



# SLB Coaching Newsletter

"Train right, race well"



For more information and to sign-up for this program go to: <http://www.AGTri.com> or Call: 212-369-8890 x209

## Spring Programs

- **Spring Coaching Programs** begin - April 1 —SIGN-UP NOW!
- **Tri Stroke Clinics** Winter sessions are full. Spring sessions begin April 1 & 3 —SIGN-UP NOW!
- **Race Ready Program**—starts April 1, SIGN-UP NOW!
- **LI Gold Coast Clinics**—call to sign-up.
- **Private Swim Coaching**—call for an appointment
- **Video Analysis: Swimming & Running**—call for an appointment
- **AG Tri Club**—SIGN-UP NOW!
- **E-Mail Coaching**: —SIGN-UP NOW!

## Inside this issue:

AG Tri Club	2
AGTC Workout Schedule	2
Mercury Masters	3
LI Gold Coast Tri Clinics	3
LI Gold Coast Open Water Swim Clinic	3
Ralph Balsamo	4
Tri Stroke Clinic	5
VO <sub>2</sub> Max Testing	5
Sport Film Schedule	6
The Back Page: Performance Testing	6
<i>Quote: Mark Allen</i>	6

## Race Ready Program

If you're a triathlete that's short on experience but anticipating a big season in a Sprint or Olympic distance event then Asphalt Green has the program for you. We've created a 12 week **race readiness program** to ensure that you maximize all of the hard work you've put into your training to date. We've gathered three of New York's finest triathlete coaches to provide you with **three coached workouts** per week. You'll be provided with weekly training plans, informative education sessions and training tips, have access to an Online Training Log, and be provided with email access to the coaching staff for when you have questions on racing and training. The program will kick off with an Introductory Workshop on Saturday, April 1<sup>st</sup> from 12–1pm, and conclude on Saturday, June 24.

The goal Sprint Distance races for the program will be the 21<sup>st</sup> Annual NY Triathlon (11<sup>th</sup> June), Gold Coast Triathlon (18<sup>th</sup> June), and the Montauk Point Lighthouse Triathlon (16<sup>th</sup> July). The goal Olympic Distance races for the program will be the Tupper Lake Triathlon (24<sup>th</sup> June), Philadelphia Triathlon (25<sup>th</sup> June), and the FORD NYC Triathlon (16<sup>th</sup> July). Whether you're entering one of these, or have another race scheduled, make sure you're "race ready" and enroll.

### The "Race Ready" Program Will Deliver:

- **Weekly Training Plans** will be specifically designed by level (Basic, Intermediate, and Advanced). Plans will be delivered

each Sunday evening via the AG-Tri website and include - workouts, coached and individual goals, type of workout, effort level and distance.

- **Training Tips** will be on the AGTri website along with general training and race information.
- **Online Training Logs** will be available to participants.
- **Three Coached Workouts** per week will be offered in the three disciplines: Run, Cycle and Swim. Including **One Long Weekend Coached Workout** (Cycle or BRick) will be available.
- **Email Access to Coaching Staff** who will answer any training and racing preparation questions you have.

### Access to the AGTri "Weekly Update" will also be available.

### Prerequisites:

Athletes should have already completed their build phases and be able to complete the following distances per discipline:

- run at least 5 miles (Basic Level - 11 minute mile; Intermediate Level - 9 minute mile; Advanced Level - 8 minute mile).
- swim at least 3000 yards per week (Basic Level - minimum continuous swim of 100 yards; Intermediate Level - minimum continuous swim of 500 yards; Advanced Level - minimum continuous swim of 1,000 yards).
- ride at least 15-25 miles 3 times per week (Basic Level - minimum long ride of 15 miles; Intermediate Level - minimum long ride of 20 miles; Advanced Level - minimum

long ride of 25 + miles). The program will have pool time available at Asphalt Green as well as open water time at Coney Island. Asphalt Green will also provide monthly pool memberships so participants can utilize the pool on non-coached days.

### Sample Training Week:

**Monday:** After receiving your weekly training plan Sunday night, our coaches will have you doing a 1,750 yard swim workout Monday along with a 25 mile bike ride.

