



SLB Coaching & Training Systems



SLB Coaching Newsletter

"Train right, race well"

Winter Programs

- **Winter Coaching Programs** begin - January 2004
- **Tri Stroke Clinics** begin - Saturday January 10 & Monday January 12 2004
- **Private Swim Coaching**—call for an appointment
- **Video Analysis: Swimming & Running**—call for an appointment
- **Tri Club**—sign-up now
- **The new SLB Coaching Website is LIVE!**
- **Set your 2004 Racing Goals NOW!**
- **Start your Base Building Phase** for 2004
- **E-Mail Coaching:** Weekly, Monthly and Seasonal options—**SIGN-UP NOW!**

Tri Stroke Clinic—January 2004

SLB Coaching has teamed up with Asphalt Green's Triathlon Training Institute to put together an improved version of our popular Tri Stroke Clinic.

If you want to improve your triathlon swim times or you want to start triathlon but have difficulty with the swimming, these clinics are for you. If you can swim 100 yards non-stop we can help you with your swimming. If you have problems with open water, we can help you with your swimming. Our clinics are designed to help you on an individual basis, not just as part of a group.

The clinics are divided into two sections—**Beginner/Intermediate** (Saturday afternoons) and **Advanced** (Monday evenings). Both have similar structure for their sessions. Each starts with a 15 minute session in the pool balcony to review the workout for the day and discuss technique. Then there is 60 minutes in the pool—warm-

up, drills, workout, cool-down. We finish with 30 to 45 minutes of video tape review back in the pool balcony.

The Beginner/Intermediate group will spend more time working on technique. We will use drills designed to improve your technique, efficiency and comfort in the water. Expect to cover between 1,000 and 2,500 yards during the session.

The Advanced group will spend more time doing a Tri swim specific workout. Expect to cover between 1,500 and 3,000 yards during the session.

Both groups will focus on:

- Front Quadrant swimming
- Streamline body position
- Horizontal body position
- Body Roll
- Propulsive Phase

Our approach is to focus on each individual and help them gain confidence, comfort, efficiency and power in the water.



For more information and to sign-up for any of these programs go to:
<http://www.SLB-Coaching.com>
 or Call 212-472-9281
 or e-mail:
Coach@SLB-Coaching.com.

Free Cycle Clinics

Larry & Jeff's Bicycles Plus,
 1690 Second Ave (87 St)
 212-722-2201
Topic: Bike Maintenance & Tire Changing (hands on)
 January 7 Wednesday, 6:30 pm

All sessions are video taped with an underwater video camera.

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NYRR Bronx Half Marathon—8:00 pm start time?

SLB Coaching has been putting together the 2004 racing schedule for our coached athletes. When we went to the NYRR website to check on their 2004 race schedule

we noticed an interesting race: the Bronx Half Marathon. Yes, it's the same race that the NYRR have been holding for some years. What caught our eye was the start-

ing time: Sunday, July 11th at 8:00 pm! Will NYRR hold their first evening half marathon in 2004?



Winter 2004 Clinics & Workshops

SLB Coaching has the following clinics scheduled for 2004:

Cycle Maintenance & Tire Changing

Larry & Jeff's Bicycles Plus
1690 Second Ave (87 St)
Wednesday, January 7, 6:30 pm

Strength Training for Triathletes Workshop

Asphalt Green
York Ave (91 St)
Saturday, January 10, 10:45 am—12:45 pm

Long Island Gold Coast Triathlon Clinic

Great Neck, Long Island
Wednesday, January 14, 6:30 pm

Nutrition for Triathletes Workshop

Asphalt Green
York Ave (91 St)
Thursday, February 5, 7:00 pm—9:00 pm

Iron Yoga Classes

Asphalt Green



York Ave (91 St)
Monday evenings, 8:15 pm—9:15 9m

Spinning/BRick Classes

Asphalt Green
York Ave (91 St)
Wednesday mornings, 6:00 am—7:00 am

Go to <http://www.SLB-Coaching.com> or Contact us:
Coach@SLB-Coaching.com

or

212-472-9281 for more information.

E-Mail Coaching Programs



We've made a few changes to our E-Mail Coaching programs for the Winter 2004 season.

Weekly E-Mail Coaching

This program provides a weekly training plan geared to your goals, sports history and current fitness and skill levels. Every week you receive a detailed training plan for the next 7 days. This plan provides you with workouts, goals, skill drills and focus. You have unlimited e-mail access to the coach.

The program costs \$125 per month. There is a \$75 setup charge to start your program.

Monthly E-Mail Coaching

This program provides a monthly training plan geared to your goals, sports history and current fitness and skill levels. You receive an overview plan for each month. The monthly plan describes the focus, goals

and types of workouts you should plan for the month. You have access to the coach via e-mail once a week.

The program costs \$125 for three months. There is a \$50 setup charge to start your program.

Seasonal E-Mail Coaching

This program provides a full season training plan geared to your goals, sports history and current fitness and skill levels. You receive a detailed overview of your training for the season. Up to six months of training will be outlined, including focus, goals, phases and types of workouts you should plan for each phase. You have access to the coach via e-mail once a month.

The program costs \$250 for the season (up to six months). There is no setup charge.

