

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

In This Newsletter

- [Websites](http://www.slb-coaching.com/): – <http://www.slb-coaching.com/> and <http://AGTri-Institute.org>
- [Quote](#)
- [Coaching Programs](#)
 - [Asphalt Green Triathlon Training Institute](#)
 - [Asphalt Green TTI Triathlon Club](#)
 - [Asphalt Green TTI Tri Coaching Group](#)
 - [Asphalt Green TTI Tri Stroke Clinic](#)
 - [Asphalt Green TTI Bike Fit Program](#)
 - [Asphalt Green TTI and SLB Strength Training Programs](#)
 - [Asphalt Green TTI Swim Instruction](#)
 - [Asphalt Green TTI and SLB Swim Stroke Video Analysis](#)
 - [Asphalt Green TTI and SLB Running Video Analysis](#)
 - [SLB Coaching and Training Systems](#)
 - [SLB Road Race & Marathon Training](#)
 - [SLB Monthly E-Mail Coaching](#)
 - [SLB Weekly E-Mail Coaching](#)
 - [SLB Private Coaching – Individual Coaching Programs](#)
 - [SLB Bike Fit Program](#)
- [Clinic Schedule](#)
 - [Larry & Jeff's Bicycles Plus](#)
 - [5BBC](#)
- [Mercury Masters](#)
- [Races](#)
- [Safety Tip](#)
- [Training Tips](#)
- [SLB Discussion Group](#)
- [Workouts](#)
- [AG TTI Tri Club Workouts](#)
- [News](#)
 - [NYRR Annual Meeting Board of Directors](#)
- [For Sale](#)
 - [Polar S210 HRM](#)
- [Sponsors](#)
 - [E-Caps and Hammer Nutrition](#)
 - [CompuTrainer](#)
 - [Ironman Wetsuits](#)
 - [Aegis Bicycles](#)
 - [Asphalt Green Triathlon Training Institute](#)

Websites

SLB Coaching & Training Systems – <http://www.SLB-Coaching.com>

Asphalt Green Triathlon Training Institute – <http://www.AGTri-Institute.org>

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 1 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

[\(Back to Top\)](#)

Quote

"Whether your sun glasses are off or on, you only see the world you make." John Hiatt

[\(Back to Top\)](#)



NEW!!

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 SLB Coaching athletes won their age group at the NYC Triathlon and Staten Island Flat as a Pancake Sprint, took third in their age group at the West Point Triathlon and took second in their age group at Diamondman Half Ironman. SLB athletes have won age group awards and place high in the over all standings in many races this summer.

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 have been a swim coach since 1965. I am a Serotta certified Advance Bike Fit Professional, I am a USA Triathlon Certified coach. I am sponsored by E-Caps/Hammer Fuels, CompuTrainer, Ironman Wetsuits and Aegis Bicycles. I am Multisport coordinator and coach for the Asphalt Green Triathlon Training Institute. I am Head Coach for the Mercury Masters women's running club.

My coaching programs are all tailored for each individual athlete. My group sessions and clinics also focus on each individual in the group.

[\(Back to Top\)](#)

Asphalt Green Triathlon Training Institute



NEW!!

The **Asphalt Green Triathlon Training Institute** (TTI) is a collection of programs that provide educational, training and social resources for the multi-sport athlete. The TTI offers something for every level of athlete from complete novice to nationally competitive, through a wide range of instructional and participatory opportunities.

"The basics of athletic activity cannot be taught. They are part of us all. We just need to discover them for ourselves and develop them to our best ability."

Neil Cook, Asphalt Green's Triathlon Coach

Sign-up now for Fall Tri Coaching Programs. Go to <http://www.AGTri-Institute.org> for more information and to register for the AG TTI Triathlon Club, Tri Coaching Group (starting 9/16) and Tri Stroke Clinic (starting 9/13 and 9/16)

[\(Back to Top\)](#)

Asphalt Green TTI Triathlon Club

This club provides athletes interested in improving their triathlon performance a challenging, fun, positive, rigorous training program.