**Tuesday:** A 2,000 yard swim along with a coached running workout falls under Tuesday's training plan.

**Wednesday:** A coached bike training ride gets you through mid-week.

**Thursday:** A coached swim workout at Asphalt Green's pool is on tap for Thursday.

**Friday:** A 20 mile bike ride will prepare you for the weekend.

**Saturday:** A 60 minute training run along with a 1,000 yard swim. Open water swims at Coney Island will also be available at several points during the training program.

**Sunday:** Wrap up the week with a coached long bike ride (40 miles) or a BRick workout.

**Cost:** \$399 for the program  
**For More Info:** 212.369.8890 x209

## Asphalt Green Tri Club



SLB Coaching & Training Systems



### AG Tri Club

For more information and to join the Asphalt Green Tri Club go to:  
<http://www.AGTri.com>  
 or Call: 212-369-8890 x135

### Race Ready Program

The program will kick off with an Introductory Workshop on Saturday, April 1<sup>st</sup> from 12-1pm, and conclude on Saturday, June 24. The goal **Sprint Distance** races for the program will be the 21<sup>st</sup> Annual NY Triathlon (11<sup>th</sup> June), Gold Coast Triathlon (18<sup>th</sup> June), and the Montauk Point Lighthouse Triathlon (16<sup>th</sup> July). The goal **Olympic Distance** races for the program will be the Tupper Lake Triathlon (24<sup>th</sup> June), Philadelphia Triathlon (25<sup>th</sup> June), and the FORD NYC Triathlon (16<sup>th</sup> July).

### Asphalt Green Tri Club

Train, Race and Play with the best group of triathletes in NYC! The AG Tri club offers training rides, coached BRicks, swim workouts and group runs, plus a host of other training resources and outstanding social events.

Asphalt Green Triathlon Club offers a challenging, fun and rigorous training and racing community for athletes interested in improving their performance. Our members represent every level of triathlon- from people just starting out to our Sponsored Athletes, competitive racers who are at the top of their game. The club features training opportunities, camps and social events that are a great way to meet and train with other triathletes. Joining the club gets you all sorts of stuff, including:

- Group bike, run, swim and BRick workouts, and free coached workouts each week
  - Team races and trips: last year we did a Hamptons training weekend and bike trials at the Lehigh Valley Velodrome. This year has more fun in store!
  - Discounts and sponsorships from vendors, including Polar, Toga and Gotham bikes and Ultimate Triathlon
  - Scavenger hunts, pre-race dinners and other social, party-type things for crazy athletes
- Discounts of TTI and Asphalt Green programs

• ["Race Ready" Coaching Program](#)

If you're a triathlete that is gearing up for a big Fall season, Asphalt Green has the program for you. We've created a six week race readiness program to ensure that you maximize all of the hard work you've put into your training to date.

• [TTI Consulting](#)

The benefits of professional advice without a full-time coach

• [Private Triathlon Swim Coaching](#)

Private or Semi-Private Triathlon Swim lessons

• [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.

• [VO2 Max Testing](#)

Bike and Run VO2 Max Testing

• [Resting Metabolic Rate Testing](#)

RMR Testing is the first step in understanding your nutritional needs

• [Diagnostic Movement Screen and Strength Training](#)

Biomechanical Movement Screening diagnoses weaknesses, instabilities, inflexibilities and movement problems BEFORE they hamper performance or cause injury

• [Triathlon Email Coaching Programs](#)

Weekly, monthly or seasonal coaching programs

• [Tri Stroke Clinic](#)

Get your swim up to speed! This course will improve your swimming technique, increase your endurance and prepare you for the special challenges of triathlon swimming.

### Asphalt Green Tri Club Workouts

TWO NOTES:

- 1) note that if it is over 50 degrees out that the long ride is OUTSIDE.
- 2) It's time (it's getting nicer :-)) to start up those Tuesday-Thursday morning rides. I'm committing to ride at 6am on Tuesday AM if it's over 40...if you're with me, post on the discussion boards.

• **Monday:** 5:30am Run/Strength Workout  
**MOVED: NOW ON THE AG TURF FIELD**

• **Monday:** 8pm TriStrength

• **Tuesday:** 6am Morning Ride in the park

• **Wednesday:** 5:30am Spin/BRick

• **Wednesday:** 9-10 PM Swim Workout

• **Thursday:** 6am Morning Ride in the park

• **Friday:** 5:30am Spin/BRick

• **Friday:** 5:30am Run/Strength Workout  
**MOVED: NOW ON THE AG TURF FIELD**

• **Sunday 7am:** Swim Workout & 8:15AM Flexibility in the Balcony

• **Sunday 12:30:** Trainer Ride at the Green

Workouts in **RED** require the use of an AGTC program punch card. Email Lydette Keo @ [lkeo@asphaltgreen.org](mailto:lkeo@asphaltgreen.org) to get a punch card.