All programs use a multi-phase training plan -

Base Building
Strength Building
Speed Building
Taper/Race Maintenance
Recovery

Each phase emphasizes specific physiological development. We use a four week training cycle—

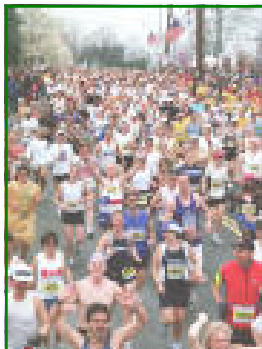
Base Week
Weekly Distance
Long Workout Distance
Recovery

This approach allows you to build your training mileage gradually, increase the distance of your long workouts and have a recovery week every 4 weeks.

Plans can be designed for all levels of athletes—novice, experienced and elite. Programs are for runners, triathletes, cyclists and swimmers.

Go to <http://www.SLB-Coaching.com> or Contact us:
Coach@SLB-Coaching.com or

212-472-9281 for more information.



Asphalt Green TTI Tri Club

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

The Asphalt Green Triathlon Club is available to both Asphalt Green members and non-members.

High energy group workouts will provide the exercise and training needed to increase your level of performance.

- Team races and trips, as well as trip leaders/coordinator.
- Message Board and online quarterly newsletter.
- Discounts and sponsorship from vendors.
- Discounts for Educational Programs from the Sharp Center.
- Discounts on sports mas-



sages at Asphalt Green.

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

Club cycling & running workouts held weekly and long rides on the weekend.



Tri Coaching Group—Winter 2004

This comprehensive Triathlon coaching program is geared to the needs of the individual triathlete, and involves six separate components:

1. Initial interview/assessment and mid-season assessments with the coaching staff
2. Weekly workout plans (delivered through e-mail) tailored to the individual athlete's experience, training goals, season focus
3. Coached weekly group workouts in Central Park consisting of running, cycling, and BRicks, broken into three levels based on experience.
4. Access to the coaching staff to discuss problems, evaluate progress and receive feedback and advice
5. Password-only access to the 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 <http://www.acteva.com/booking.cfm?bevaaid=50750>



Swimmers World—Swimmers of The Year



Swimmer's World has named Hannah Stockbauer and Michael Phelps their Swimmers of The Year.

Hannah a 21 year old distance star from Germany, won three events at the World Championships in Barcelona. She set a European record 16:00.18 in the

1500 meter freestyle, just missing joining Janet Evans as the second woman to break 16 minutes! She also swam 8:23.66 for 800, ranking her 7th all time. Michael, 18 years old from Baltimore, is being compared to Mark Spitz! He broke world records an amazing 8 times in

2003. His 200 IM time of 1:55.94 gives him the only time under 1:58! He has the two fastest 400 IM and 200 fly times in the world. He set AR in the 200 & 400 free. He is the third fastest in history in the 200 back.

Top 3: Women—World

Hannah Stockbauer
Yana Klochkova
Amanda Beard

American

Amanda Beard
Jenny Thompson
Lindsay Benko

Men—World

Michael Phelps, USA
Kosuke Kitajima, Japan
Alex Popov, Russia

American

Michael Phelps
Aaron Peirsol
Ian Crocker

Coach Neil L. Cook
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To receive this newsletter, e-mail newsletter@SLB-Coaching.com please include your name and e-mail address. Or go to: <http://www.SLB-Coaching.com>

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Check us out on the web:
<http://www.SLB-Coaching.com>

Schedules

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



<p>Armory Track & Field Center (http://www.ArmoryTrack.com) January 7 PSAL, CHSAA Millrose Trials</p> <p>January 10 Citibank Hispanic Games</p> <p>January 19 ML King Relays & PSAL Invitational</p> <p>January 24 New Balance Games Track & Field Hall of Fame Grand Opening</p> <p>January 30 MAC Open & Masters</p>	<p>Metropolitan LMSC for USMS (http://www.MetroSwim.org) January 24 Short Course Yard Winter Blitz Masters Swim Meet</p> <p>Hosted by AquaFit Masters Nassau County Aquatics Center, Eisenhower Park, East Meadow, Long Island.</p> <p>Distance events include: 500 yard freestyle and 1,000 yard freestyle</p>	<p>AG TTI Tri Club (http://www.AGTri-institute.org) December 31 NYRR Midnight Run</p> <p>January 10 Strength Training Workshop</p> <p>February 5 Nutrition Workshop</p> <p>April 4 Jamba Juice Wildflower Tri Festival</p> <p>May 7 Wildflower Off Road Tri & Half IM Tri</p> <p>May 23 Columbia Triathlon</p>
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Quote: "Great things are not done by impulse, but by a series of small things brought together" - Vincent Van Gogh

The Back Page: The NEW SLB Website is live!



We started work on this project back in the spring—designing a website that would be easy to maintain and keep up-to-date, would be easy to navigate and have a new, "clean" look. Well, we think the project is a success.

We hired Rob Rankin to design, program and implement the website. Rob did an outstanding job, taking our ideas and creating exactly what we hoped for.

The new website has pages for:

Coaching Programs—up-to-date details on all of our coaching programs.

Clinics—a list of current and planned clinics.

Newsletter—not only our current newsletter, but archives of all back issues. Plus, a way to automatically sign-up to receive our newsletter.

Links/Sponsors—an area for our favorite links and of course links to our sponsors.

Events/Announcements—an area to list current events, race schedules, news items and things of current interest.

Training Information—currently there are 19 training tips on-line.

Race Reports—the coach's ramblings about races past.

Results/Photos—this will contain SLB athlete's race reports and photos.

Private Area—this is where our coached athletes are able to get their weekly training plans, log their workouts and see training tips specifically designed for them.

We'd love your comments and suggestions. Visit our new website at:

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



Larry & Jeff's Bicycles Plus



Thanks to our Sponsors!