Insightful training tips, creative workouts, and fun team events set the Asphalt Green Triathlon Club apart from other triathlon programs.

Annual Club Membership Fee \$99/\$79 member

[\(Back to Top\)](#)

Asphalt Green TTI Tri Coaching Group

This comprehensive Triathlon coaching program is geared to the needs of the individual triathlete, and involves: Initial interview/assessment and mid-season assessments with the coaching staff, weekly workout plans (delivered through e-mail) tailored to the individual athlete's experience, training goals, season focus, coached weekly group workouts in Central Park consisting of running, cycling, and BRicks, broken into three levels based on experience, Access to the coaching staff to discuss problems, evaluate progress and receive feedback and advice, password-only access to the

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 2 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

Coaching Program section of the www.agtri-institute.org website for access to workouts, schedules and resources, Membership in the Asphalt Green Triathlon Club and access to all of its workouts, events and discounts.

Non-members: \$219/month or \$599 for three months / Members: \$179/month or \$499 for three months

[\(Back to Top\)](#)

Asphalt Green TTI Tri Stroke Clinic

These clinics are 10 weekly one-hour sessions held in Asphalt Green's Delacorte pool (91st Street and York Avenue). You will receive videotaped stroke analysis at each session. There is 15 minutes of deck drills, 1 hour of pool time, followed by 30-60 minutes of video analysis of your stroke.

The program is divided into two categories: **Advanced** and **Beginner/Intermediate**

Beginner/Intermediate clinic is on Saturday afternoons. Prerequisite: The ability to swim 100 yards without stopping and a desire to improve. 10 Saturdays -- Starts September 13 -- 2:45-4:45 PM -- \$279/\$239 member

Advanced clinic is on Monday evenings, and is geared toward the triathlete who is very comfortable in the water, but would like to become faster and continue to develop their skills. 10 Mondays -- Starts September 15 -- 7:45-9:45 PM - - \$279/\$239 member

[\(Back to Top\)](#)

Asphalt Green TTI Bike Fit Program

On-Site Bike Fitting Service

The Asphalt Green Triathlon Training Institute has partnered with the Signature Service Professional Bike Fitting Program to provide a state-of-the-art Bike Fit facility.

\$299/\$279 members. By appointment only. Call or email Sharp Center Director, Paul Weiss (212) 369-8890 pweiss@asphaltgreen

[\(Back to Top\)](#)

Asphalt Green TTI and SLB Strength Training Programs

Adding a strength training program to your **Triathlon, Running, Cycling** or **Swimming** training can help you progress to the next level. The three components of a successful training program are endurance, strength and speed. Strength building is often misunderstood, miss used or neglected. This program is sport specific and compliments your sport training program. It is geared to build sport specific strength and not to conflict with your sport training.

Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and frequency of training.

Availability is limited.

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

[\(Back to Top\)](#)

Asphalt Green TTI Swim Instruction

This program will improve your swimming technique. It is not designed to build extensive swimming fitness. Additional swimming sessions are required to build fitness and continue stroke technique improvement.

Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and needs.

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 3 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

Cost – \$80 per hour, Availability is limited. For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

[\(Back to Top\)](#)

Asphalt Green TTI and SLB Swim Stroke Video Analysis

A key tool for stroke improvement is underwater Video Tape Analysis. The ability to make stroke corrections depends on a good kinesthetic sense. Using an underwater video camera and taping your swimming, I can greatly improve your kinesthetic sense, awareness of your stroke, body position and, mechanics. These are 15, 30 or 60 minute sessions of underwater and above water video taping of your swimming.

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

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

[\(Back to Top\)](#)

Asphalt Green TTI and SLB Running Video Analysis

A key tool for improvement of your running is Video Tape Analysis. The ability to make 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 running stride. Using a video camera and taping your running, we can greatly improve your kinesthetic sense, awareness of your body position, mechanics and stride. We do private Running Video Tape Analysis. These are 15 minutes or 30 minute sessions of video taping of your running. We will tape you running at race pace and training pace, up and down hills, head on view, rear view, and side view. Contact us for more details.