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## Mercury Masters—Spring Season

The Mercury Masters—a running club for women over 50 years old. For more information and to join the Mercury Masters go to: <http://www.MercuryMasters.org>  
The Winter Training Session: 10 weeks starts on March 30 and goes to June 29

### Strength & Speed Building

Here's the schedule for our Spring 2006 Thursday night workouts:

**All session on Thursday evening at 6:30 pm.**

**March 30,  
April 6, 20, 27**

**May 4, 11, 18,  
June 1, 8, 29**

We meet each Thursday evening at 6:30pm at NYRR or Fifth Avenue & 90th Street. The workout takes place in Central Park. The workout is open to all Merms regardless of pace and is geared for your current fitness level, running ability, running goals and the weather. The cost is \$75 for the 10 sessions. Please bring a check (payable to Neil L. Cook) to the first session. All Merms are welcome to

join us on March 30 to tryout the group workout.

**The following coaching services are available to ALL Mercury Masters:**

- **E-Mail Support**
- **Training Programs**
- **Coach's Training Tips**
- **Coach's Night**

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

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## LI Gold Coast Tri Clinics

A monthly series of clinics for triathletes – beginner to competitive. These clinics will present training information to assist you in preparing for triathlon – whether this is your first season or you are looking to improve on your prior performances.

Each session will include an informative presentation, demonstration and question & answer period. All clinics start at 7:00 pm and will last about two hours. Clinics are held at Asphalt Green.

**March 29<sup>th</sup>** – Skill sets for Triathletes – swimming, cycling and running

**April 26<sup>th</sup>** – Building Speed for Triathlon

**May 24<sup>th</sup>** – Getting ready to race Triathlon

These clinics are brought to you by SLB Coaching & Training System and the Asphalt Green Triathlon Training Institute. They are presented by **Neil L. Cook, BS, MS, MED.**

Neil is a USA Triathlon certified (pending) coach, swimming Coach and physical education teacher. Neil competed and lettered in high school and college

(wrestling, football, lacrosse, track). Neil has been an adult athlete since 1978 - competing in running, swimming and triathlon races. He is currently coaching running, swimming, cycling and Triathlon - beginner to advanced competitor, men and women, individual and groups. Neil is also a Serotta certified Advance Bike Fit Specialist. Neil is the Head Multi-Sport coach at Asphalt Green Triathlon Training Institute. He is founder, owner and head coach of SLB Coaching & Training Systems (<http://www.SLB-Coaching.com>).

He has successfully coached many athletes at all levels (beginner to elite). His athletes have not only reached their goals, but have won numerous awards and set Personal Bests. And, they have had fun in the process!

Neil has an extensive educational background in Physical Education, Coaching, Motor Learning and Neurophysiology, as well as many years experience as an athlete and coach. He has been a swim coach since 1965.

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

He is a Contributing Writer for Peak Running Performance (<http://www.PeakRunningPerformance.com>).

7pm - 9pm  
Cost: \$10 per session / \$40 for all 5 Clinics + \$10 Discount on Open Water Clinic  
Asphalt Green, 555 East 90<sup>th</sup> Street  
<http://www.LIGoldCoastTri.com>  
**Long Island Gold Coast Triathlon & Duathlon Sunday, June 18, 2006**

### LI Gold Coast Tri, SLB Coaching & AG Tri Club Present:

An Open Water & Transition Clinic

June 3 & 4  
9:00 am—12:00pm  
Bar Beach, Port Washington  
Long Island

\$50 for the weekend  
\$40 with 5 monthly clinic discount

Lydette Keo  
[LKeo@AsphaltGreen.org](mailto:LKeo@AsphaltGreen.org)  
212-369-8890 x209  
Neil Cook  
[Coach@AGTri.com](mailto:Coach@AGTri.com)



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## Ralph Balsamo my best friend and ...

In the spring of 2000 I had posted this to the Dead Runners Society list:

At the Engineers Gate in Central Park (90th Street and Fifth Avenue) there's an Elm Tree (I use a capital Tree because the diameter of this tree is at least 6 feet across). It sits almost exactly at the finish line for many NYRR races and for many of my runs in Central Park.

