

SLB Coaching Newsletter

"Train right, race well"



Winter Programs

- **Winter Coaching Programs** begin - January 7 —**SIGN-UP NOW!**
- **Tri Stroke Clinics** Summer sessions are in progress. Drop-ins are available. Winter sessions begin January 7 & 9 —**SIGN-UP NOW!**
- **Private Swim Coaching**—call for an appointment
- **Video Analysis: Swimming & Running**—call for an appointment
- **AG Tri Club**—**SIGN-UP NOW!**
- **E-Mail Coaching:** Weekly, Gold, TTI Consulting and Training Plan Consult options—**SIGN-UP NOW!**

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Race Ready Program

If you're a triathlete that's short on experience but anticipating a big Fall season in a Sprint or Olympic distance event then 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. We've gathered three of New York's finest triathlete coaches to provide you with **four 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 six week program will kick off with an Introductory Workshop on Saturday, August 13 from 12:30pm – 2pm, and conclude on Saturday, Sept. 24. The two goal races for the event will be the Westchester Triathlon on Sept. 25 and the Mighty Hamptons Triathlon on Sept. 18. Whether you're entering either of these or have another Fall race scheduled, make sure you're "race ready" and enroll now by contacting Paul Weiss at 212.369.8890 or pweiss@asphaltgreen.org.

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.
 - **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

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

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: \$449 for the program

For More Info: Contact 212.369.8890 x150 or pweiss@asphaltgreen.org.

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 Coaching Program

Introductory Workshop Saturday
 August 13, 12:30pm–2:00pm
 Program concludes Saturday,
 September 25
 Key Races:
Westchester Tri *(9/25)
 and
Mighty Hamptons Tri (9/18).

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.

Achieve Your Resolutions:

• **Tuesday January 10, 7-8:30pm: Creating a Fitness Plan That Works!** Run by a trainer and a coach, this would focus on how to set fitness goals (Lose 5 pounds, run a 5K, etc) for yourself, and how to build a program to achieve those goals. This is a good opportunity to focus on the Wellness System & TechnoGym, as well as email coaching & personal training. Rather than focus on nutrition, this hits the key issue of weight loss that's so big in Jan, but from our point of real expertise (the fitness side), although we would cover some nutrition information.

• **Wednesday January 11 7:30-pm: Heart Rate Training** Also a big hit last year, this year's clinic would focus on the basics of what a heart rate monitor does, how to use it and why to use it, along with more advanced applications of HR—how testing helps you find the right zones, how Wellness system tracks your zones, how coaches can use your zones to help you reach goals, etc.

• **Monday January 16, 7-8:30pm: Try A Triathlon.** A showcase of Asphalt Green's wealth of triathlon training opportunities. Geared at beginners, this will feature an ensemble of our coaches reviewing everything from how to start training and what you'll need, to more advanced ideas of coaching, testing, bike fitting, etc

• **Tuesday January 17 7-8:30pm: Swim Clinic** Our runaway hit from last year, this year's version would have 3 coaches to accommodate all levels of swimmer. An on-deck video review, followed by in the water instruction, showcasing our knowledge base, our range of levels and that rather large body of water we have

Reserve your spot - call 212-369-8890 x249 (mention code JAN)



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AGTC Tropical Camp—Key Biscayne

February 15-20, at the very moment when the New York winter is causing you to contemplate pulling a Barry Sanders and disappearing from work and living on a beach, we will head down to the land of sand, sun, palms and thongs for a respite of beaches, warm rides, sandy runs, and outdoor swimming! Register before January for a discounted rate! Check out the information, itinerary and registration form here <http://www.agtri.com/asphalt/events.aspx> and email me with questions!

CAMP ITINERARY:

Wednesday Dinner at Silver Sands Hotel followed by camp meeting on the pool deck.
Thursday Your day begins with a 30:00 ocean swim in the warm ocean behind your hotel room. A two hour bike in Key Biscayne. Afternoon 30-45 minute run and then a stretch session. Dinner and evening activities will be in Coconut Grove!
Friday Swim at 9:00AM. After the swim its breakfast time and then a transfer to Coral Gables for a 45:00 run. We'll have lunch in South Miami, compliments of AGTRI. Evening one and half hour sunset spin.

Saturday Technical swim session. Breakfast before taking off on a long 3.5-4.0 hour ride. Lunch and have some free time before our evening run through Key Biscayne.
Sunday A short spin and then a longer run (different distances TBA) through Crandon Park on Key Biscayne. We'll bike for our final 2-3 hour ride to South Beach.
Monday Final morning swim and then depart for airport.
 Cost: \$1,100, or \$1,000 with the purchase of an AGTC membership. Contact: Lydette Keo 212-369-8890 x209

Mercury Masters

The Mercury Masters—a running club for women over 50 years old. Weekly coached workouts on Thursday evenings in Central Park. For more information and to join the Mercury Masters go to:
<http://www.MercuryMasters.org>
 The Winter Training Session: 10 weeks starts on January 5 and goes to March 16 - **Strength Building.**

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 in Great Neck.