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

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

[\(Back to Top\)](#)



SLB Coaching & Training Systems

Sign-up for SLB Coaching Programs, go to <http://www.SLB-Coaching.com> for more details or e-mail Coach@SLB-Coaching.com.

We offer a wide range of coaching options for adult athletes – runners, cyclists, swimmers and triathletes.

[\(Back to Top\)](#)

SLB Road Race & Marathon Training

A training program for runners and marathoners. This program is designed to prepare your for a fall marathon or the summer racing season. You do not need to be preparing for a marathon to join this group. Workouts will be geared towards your personal race goal. The program includes a personalized training program for the 4 month winter season, geared towards your goal race.

The program is designed for your individual goals, be they a fall marathon or the summer racing season. The program is designed to take you from your current fitness and skill level to a level that will allow you to compete your race and reach your goals.

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 4 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

Basic requirements are being able to run non-stop for 30 minutes. Beginning, experience and advanced racers are welcome.

Group size is limited.

Schedule & Cost

Fall Season – September 30 thru December 2, 10 weekly sessions, \$300

Winter Season – December 9 thru February 24, 12 weekly sessions, \$350

Spring Season – March 2 thru May 18, 12 weekly sessions, \$350

Summer Season – May 25 thru August 31, 15 weekly sessions, \$450

Fall Season – September 7 thru November 23, 12 weekly sessions, \$350

Date & Time: Tuesday, 7:00 pm (60 to 90 minute coached workout)

Location: Central Park, Engineer's Gate (90th Street & Fifth Avenue)

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

[\(Back to Top\)](#)

SLB Monthly E-Mail Coaching

A coaching program that provides a monthly workout plan for Runners, Marathoners, Triathletes, Swimmers and Cyclists. The program is on a 3 month basis. Monthly training plans are designed for each athlete based on their current fitness, skill and experience level and their goal races. The monthly training plan is e-mailed to the athlete at the start of each month. Access to the coach for questions, training and workout information is provided via e-mail on a weekly basis.

Each monthly training plan 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.

Beginning, experienced and advanced athletes are welcome.

Sessions are for 3 month periods – you can sign-up for one or a set number of 3 month sessions.

The cost is \$125 per 3 month period, payable in advance. There are no additional fees.

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

[\(Back to Top\)](#)

SLB Weekly E-Mail Coaching

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

Beginning, experienced and advanced athletes are welcome.

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis.

The cost is \$125 per month, payable in advance. There are no additional fees.

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

[\(Back to Top\)](#)

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 5 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

SLB Private Coaching – Individual Coaching Programs

A coaching program that provides weekly workout plans and one coached workout session per week. This program is for Runners, Cyclists, Swimmers, Road Racers, Marathoners and Triathletes. The program is on a Seasonal (4 month) or 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 and one weekly coached workout.

Beginning, experienced and advanced athletes are welcome.

Seasonal program costs \$3,500 for a 4 month season. The Monthly program costs \$1,000 per month. Both are payable in advance. There are no additional fees.

Availability is very limited.

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

[\(Back to Top\)](#)

SLB Bike Fit Program

I am a Serotta certified Advanced Bike Fit Professional.

Cyclists and Triathletes will benefit from a customized bike fit. Adjusting your bike fit and riding position will increase comfort and allow you to increase power while riding. This are the two critical factors in successful cycling. You don't need to be a competitive cyclists or triathlete to benefit from a custom bike fit. Recreational riders, as well as bike touring riders will also benefit from being fitted properly.

A Basic Bike Fit is a static fit. It is the starting point. Your current bike setup is measured, your current riding position is analyzed and a basic set of measurements is made – including a series of flexibility test. These measurements are then used to adjust your bike setup and your riding position.

