



# WCCTC Tri News

## Bike to Run Transition tips:

Prior to the race know your bike in and run out locations and mark your transition spot with a special marker (handkerchief, etc.). Remember the marker you established for your self prior to the race and calmly look for you it as you enter T2. Knowing where all your exits and entrances are and where your transition spot is will help you to stay relaxed and not only waist energy.

Pedal in your small chain ring at a higher cadence the last ¼ mile of the bike ride to help redistribute blood flow which will lessen that feel of running on "tree stumps". Once off your bike jog through the transition area to rack your bike this helps to make some initial biomechanical adaptations before you actually start your run.

As you begin the run portion of the race that "stumpy" feeling can really be evident so don't force your pace. The first portion of the run will feel awkward for the first ½-1 mile but you will be able to settle in to your running goal pace early in the race.

These tips along with regular BRick training, in which you complete Bike and Run workouts back to back, will make a big difference you making T2 as seamless as possible.

## Clothing: more than just a fashion statement

With warm weather over and winter just around the corner wearing the right clothing for winter training is an important component of training to keep you motivated on those cool crisp mornings or warmer afternoons. During this time of the year there are many different weather scenarios so it can be difficult to judge what to wear. During these periods layering becomes an important element to proper training attire. For example a Coolmax or Drylete shirt for the inner layer combined with a breathable running jacket, Drylite, for the outer layer, is standard attire for these workouts. If it is raining the outer layer should be water resistant, Microfiber for example, at the very least. Water proof clothing can be great, although breathable water proof clothing such as GoreTex can be expensive. A single long sleeved layer may also be worn. A long sleeve top made of Polypropylene can be an excellent way to stay warm without getting bogged down with several layers of materials.

A breathable cap or hat for biking and running, that is perforated for running, may be an option although these types of clothing choices, as well as gloves, will be utilized more during the winter months. During this time of year you may also con-

sider wearing tights. Lycra, Ther-mastat, or Dryline tights are the most common type used and can be useful on dry crisp days because of their ability to retain warmth and can whisk water away from the body, therefore they can be comfortable to wear during such conditions. A Polypropylene tight will also work in the rain but they are thicker and heavier than Lycra tights. All these tights though do not provide water protection when it is raining so they soak up the water making workouts somewhat uncomfortable.

Layering Tips:

**First Layer:** This layer must move moisture away from your body to prevent chill so a fabric such as Cool-Max is beneficial.

**Mid Layer:** This is your insulating layer. It continues to move moisture to the outer layer, but also traps warm air for insulation. Don't make this layer too heavy or too tight fitting since you may over heat.

**Outer Layer:** This layer protects you from the elements and completes moisture transfer by releasing perspiration into the air. It could be a vest, jacket or a complete breathable, waterproof workout suit. How cold and wet the weather is determines what your outer layer will be.

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## Weight training: Making all the difference

A light weight training or circuit routine can also be an integral part of training routine. Including a weight lifting program that incorporates 2-3 days of lifting 2-3 sets @ 12-20 repetitions on 6 larger muscle groups is generally all that is required to maximize its benefits as a cross training tool for triathletes.

### Benefits

- 1) Decreased muscle fatigability
- 2) Increased muscle contractile strength
- 3) Increased tendon, bone and ligament tensile strength
- 4) Improved power and overall performance

### Guidelines:

Frequency: 2 days per week  
Duration: 20-30 minutes  
Intensity: 2-3 sets @ 12-20 repetitions (20 during the later months of a training program and when involved in specialized routines)  
Mode: Free weights and Nautilus type are preferred.

## Clothing: more than just a fashion statement continued

In general, for running dress for temperatures that are 15-20 degrees warmer than air temperature and for cycling dress 5 degrees warmer than air temperature.