It's a big and knurly old tree, standing with its trunk pointing straight up to the sky and a few very large branches spreading out in all directions. Many use the tree to stretch, to provide shade in the summer, as a meeting place and as an anchor.

Saturday morning my best friend and old running buddy Ralph and I met under that tree for a run. When we both lived in New Jersey, Ralph and I would run every weekend together. You have read about some of those runs, rambling sorts of adventures along the Palisades.

Saturday morning was the same and it was different. As Ralph put it, we were "sailing on an old wind." At least I feel like I'm sailing on an old wind! But, it sure feels wonderful to be running. Moreover, after I feel even better. About a year ago Ralph broke his knee cap. He's been recovering and working himself back into shape. I've been also working my way back into shape. So, our loop of Central Park was an easy one, a comfortable pace for both of us and it allowed us time to talk. And we both can talk, and tell stories. It's been a while since we ran together so there was a lot to catch up on.

As we rounded the bottom of the park Mike appeared. I hadn't seen Mike in close to nine years. We used to run ultras together. He's in great shape, just finishing up 14 consecutive weeks of 90 miles per! And not a race in sight! He says racing gets in the way of training, and having fun! Both Ralph and I can relate to that! He's off to Tucson and a run up Telephone Line in Sabino Canyon! After our loop of the park we were standing under the Elm Tree talking when Sweet Julie runs up and stops. We talked for a while and she took off to do her loop or more. I headed over to Starbucks for coffee and to wait Sweet Julie's arrival. Sunday we headed into the \*Snow Storm\* to run the Niketown Run For The Parks. Saturday was 70 degrees and Sunday was 32 degrees

with a howling wind and snow! The park looked even prettier, with the flowers and buds all covered with snow. Fortunately, the road was just wet, not icy. The four mile race was just enough for me. After we again headed over to Starbucks (after picking up bagels at David's) for coffee.

Once we warmed up we headed home. My good friend Ralph responded with: Neil said in a post yesterday that I used the phrase "sailing on an old wind". Actually I've used "sailing on yesterday's wind". There's a significant difference in the two, in my opinion.

"Sailing on yesterday's wind" is what we do when we talk about a marathon ran 23 years ago and reiterating the splits the 38th time. Passing or being passed in a 10K or 100K circa B.O.T (Beginning of Time). Just gassing what we did when we were fast and the world was young. We all do it, don't we? No, you say? Wait for a decade or three and you'll do it too. Back to the subject (not the elm tree) of the difference between the phrases. My worn phrase is in the past, Neil's words "Sailing on an old wind" speaks of the present and the future, doing a sport for two thirds of you life and knowing we will continue. Running with your comrades in the Park and on the Palisades. Knowing that most of all your closest friends and a few loves are runners and have been for eons. And running with my oldest and best friend Neil. As for the figurative subject, What tree?! I've passed by Engineer's Gate three zillion times, once 16 times on a very long day, and is there a tree? I I just can't visualize one. Was I still thinking of those long ago marathon splits? I have to get over this. I will stand still and find the tree. If there is one.

Ralph  
And I responded to Ralph with:  
Ralph, posted thusly ...

> Neil said in a post yesterday that I used the phrase "sailing on an old > wind". Actually I've used "sailing on yesterdays wind". There's a > significant difference in the two, in my opinion. "Sailing on yesterday's > wind" is what we do when we talk about a marathon ran 23 years ago and

> reiterating the splits the 38th time. Passing or being passed in a 10K or > 100K circa B.O.T (Beginning of Time). Just gassing what we did when we

> were fast and the world was young. We all do it, don't we. No, you say?

> Wait for a decade or three and you'll do it too.

Hey, folks! Can you imagine running with this guy?! The distinctions between "yesterday's wind," and "an old wind" are true, as Ralph stated. Maybe he's noticing more optimism in me than even I realize exists.

He continues with ...

> Back to the subject (not the elm tree) of the difference between the > phrases. My worn phrase is in the past, Neil's words "Sailing on an old > wind" speaks of the present and the future, doing a sport for two thirds of > you life and knowing we will continue. Running with your comrades in the

> Park and on the Palisades. Knowing that most of all your closest friends and

> a few loves are runners and have been for eons. And running with my oldest

> and best friend Neil.