January 25th – How to design a training program & building endurance

February 22nd – How to build strength and gain speed

March 29th – Skill sets for Triathletes – swimming, cycling and running

April 26th – Building Speed for Triathlon

May 24th – 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: \$15 per session / \$40 for all 5 Clinics + \$10 Discount on Open Water Clinic
 Asphalt Green, 555 East 90th Street
<http://www.LIGoldCoastTri.com>
Long Island Gold Coast Triathlon & Duathlon Sunday, June 18, 2006

"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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Ralph Balsamo

Ralph Balsamo my best friend and ...

It took Richie Innormorato and Ralph's partner Betty Marolla to stir me into action. Richie wrote this in the Broadway Ultra Society (BUS) newsletter I received last night. Some of you may remember Ralph.

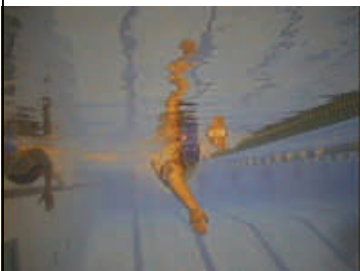
"Ralph Balsamo is an original BUS member. He was also a hell of a runner. He finished 2nd in the Knick 60K and the Bear Run 70K, and once ran 9:22 (a pace of 8:02 per mile) in the Sri Shinyoy 70 Mile. But more important, he is kind, very giving, compassionate and a very good friend. Ralph is suffering from Alzheimer's disease. His partner in life and dearest friend, Betty Marolla has been there for Ralph with love and support during these very difficult times. Betty will be participating in the Memorial Walk on Sunday, October 23 at Riverside Park at 11

am (New York City). I implore you to please make a donation to help improve the lives affected by this disease. You can make your contribution to the Alzheimer's Association - NYC Chapter, Attn: Memory Walk 2005, 360 Lexington Avenue - 5th Floor, New York, NY 10017. Please state that your donation is for participant Betty Marolla in honor of Ralph Balsamo. Thank you very much."

Ralph is the reason I ran ultras, through his encouragement, support and love I was able to complete 15 ultras. He was my Ultra Running idol. He did them all - Western States, Pioneer 100 mile Trek, Met 50 miler, Sybil Luddington and more than I can remember. He was the perfect runner. He ran before the boom and after the boom. He did the big races NYCM and Boston and

the small races Yonkers and Jersey Shore (when it started and finished in Asbury Park). He ran short and fast and long and fast. I would chase him and he would wait for me at the finish. When we both lived in NJ we ran every weekend together. Long meandering runs and conversations. We'd tell each other stories and jokes and repeat them over and over. We never tired of each other, the stories and especially the jokes. I nominated him for the Millrose AA and am honored to be his teammate. I am honored to have shared more miles with him than I can remember. I am honored to have him as my friend. Everyone should have a running friend like Ralph!

Tri Stroke Clinic



These clinics are 10 weekly two-hour sessions held in Asphalt Green's Delacorte pool (91st Street and York Avenue). You will receive **underwater** videotaped stroke analysis at each session. There is 15 minutes of deck drills, 1 hour of pool time, followed by 30-45 minutes of video analysis of your stroke.

The goal of the clinic is to improve your body position in the water (reducing drag), improve your stroke and breathing technique, and increase your level of fitness. This program is designed for triathletes with basic swimming skills through advanced triathletes looking to improve their swim times. Requirements are the ability to swim 100 yards without stopping and a desire to improve. We will work on basic fitness, stroke skills and provide a training program that will help you meet your goals.

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.

January 7

January 14 – No session

January 21

January 28

February 4

February 11

February 18 – No session

February 25

March 4

March 11

March 18

March 25 – 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.

1. January 9

January 16 – No session

2. January 23

3. January 30

4. February 6

5. February 13

February 20 – No session

6. February 27

7. March 6

8. March 13

9. March 20

10. March 27 – Open Water Simulation with Wetsuits

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

To register contact Lydette Keo 212-369-8890 x 209.

Matt Long—Ironman & Fireman

It's been a long strange and painful year. Our club has suffered a number of season ending injuries – broken bones, surgery and more. Which always makes me think. One of those injuries was my shattered collar bone. My wife just had knee surgery. And, a teammate and friend is in critical condition after being struck by a bus while cycling to work. The past three days NYC had a transit strike. Subways and buses, the main means of transportation for the millions of people that live and work in NYC were not running. The city took measures to provide safe walking and cycling routes. Bridges and avenues were closed to all but emergency vehicles so that pedestrians and cyclists could commute to and from work.

Matt Long is a firefighter. In my mind that says volumes about the man. The first time you meet Matt the dominant feature is his face. He has a great big smile, and a bald head! There's so much face there you can't take your eyes off of him. His smile need that much to be fully seen. During our swim sessions Matt's determination was evident. He worked hard and became a good swimmer. During our BRick workouts he would push hard. And always there was Matt's smile.

