Asphalt Green 2003 Triathlon Training Institute

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

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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.

Swimming for the Multi-Sport Athlete – Scott Rabalais: Open Water Racing, Turning Your Weakest Link into a Competitive Advantage. This is the last session of the Triathlon Training Institute. SLB Coaching & Training Systems will be doing the Underwater Video Taping during these sessions.

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>

April

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

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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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For Sale

E-Mail: racert@billburg.com

Softride Qualifier triathlon bike. Great entry level tri bike! Three years old, complete bike, 650 Mavic wheels. Size: medium (52cm-58cm). Adjustable beam height accommodates a wide variety of riders. Shimano drive train and shifters. Profile aero bars. \$650 or best offer.

HED 3 tri-spoke 650 front wheel. Details: Like new! Raced only twice! I bought this wheel in August 2002 for the NYC triathlon for \$400 (I shaved 2 minutes off my time!). I hate to part with this but my new bike has 700c wheels. Includes Vredstein Fortezza tire (\$45 value) \$325 or best offer.

Mongoose Alta mountain bike. This bike is in great condition. (I never ride it because I'm always on my road bike.). \$300 or best offer.

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