Maybe he's just setting me up for the conversation that will ensue on our next long run. Then again, maybe he's suffering from more marathons and way more ultras than I am.

And he ends with ....

> As for the figurative subject, What tree?! I've passed by Engineer's Gate > three zillion times, once 16 times on a very long day, and is there a tree?

> I I just can't visualize one. Was I still thinking of those long ago > marathon splits? I have to get over this. I will stand still and find the > tree. If there is one.

Must be the later, since he can't visualize a 200 year old tree that stands over 6 feet across at a point he admits to having run past a gazillion times.

Ah, this is why I love Ralph and will run with him until the day I die! He brings tears of joy to my eyes and makes me laugh so hard I can't stand up.

np - Townes Van Zandt - To Live Is To Fly (from A Far Cry From Dead) One must still have chaos in oneself to be able to give Birth to a dancing star. Zarathustra via Fredrich Nietzsche.

Ralph died on January 30, 2006.



Ralph Balsamo  
Running the 2004 Sybil  
Ludington 50 Km

## Tri Stroke Clinic

The Tri Stroke Clinic is a ten week clinic, focusing on stroke technique and triathlon swimming. This clinic is designed for triathletes that want to improve their swim times, have basic swimming skills (*can swim 100 yards non-stop*) and want to improve their stroke technique, and novice triathletes that want to attempt their first event. Each session will cover stroke drills, individual stroke analysis and correction of your stroke mechanics. We will also be doing fitness drills. Expect to cover between 1,500 and 3,000 yards each session. We use the only Olympic pool in the metro NYC area. We use **underwater** video tape stroke analysis during each session.

Each session includes 15 minutes skill and workout review, 60 minutes swimming and 30 minutes reviewing the video tape during each session. The Winter 2006 season will have 10 sessions. The goal of the clinic is to improve your swimming. We do this by making you a more effi-

cient swimmer – improving your technique and your fitness. We use drills to improve your body position in the water and reducing drag. We focus on swimming technique – improving your stroke and breathing. We also address anxiety attacks – how to prepare for them and how to deal with them. There will be two “open water simulation” sessions with wetsuits.

**Beginner/Intermediate** clinic is on Saturday afternoons. Prerequisite: The ability to swim 100 yards without stopping and a desire to improve. 10 Saturdays - cost: \$300/280 member.

April 1  
 April 8  
 April 15 – No session  
 April 22  
 April 29 – No session

May 6  
 May 13  
 May 20  
 May 27 – No session  
 June 3

June 10 – No session  
 June 17  
*Any one Monday during the Spring Series*

June 24 – Open Water Simulation with Wetsuits

**Advanced / Intermediate** 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 - cost: \$300/280 member.

April 3  
 April 10  
 April 17  
 April 24 – No session  
 May 1  
 May 8  
 May 15  
 May 22  
 May 29 – No session

June 5  
 June 12  
 June 19 – Open Water Simulation with Wets

**Place:** Asphalt Green, York Avenue & 91st Street

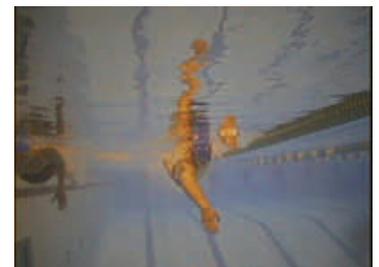
**Cost:** \$300/\$280 (non-member/member)

**Drop-in Rate:** \$40/\$30 (non-member/member) per session with coach's prior approval

**Pro Rated:** with coach's prior approval



SLB Coaching & Training Systems



## VO<sub>2</sub> Max Testing

With technology and science advancing our forefront, athletes may now get very specific about how they train for events and maintain their bodies. Oxygen (Vo<sub>2</sub>) based testing allows for precise measurement of caloric expenditures and heart rate training protocols in correlation to sports performance and general fitness.