### Layering Guide

Warm – Over 60F; Mild 40-60F; Moderate – 20–40F; Cold 0–20F; Extreme <0F

<u>Fabric</u>	<u>Features</u>	<u>Weather Conditions</u>
CoolMax	Moisture Mgt, Lightweight	Cool – Warm
CoolMax Alta	Moisture Mgt, Lightweight , Breathable	Cool – Warm
Polypropolyne	Ligtweight, Warmth Retention, Durable	Cold – Moderate
Thermastat, Lycra	Ligtweight, Durable	Cold
Supplex/Lycra	Moisture Mgt, Ligtweight	Moderate – mild
BiPolar	Moisture Mgt, Ligtweight, Warmth Retntion, Breathable	Extreme – moderate
Fleece	Moisture Mgt, Ligtweight, Warmth Retntion, Breathable	Cold – moderate
Drylete	Moisture Mgt, Warmth Retntion, Breathable	Cold – moderate
Dryline	Moisture Mgt, Warmth Retntion, Breathable	Cold – moderate
Gortex	Wind & Water Protection, Breathable Durable	Cold/Wet/Wind
Microfiber	Water Protection, Breathable Durable	Cold – moderate



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## Weight training: Making all the difference continued

**Getting Started:** start with only 2 sets of 15 repetitions for the first 4 weeks. Add another set at the end of the 4 weeks. After that point begin adding weight (10% increments) to each exercise. An increase in weight should only occur if you can complete 15 repetitions easily.

**Warm-up:** Always complete a cardiovascular workout before you perform your weight training regime. If you do not engage in a cardiovascular regime before a weight lifting routine then complete a 10 minute cardiovascular warm-up before you perform your weight training routine

**Selection:** A routine should work all major muscle groups of the body, although the routine should minimize the amount of work to the lower body. One exercise, with aforementioned sets and repetitions for the quadriceps, the hamstrings and the calves is adequate. More advanced routines can be established with the assistance of a trainer. Begin each weight training routine with lower body exercises and work your way up the body to smaller muscle groups. E.g. calves, quadriceps, hamstrings, hips, abdominal, lower back, chest, upper back, shoulders, biceps and triceps. In addition, never perform a lifting exercise on the same muscle group (biceps, hamstring, calves, triceps, etc.) on consecutive days.

**Range of Motion:** Move through the entire range of motion; full extension through full contraction, without hyper-extending joints. Lift steadily 2 seconds on the concentric (lifting) phase and 3 seconds on the eccentric (lowering) phase, not jerky and fast and through the complete range of motion. DO NOT sacrifice form for added weight. Use proper technique.

**Breathing:** Breath normally during each lifting exercise routine and take 30 seconds rest between each set.

**Progression:** The resistance should always be established at a point that the last 2-3 repetitions in each set are somewhat difficult to complete. In order to avoid weight training performance plateaus manipulate the sets, repetitions, and weight (10% increments) every 6 weeks and the type of exercises, including a mix of machines and free weights, every 4 months.

**Injuries:** Injuries can occur and should be met with the RICE approach and preventative stretching.

## Weight Training Exercises



### **Box Stand – Plyometric**

**Muscles worked:** Quadriceps and Glutes

#### **Instructions:**

Place a foot flat on the bench with arms next to you sides.  
Press up with the leg that is on the box raising the body upwards until your leg on the box becomes full extended  
Lower the body until your foot returns to the floor. Repeat.

#### **Don'ts:**

Don't allow the knee caps to line up past the foot. The knee caps should line up over the ankle.



### **DB Dead Lift**

**Muscles worked:** Low back & Hamstrings

#### **Instructions:**

Keep the arms perpendicular to the ground. Back should remain flat. The knees are bent slightly.  
Ready yourself and then slowly rotate your torso upwards until you are standing erect and the dumbbells are resting on your thighs.  
Watch the wall throughout the exercise.  
Return to the starting position in a slow controlled manner letting the dumbbells swing naturally out in front of you.

#### **Don'ts:**

- Don't allow the back to curve.



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## Weight Training Exercises continued



### Forward Lunges w/Single Arm DB Overhead Press

Standing upright lunge forward with your left leg and feet separated 2/12 feet apart, hold dumbbells in each hand next to your thighs.

As you lunge forward lower yourself down until your forward thigh is approximately parallel to the floor. Upper body remains straight and upright. The heel of your trailing foot will raise.

As you lower the body, press the left dumbbell straight up so the arms are completely extended overhead. This should be one continuous motion.