He completed Ironman Lake

Placid this summer. So, he's an Ironman, and a fireman and the owner of one of the biggest smiles in this city.

On Thursday morning, while Matt was cycling to work at the NYC FD training center on Randall's Island he was struck by a bus. He's in critical condition. I have not been to the hospital to see him, he's in ICU and his family has asked his friends not to visit yet. But, I know this, what ever Matt's condition, no matter how serious his injuries, there are two things you can count on – his smile and his will do everything possible to pull through this tough patch.

We all go through them. Usually, they are not life threatening. Our personalities help us face the difficulty. Our training, being an athlete, helps us too. We learn delayed gratification. All those days of training to race to a finish line. All that work, sweat and at times self doubt, make us stronger and more determined.

We usually don't think about accidents, crashes and injuries that are life threatening. We usually worry about making it through a tough workout, a run in cold and wet weather, a swim with waves pushing us around, cycling with a cross wind and a big long hill. But, that's what we train for, to overcome those obstacles. None of us train to

survive an accident.

A fireman trains to save other's lives. They constantly put themselves at risk. They also train to survive and to take care of them selves. Athletes train to survive the self adopted challenge – complete a 10 Km run, a marathon, an Olympic distance triathlon or an Ironman triathlon. These are not life threatening. Being a fireman is to put your life on the line everyday. Cycling to work shouldn't be a life threatening activity. But, too often it is.

Everything about Matt – his training as a fireman and as an Ironman, his ever present smile and giving personality, has prepared him for his current challenge and the challenges he will surely face in rehabilitating from these injuries.

I have no doubts that Matt will cross many more finish lines. Frank Carino, AGTC member and NYFD employee, has asked that any club member wishing to donate blood in support of Firefighter Matthew Long are encouraged to do so at area blood centers. PLEASE DO NOT GO TO NEW YORK PRESBYTERIAN HOSPITAL TO DONATE BLOOD.

To donate, call 1-800-933-2566 (1-800-933-BLOOD) or visit <http://www.nybloodcenter.org> to schedule an appointment.



SLB Coaching & Training Systems



Frank Carino & Matt Long

VO₂ 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 (Vo₂) 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 VO₂ Max testing:
\$160/\$150 AGTC member
Post-test Consultation: \$50/\$40 AGTC member

Testing is conducted by Exercise Physiologist Jason Goldberg

(jgoldberg@asphaltgreen.org)

To schedule an appointment contact Lydette Keo @ (212) 369-8890 ext. 209 or email lkeo@asphaltgreen.org.



SLB Coaching & Training Systems



Charles Olson

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To receive this newsletter, e-mail 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>

Quote: "Your biggest challenge isn't someone else. It's the burning in your legs, and the voice inside you that yells, "CAN'T," but you don't listen. You just push harder. And then you hear the voice whisper, "can." And you discover that the person you thought you were is no match for the one you really are." – unknown

The Back Page: State of Mind

By Charles Olson

If only it was easy to change your state of mind, I am sure many people would be able to change their lives. Once a certain way of thinking sets in, I have found it hard to change the course of my thoughts. It is like traveling downhill on a bicycle and you come up to a fork in the road. You somehow wind up taking the left fork, but you wanted to take the right.

Now how can this be? If you wanted to take the right fork, how could you let yourself veer to the left and start going the wrong way? Was it because the left fork was just easier and you are just tired of pushing in the direction you want to go?

Once you start going down the left fork, the longer you let yourself go, the harder it will be to go back and continue on your desired course. You have to stop the downward momentum, push back up the hill (how far, depends on the distance you went before you stopped yourself) and then get back on track. If you let yourself go too far, it will be impossible to climb back up. You will need to continue down this easy path, until the end, whereupon you will find nothing.

You know you are cruising smoothly when it is easy to avoid those left forks in the road. Sometimes though, the road is so slanted to the left and the road to the right is so rocky, bumpy and difficult, that you just let yourself go with the flow.

This is where I am now. I am traveling downhill and I am struggling to stay to the

right. I am ok with that. I am definitely succeeding to staying to the right. I've arrived at similar forks in the road in my past. This was always after several years of training, where one day I let myself glide to the left.

This easy road on the left side of the fork is very seductive. I've taken it before and discovered that at the end of it, I wish I stayed to the right. I arrived at the end of the easy path soft and out of shape and having wasted all of the hard efforts I put in before. I suppose part of the reason why I did this in the past was that I had no set goals in my mind, or if I did, I believed them to be impossible to achieve. I know other people, besides myself who have slipped and taken the left fork in the road. I've never heard one of them say they were happy about their decision to go down it. They always look back with regret that they didn't struggle to stay on course.

This morning the left fork stared me in the face and beckoned me longingly. It was in the form of my warm bed and soft pillow. The right fork announced its presence with howling winds and a cold chill blowing through the cracks in my window. The last thing I wanted to do was follow the right fork to the pool at Asphalt Green for 2000 yards of swimming; but that is what I did.

Right now I am wondering, what was so difficult about that? Left fork, you are a devil.

Thanks to our Sponsors!