An Advance Bike Fit is a dynamic fit. You must have had a Basic Bike Fit previously. The goal of an Advanced Bike Fit is to increase comfort and power output. Power output measurements are made using a CompuTrainer™ prior to adjustments. After adjustments, power output measurements are redone.

One follow-up sessions, one month after the initial Bike Fit is included.

A Basic Bike Fit takes about 1 hour. An Advance Bike Fit will take 1½ to 2 hours. Bike Fits are done by appointment only.

The Basic Bike Fit costs \$150. The Advance Bike Fit costs \$250.

Availability is limited.

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

[\(Back to Top\)](#)

Clinic Schedule

SLB Coaching & Training Systems offers clinics on various topics of interest to Triathletes, Runners, Cyclists and swimmers. These are a series of free clinics for **Triathletes, Runners, Swimmers and Cyclists**.

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

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 6 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

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.

[\(Back to Top\)](#)

Larry & Jeff's Bicycles Plus Clinics

1690 Second Avenue (87th Street), 212-722-2201

Date & Time: Wednesday, 6:30 pm

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

Cost: Free

Dates:

September 10 – Bike Design & Fit

September 17 – Winter Riding

October 1 – Maintenance & Tire Changing

October 8 – Winter Riding

November 5 – Maintenance & Tire Changing

November 12 – Winter Riding & Indoor Training

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

[\(Back to Top\)](#)

5BBC Clinics

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

Date & Time: Monday, 6:30 pm

Location: AYH, 891 Amsterdam Avenue (103rd Street), 212-932-2300 x115

Cost: 5BBC members \$25, non-members \$30

Register in advance @ <http://www.5bbc.org> e-mail: info@5bbc.org phone: 212-932-BIKE

September 22 – Winter Riding

[\(Back to Top\)](#)

Mercury Masters

The Mercury Masters is a running club exclusively for women over 50. They welcome runners and walkers of all speeds. They are the 2002 NYRR Club Team Champions and are leading the standings for 2003! Weekly workouts are held on Thursday evenings in Central Park. For more information see their website: <http://www.MercuryMasters.org>

[\(Back to Top\)](#)

Races

The following are some of the races that SLB coached athletes are participating in:

Saturday, September 13,

Mighty Hamptons Olympic Distance Triathlon, Sag Harbor, NY

CRCA Cycle A, B, C Scratch

Sunday, September 14,

NE Olympic Distance Triathlon, Rye, NY

Let Freedom Run 4 mile, Hudson River Park, Pier 84 44 Street, NY

Race for the Cure, NYC

Saturday, September 20,

NE Olympic Distance Triathlon, Bristol, RI

Fitness Mind & Body 1.7 mile and 4 mile runs, CP

Great Cow Harbor 10 Km, Northport, NY

Little Red Lighthouse Swim. 7.8 Miles. Hudson River Park's Pier 62, NYC. More Information. Entry Form.

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 7 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

Seventh Annual Sunfest Open Water Swim. Entry Form. (Sanctioned by Maryland LMSC)

Sunday, September 21,

Westchester Olympic Distance Triathlon, Rye, NY
Westchester Cycle Club Golden Apple Century Bike Ride
NYTC Big Apple Biathlon, CP
Dutchess County Classic full & ½ marathon & 5 Km
Putnam County ½ marathon & 5 Km
Fallen Hero's 5 Km Elizabeth, NJ

Sunday, September 28,

Liberty Waterfront ½ marathon
NE Olympic Distance Triathlon, Nantucket, MA
Putnam Hospital 5 mile
Western Connecticut State University SCY Masters Meet. Entry Form. (Sanctioned by Connecticut LMSC)

Saturday, October 2,

CRCA Cycle All 3-Lap Team Time Trial with teams of four for men and mixed sex (time from third finisher) and three for women (time from second finisher); Team Cup for men and women

Saturday, October 11,

CRCA Cycle A, B, C, Women Scratch; Team Cup in A and Women

Saturday, November 15

CRCA Cycle A, B, C Turkey Race

Saturday, November 23,

Fall Classic Metropolitan LMSC SCM Championships. (SANCTIONED BY METRO LMSC) Entry Form.