Asphalt Green's Triathlon Training Institute encompasses much more

than just testing. Our certified technicians take the time to explain the entire testing process and why it is so beneficial to the end user. Our technicians can also provide a consultation once the test is complete so that you thoroughly understand the results as well as how your body reacted to the exercise. Each athlete will also receive personalized heart rate training zones based off of their own unique anaerobic

threshold as well as have the option of taking advantage of our training and coaching programs designed to meet your particular fitness needs and goals. Bike or Run VO<sub>2</sub> Max testing: \$160/\$150 AGTC member  
 Post-test Consultation: \$50/\$40 AGTC member. Testing is conducted by Exercise Physiologist Jason Goldberg ([jgoldberg@asphaltgreen.org](mailto:jgoldberg@asphaltgreen.org))  
 To schedule an appointment contact Lydette Keo @ (212) 369-8890 ext. 209 or email





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Quote: "Hope ends when the gun goes off." – Mark Allen

MARCH 2006 RUNNING—by Sport Film, on the YES Network

Highlights for March include:

San Blas Half Marathon

Empire State Building Run-up

Coogan's Salsa, Blues & Shamrocks

USA Cross Country Championships

Honolulu Marathon

NYRR Half Marathon Grand Prix

Sat, March 11, 10:30am	Mon, March 20, 1:00am
Sun, March 12, 1:00am	Tues, March 21, 12:30am
Sun, March 12, 12:30pm	Wed, March 22, midnight
Mon, March 13, 12:30am	Wed, March 22, 7:30am
Mon, March 13, 6:30pm	Fri, March 24, 1:00am
Wed, March 15, 1:30am	Sat, March 25, 10:30am
Thur, March 16, 7:00am	Sun, March 26, 1:30am
Thur, March 16, 11:30pm	Sun, March 26, 12:30pm
Sat, March 18, 1:00am	Mon, March 27, 11:00am
Sat, March 18, 10:30am	Wed, March 29, 7:00am
Sat, March 18, 6:00pm	Fri, March 31, 7:30am
Sun, March 19, 5:30pm	

*RUNNING* is broadcast on the YES Network, which reaches 10.3 million households in the tri-state area, including 3.8 million nationally on Direct TV. To confirm airtimes, visit [www.yesnetwork.com](http://www.yesnetwork.com) and click on "TV Schedule," or visit [www.sportfilm.com](http://www.sportfilm.com) and click on "Broadcast Calendar."

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To receive this newsletter, e-mail [newsletter@SLB-Coaching.com](mailto:newsletter@SLB-Coaching.com) please include your full name and e-mail address. Or go to: <http://www.SLB-Coaching.com>

"Train right, race well."

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

The Back Page: Performance Testing

By Neil Cook

**Performance Testing** involves measuring the highest heart rate, average heart rate and speed you reach during a performance test – running, cycling or swimming.

In all of these **Performance Tests** warm-up well before you begin your test. Allow a recovery period between each repeat – allowing your HR to return to an aerobic level before starting the next repeat. Use the highest number you record as your Max HR. This is an estimate, since you will learn to get more out of your body with training and racing. But, for now we can use this number as your estimated Max HR. Measure your average heart rate for each repeat of each test. And, time yourself for each repeat of each test. We will use your speed from these tests to zero in on pacing your workouts for various desired results – endurance, strength and speed development.

**Running** – measure your HR at the end of a 5 Km (or 3 mile) race (or time trial). You may also run 1 mile three times and measure your HR at the end of each mile. Time yourself for your running test – whether you do a 5 Km (or 3 mile) race (or time trial) or you do one mile three times. Convert to your fastest per mile pace (minutes per mile). Measure your average heart rate for your test efforts.

**Cycling** – measure your HR at the end of a 20 Km

(or 12 mile) race (or time trial). You may also cycle 5 miles four times and measure your HR at the end of each repeat. Time yourself for your cycling test – whether you do a 20 Km (or 12 mile) race (or time trial) or you do five miles four times. Convert to your fastest per speed (miles per hour). Measure your average heart rate for your test efforts.

**Swimming** – measure your HR at the end of a 400 yard race (or time trial). You may also swim 100 yards four times and measure your HR at the end of each repeat. Time yourself for your swimming test – whether you do a 400 yard race (or time trial) or you do 100 yards four times. Convert to your fastest per speed (minutes per 100 yards). Measure your average heart rate for your test efforts.

Record the following information for each performance test:

**Max HR**—the highest HR you achieved during the test

**Average HR**—the average HR you maintained during the test

**Pace**—the pace for the test distance (minutes per mile running, miles per hour cycling and seconds per 100 yards swimming)

Repeat your test protocol every 4 to 8 weeks to measure progress and adjust your training plan.

Thanks to our Sponsors!