Reverse the motion, lowering the weight to the starting position in a slow, controlled manner and returning to an upright position. This should be one continuous motion.

Repeat until you have completed a set, switch legs and arms then repeat.

Don't let your front knee move farther forward than your front foot.

Don't bounce the dumbbells off your shoulders in an effort to create mo-



### Push-up with DB One Arm Row :

Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The hands are gripping the dumbbell and the body is supported at the feet.

Push-up - Lower body towards the floor or bench until chest is a fist length from the floor or bench, while keeping back parallel to the floor or straight if using a bench. Complete only half of the downward movement if entire movement is too difficult. Build to complete the entire movement.

Push your body back to starting position slowly and with control until your elbows are fully extended.

When the arms are fully extended pull a dumbbell up towards you so the DB is in line with the torso, keeping the elbow tight to the body. Tighten the core to stabilize the movement.

Lower the dumbbell, complete another row repetition with the other arm and repeat. Don't allow the back to sway or bow.



### Plank:

Position the body in a modified push-up position with elbows and feet on the floor. Elbows directly under the shoulders, body is straight with neck, hips and ankles in alignment. Hold for prescribed time Release and repeat.



### Side Plank:

Position the body with one elbow and one foot on the floor facing sideways. The elbow is directly under the shoulders body is straight with neck, hips and ankles in alignment. Hold for prescribed time Release and repeat.

### Tips to Remember

#### Range of Motion:

Move through the entire range of motion; full extension through full contraction, without hyper-extending joints. Lift steadily 2 seconds on the concentric (lifting) phase and 3 seconds on the eccentric (lowering) phase, not jerky and fast and through the complete range of motion. DO NOT sacrifice form for added weight. Use proper technique.

Breathing: Breathe normally during each lifting exercise routine and take 30 seconds rest between each set.



### Walk the Ball w/Push-ups

Lie face down on the ball with your knees on the floor bent at 90 degrees. Roll up onto the ball and continue to roll over the ball walking across the floor on your hands. Stop when your feet reach the ball and hold for 10 seconds then complete 5-10 pushups from this position. Return to the starting position reversing your motion.

Don't complete this exercise too fast as it requires balance as well as strength.



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## Weight Training Exercises continued



### DB Squat with Bicep Curl and Overhead Press

- Standing with feet separated to shoulder width w/knees slightly bent, hold dumbbells in each hand next to your waist, keeping palms facing towards you.
- Perform and complete squat to 90 degrees, then keeping your elbows close to your body, use your biceps to curl the dumbbells up to chest level. As you curl the dumbbells rotate your wrists, with your palms pointing towards your chest at the end of the curl. This should be one continuous motion.
- Once the DB reach the chest rotate the DBs outward so your palms facing away from the body and press the dumbbells straight up so the arms are completely extended overhead.
- Reverse the motion, lowering the weights to the starting position in a slow, controlled manner and returning to an upright position. This should be one continuous motion.
- Repeat until you have completed a set



### DB One Arm Row

- Place one arm on the seat with head up, back straight, feet firmly on the floor.
- Grip the dumbbell allowing the arm to hang freely, slowly pull the dumbbell up towards you keeping the elbow tight to the body until the elbow is even with the back.
- Slowly let the dumbbell drop away from you, back to the starting position.
- Don't swing the body to complete



### DB Combo Shoulder Raise – straight arm standing

- Stand with the dumbbells facing the body, feet are hip-width apart and the knees slightly bent.
- Move arms sideways to shoulder height then return to starting position.
- Then raise the dumbbells forward so they reach shoulder height then return to starting position. **lat on the floor and he elbow pads.tating cam.**
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- Don't rest once you have completed the return motion. You should have near continuous motion.
- Don't draw your elbows above your shoulders.



### DB Bench Press

- Lie face up on a bench on the floor with feet flat on the floor while grasping the dumbbells with a closed, pr nated grip, just wider than shoulder width. The elbows should be at chest height at the start of the exercise, facing away form the body while the elbows are flared outward.
- Raise the dumbbells straight up.
- Return to the starting position