[\(Back to Top\)](#)

Safety Tip

Stay out of Central Park!

Okay, Central Park is our training ground, so why do I say "Stay out of Central Park!" ? Well, it's crowded and dangerous. So, on weekends get your workouts in early. CRCA holds cycle races in the park starting at 6:30 am. I start my ride in the park around 7:30, just after the cycle races finish. I like to be done with my ride in the park by 9:00 am. That way I avoid the weekend "warriors." There are a number of other cycle routes in the area.

Running in the park on weekends is also tough. Riverside Park, north of 125th Street is usually empty and has a great river breeze. Cross over to NJ via the GWB and run along the western bank of the Hudson in the Palisades Interstate Park. There are routes along the river – both paved and trails, along "River Road" a paved road that extends from below the GWB 10 miles north to Alpine, NJ, or along the top of the Palisades – a trail that runs for 20 miles or more to the NY State line.

[\(Back to Top\)](#)

Training Tips

Warming Up for Triathlon

"It's all right letting yourself go as long as you can let yourself back."

Mick Jagger

Why Warm-up?

When you start a hard workout or race the lactate levels will increase. This will occur even if you're not working that hard. This is because the blood flow to your muscles is not yet sufficient to provide the necessary oxygen to complete

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 8 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

the Krebs cycle and complete the breakdown of pyruvate into carbon dioxide and water (and releasing huge amounts of energy).

As the pyruvate accumulates in your muscles it is converted to Lactate and begins to enter your blood. Studies have shown surprisingly high levels of Lactate even when working at a fairly moderate rates.

This is due to two physiological actions. First, your heart rate will not yet be high enough to deliver sufficient blood to your muscles. Second, the capillaries will not be dilated fully, further restricting the amount of oxygen rich blood being delivered to your muscles.

As you continue to work at a moderate rate, your heart rate increases and your capillaries dilate delivering large amounts of oxygen to your muscles. The pyruvate and Lactic Acid will then be fully oxidized for energy. Your blood lactate levels will then drop!

If you continue to work hard or increase your effort, the Lactic Acid levels will begin to rise again. The limiting factors in the complete breakdown of Lactic Acid is not the lack of sufficient oxygen. It is the lack of sufficient enzymes to handle the pyruvate oxygenation process or because your muscles lack enough mitochondria (these are the structures in your muscles that are involved in the Krebs cycle).

When the speed at which you can complete the breakdown of Lactate falls behind the speed at which you are producing Lactate, you have reached your Lactate Threshold (LT). The speed you are swimming, cycling or running at when this happens is your LT velocity. This is the speed at which Lactate begins to again appear in your blood.

You of course could start off slowly and use the beginning of your workout or race to allow these physiological processes to get up to speed. Or you could do a good warm-up to get your physiological systems fully active before you begin your hard work or race.

The warm-up is equally important in hot weather as it is in cold weather.

How To Warm-up – Workouts

Recovery Days – no warm-up is necessary. Recovery days should be run, cycled and swum at a relaxed comfortable pace, so warming up is not necessary. You will not be raising your heart rate anywhere near your Lactate Threshold during these workouts.

Long Workouts – start at a slightly slower pace than your goal pace for the workout and after 5 to 10 minutes gradually begin to increase your pace to goal pace. The first 20 to 30 minutes of a long workout should be used as your warm-up period.

Hard Workouts – this is the often forgotten part of a hard workout. Any workout that will raise your HR above 80% of maximum should be preceded by a warm-up and followed by a cool-down.

The warm-up should be at a comfortable pace – conversational pace. Swimming 200 to 500 yards including some kick sets is sufficient. Cycling 2 to 4 miles, spinning at a high cadence in an easy gear is sufficient. Running 1 to 2 miles at barely faster than a jog is sufficient.

