



Dear Innovative Results,

I need your advice...I am increasing in my mileage like a crazy women, but I feel good about it and I am doing great...except one thing...my long run today was 20mi => in 3hrs, it was a great run except, my legs were giving up on me...I had enough energy to keep going but once I slowed down it was like, holy crap this freaking hurts, I will tell you though the pain was in my quads and hip flexors...is there anything I can do in my training to strengthen my legs...I feel like I am doing great runs thruout the week...maybe more sprints? or try to incorporate more strength training...if that is the case, then what can I do? I appreciate your help! Oh and the count down begins...4 weeks till the big day...26.2!!!

P.S. I hope you are doing great!

Here are 5 tips to turn your Tri into a Win!

1. Mental Ability.

Your mental ability to continue when it is painful and finish what you have started. The continue when you are in pain will come from deep within—maybe even a spiritual level. The finishing what you have started may be helped by visualizing the whole race and specifically the finish line. Keep watching yourself cross that finish line in a happy, winning state of mind.

2. Muscular Development.

You should now have a plethora of Type 1 muscle fibers. These red, oxygen fueled, muscle fibers are smaller and become less fatigued, while working for longer periods of time, because they are fueled by oxygen instead of your other muscle fibers which are Type 2a and b, which are non-oxygen utilizing muscle fibers. My suggestion would be to spend less time in the gym and more time on the road to create less use of your anaerobic muscles and more use of your aerobic muscle fibers. You may only spend one or two 30 min sessions in the gym, just to work speed and technique and still be able to perform huge on race day. The closer to race day the more you want to train for a race not a body-building show. (make sense?)

3. Daily Muscle Massage.

Use a foam roller, the stick and or massage to break up adhesions and increase range of motion in muscle tissue. These techniques will help you perform better, reduce muscular

imbalances and help prepare your body for a hard workout or race. You can use before any event to “wake up” your muscles and increase range of motion over time. The foam roller offers an effective, inexpensive, and convenient way to both reduce adhesion and scar tissue accumulation.

4. Energy Conversion.

There are three issues here: lactate threshold, oxygen assimilation, and glucose usage (catabolism and anabolism). The lactate threshold can be trained through hill repeats until you think your legs are going to fall off and then continue to eek out a couple more, training your mind, body and spirit to adapt to the chaotic stress through its physiology, biochemistry, mental capacity and spirit. The oxygen assimilation is done through progressive overload and breathing techniques while you run and when you visualize your run (meditation). The glucose usage may be your biggest barrier, because of the distances and times you are running. Anything longer than an hour and a half is sure to bring about a catabolic state (this is where your body feeds off of its muscles, fat, and stuff because there are no glucose or glycogen reserves left). My recommendation would be to consume something with sugars, electrolytes, and water every 30 min. Something I have used in the past is Accelerade. I have also used goo, cliff bars, and powerade. One time I was hard up and cramping so I went

to a corner store and put salt, sugar packets and water into my bottle and kept making it and drinking it until I was good again.

5. Everyday Stress.

Our daily lives at the office and in front of the computer reek havoc on our bodies. Add hours of running, biking and swimming and most people develop tightness, weakness and poor posture in certain areas. Stretching your calves, hip flexors, glutes, hamstrings, lower back, chest and shoulders can help increase power, decrease pain and reduce the incidence of injury over time. I'd recommend using the foam roller pre exercise and using static stretching post workout.

SO there ya have it. 5 simple, effective ways to turn your next Triathlon into an enjoyable, successful experience!

This information has been provided by Innovative Results. Innovative Results has been voted #1 personal trainers in Orange County for 2 years in a row. For more information, visit: www.Innovative-Results.com Call to schedule your FREE trial today 866.243.4472