Race Day – the warm-up depends on your event.

Triathlon

Sprints and Olympic distance events:

Bike: spin on your bike for 10 to 15 minutes. Use a high cadence and an easy gear. Check out your bike – be certain you can get into every gear, your brakes are functioning properly. Ride briefly in your aero position. Make sure everything is tight and race ready and leave it in the gear you need to start the bike leg of the race.

Run: jog for about 5 to 10 minutes. This is an easy jog – don't do any pick-ups. Finally, get your wetsuit on and get in the water.

Swim: there are two goals in the swim warm-up. First is to raise your heart rate and warm-up your muscles. Second is to relax and calm pre-race jitters. Focus on exhaling underwater, your breathing rhythm and a smooth long stroke and a

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 9 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

good glide. Spend 10 to 15 minutes in the water swimming and working on your stroke technique. Make sure your wetsuit is not binding or chafing. Get out of the water less than 5 minutes prior to the start (or the start of your wave).

Half and full Ironman distance events:

The warm-up should be a bit shorter.

Bike: spin on your bike for 10 minutes. Ride briefly in your aero position. Don't forget to checkout your bike and leave it in the gear you need to start the bike leg of the race.

Run: jog for about 5 minutes to 10 minutes.

Swim: swim easily for 5 to 10 minutes. Focus on exhaling underwater, your breathing rhythm and a smooth long stroke and a good glide. Make sure your wetsuit is not binding or chafing. Get out of the water less than 5 minutes prior to the start.

Start each leg of your race a bit slower than goal pace and after about 5 minutes begin to pick-up your pace.

Transition Area:

Setup your transition area so you are ready to race. Don't forget to make sure your bike is in the proper gear for the start of the bike leg!

[\(Back to Top\)](#)

SLB Discussion Group



SLB athletes have formed a discussion group on Yahoo. We've just setup a Yahoo Discussion Group for all the athletes that have worked with SLB Coaching & Training Systems.

To sign-up, go to: "SLBcoaching" <http://groups.yahoo.com/search?query=slbcoaching>

It's a news group we created as a way for us to communicate with each other. Be it about equipment, diet, training, carpooling to races, or just plain whining about this or that pain. Also if you have events to add to the calendar please let Meg Kiihne know (she'll be editing the site). Your comments and suggestions should also be sent to either Meg or me via e-mail.

[\(Back to Top\)](#)

Workouts

Swimming with a "Catch-Up" – keep your right arm extended in front of you, pull and recover with your left arm, leaving your right arm out front until your left arm "catches-up." Then, repeat the stroke using your left arm – keep your left arm extended in front of you, pull and recover with your right arm. This is 100% "Catch-Up." 90% "Catch-Up" – you begin your pull when the hand of the recovering arm touches the water. 80% "Catch-Up" – you begin your pull when the hand of the recovering arm is in front of your head. 50% "Catch-Up" – you begin your pull when the hand of the recovering arm even with your head.

Group 1

Warm-up – done at an easy to moderate pace. Focus on form/technique. 1 x 300 @ 5:00

Drill/Swim: Swimming with a "Catch-Up" will slow your stroke down and increase your distance per stroke. Both are desirable results. Ian Thorpe and Grant Hackett both swim with a 90% "Catch-Up" stroke. We all can't swim with a 90% "Catch-Up," but this workout will help you find the amount of "Catch-Up" that is best for you.

- 1 x 50 @ 0:45 "Catch-Up" drill
- 1 x 50 @ 00:45 90% "Catch-Up"
- 1 x 50 @ 00:45 80% "Catch-Up"
- 1 x 50 @ 00:45 50% "Catch-Up"

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 10 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

Main Set –

1 x 250 @ 3:00
1 x 250 @ 2:55
1 x ? @ 2:50



1 x 25 @ 00:15

Cool-down –

1 x 100 easy

Total: 5,400 yards

Group 2

Warm-up – done at an easy to moderate pace. Focus on form/technique. 1 x 300 @ 5:00

Drill/Swim: Swimming with a “Catch-Up” will slow your stroke down and increase your distance per stroke. Both are desirable results. Ian Thorpe and Grant Hackett both swim with a 90% “Catch-Up” stroke. We all can’t swim with a 90% “Catch-Up,” but this workout will help you find the amount of “Catch-Up” that is best for you.

1 x 50 @ 0:45 “Catch-Up” drill
1 x 50 @ 00:45 90% “Catch-Up”
1 x 50 @ 00:45 80% “Catch-Up”
1 x 50 @ 00:45 50% “Catch-Up”

Main Set –

1 x 200 @ 3:00
1 x 200 @ 2:55
1 x ? @ 2:50



1 x 25 @ 00:15

Cool-down –

1 x 100 easy

Total: 4,400 yards

Group 3

Warm-up – done at an easy to moderate pace. Focus on form/technique. 1 x 300 @ 5:00

Drill/Swim: Swimming with a “Catch-Up” will slow your stroke down and increase your distance per stroke. Both are desirable results. Ian Thorpe and Grant Hackett both swim with a 90% “Catch-Up” stroke. We all can’t swim with a 90% “Catch-Up,” but this workout will help you find the amount of “Catch-Up” that is best for you.

1 x 50 @ 0:45 “Catch-Up” drill
1 x 50 @ 00:45 90% “Catch-Up”
1 x 50 @ 00:45 80% “Catch-Up”
1 x 50 @ 00:45 50% “Catch-Up”

Main Set –

1 x 150 @ 3:00
1 x 150 @ 2:55
1 x ? @ 2:50



December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 11 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003

1 x 25 @ 00:15

Cool-down –

1 x 100 easy

Total: 3,500 yards

[\(Back to Top\)](#)

AG TTI Tri Club Workouts



Interested group workouts? Tuesday and Thursday mornings at 6am the AG TTI Tri Club meets for group workouts. Go to <http://www.AGTri-Institute.org> to sign-up and get more information on the club and the workouts.

[\(Back to Top\)](#)

News

NYRR Annual Meeting Board of Directors

The NYRR is holding their annual meeting and election of five class two members of the board of directors. I don't know about the you, but I'd like to have more say in the club. So, I'm running for a seat on the NYRR Board of Directors. Not in the usual manner – by getting nominated by the club, but as a write-in vote.

If you want representation by a long time (27 years) New York runner, if you want one of the middle of the pack runners as a voice, if you want someone that isn't part of the existing authority, if you want someone that will listen to you and your concerns and take them to the club, write me in! On you ballot, which is due before September 22 (the date of the Annual Meeting) write-in Neil L. Cook.

[\(Back to Top\)](#)

For Sale

Polar S210 Heart Rate Monitor.

New, in the box, never opened! \$150. Tnbeverly@aol.com

[\(Back to Top\)](#)

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 12 of 13

SLB Coaching & Training Systems

SLB Weekly Newsletter #21 week of September 10, 2003
Sponsors

E-Caps and Hammer Nutrition



RacerMate - CompuTrainer



Ironman Wetsuits



Aegis Bicycles



Asphalt Green Triathlon Training Institute



We are excited to announce that **SLB Coaching & Training Systems** is sponsored by **RacerMate CompuTrainer**, **E-Caps/Hammer Fuels**, **Ironman Wetsuits**, **Aegis Bicycles** and **Asphalt Green Triathlon Training Institute**. 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).

[\(Back to Top\)](#)

December 13, 2003

SLB Newsletter #21 September 10 2003.doc

2002 © Neil L. Cook SLB Coaching & Training Systems

<http://www.SLB-Coaching.com>

Coach@SLB-Coaching.com / Neil.L.Cook@Mindspring.com

212-472-9281 / 917-575-1901

Sweet Lightning Bolt Productions used by permission

Page 13 of 13