



New Look, New Plans, New Format

With the help of Sinta Tan Web & Graphic Design (<http://www.sintatan.com>), Coach-Tony.com has a new look. I invite you to peruse through a much more organized and easy to navigate site. Articles are categorized easy access. As time permits, additional articles will be posted. Also look for new e-Books coming in the fall including topics on nutrition, hydration, running, and cycling.

If you think you can't you're right. If you think you can, you will.

-Tony Troccoli

Run Clinic – August 4th

If you missed it last time, this is your second chance to attend the run clinic!

When: Saturday, August 4 9:00 AM - 10:00 AM

Where: Day Creek Park, on the corner of Day Creek and Banyan.

The clinic will be a review run technique, heart rate monitor training, and include a beginner level talk about running for weight management and/or endurance. The clinic is free. Any donations made will go to Triathlon Connection; www.triathlonconnection.com.

SAFETY. IDENTIFICATION. LIFESTYLE

If you are a runner, cyclist, triathlete or just a person who doesn't sit on the couch all day, Road ID is for you. This awesome piece of gear not only looks good but it could save your life. In the event of an accident, if you can't speak for yourself, your Road ID will. Available on www.coach-tony.com in 5 different styles. It's not just a piece of gear - its peace of mind.

the Wrist ID



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Marathon (& Half) Training

Considering a winter or spring marathon? Now is the time to start training. Do you have a training plan? Consider a Coach-Tony (CT) Program.

CT plans are beginner friendly and can be started anywhere between July and October for a Winter or Spring Marathon/Half Marathon. Your fitness level and goals will determine the duration of training needed. Many experts will tell you not to increase your mileage more than 10% per week. CT plans adhere to this very important concept. CT Plans are carefully, well developed programs that gradually build your endurance and confidence to complete any marathon.

LA Marathon – March 2nd 2008. Think about it.

CT Plans Move to Training Peaks

CT plans are moving to Training Peaks. What is Training Peaks? Good Question. Training Peaks is an on-line Workout Planner. It allows coaches to place training programs and their methodology on a web tool for athletes like you to follow. You can pick and choose the CT Training Program that best fits your needs and track your workouts from anywhere web access is available. It allows both of us to login and see your plan and performance on-line so that we can discuss your progress. Access to your plan on Training Peaks is free with the purchase of your on-line CT training program. Other Training Peak features are available at additional costs.

Looking for a Group Workout?

Various Tuesday and Thursday morning runs have been added to the group workout section of www.triathlonconnection.com. Ad-hoc workouts such as ocean swims are popping up on the message board more frequently. Stay in touch by joining the message board either through coach-tony.com or triathlonconnection.com; its one in the same message board.

Running Posture

Running is not easy. However, for the time invested, it is by far one of the most beneficial activities in terms of workout, calories burned, muscle strengthening, stress relieving, and overall fitness improving activities you can do without placing a strain on your career, family, or relationship. Below are a few basic running principles that foster an efficient running posture and possibly help you make some improvements.

Head Position

Your head position should be such that you are looking 15-20 feet ahead of you in a down angle. Keeping your chin locked, but not tight, in this position will eliminate head sway that could cause residual neck soreness.

Chest & Shoulders

Run tall and proud with your chest open. Keeping your torso up high will allow for better air flow. Imagine a bar running down through the top of your head and spine keeping you upright and straight. Building a strong core will help your torso stay tall during the later miles when fatigue usually compromises run posture. Leaning forward will help your momentum. Leaning forward does not mean bend at the waist so that your upper body leans more than your lower body. Your entire body should lean forward keeping the alignment with the imaginary pole running through your spine.

Arms

Your right arm swing assists your left leg's turnover (and visa versa). Your arm swing motion should be forward in the direction you're heading and not across your body. Keep your elbow in line with your wrist. Imagine that you're pulling down on a string that is attached to a bell. Avoid crossing over the midline of your body. Your hand should be just above your waist, not up by your chest. Your hands should be cupped and wrists straight.

Hips

Bringing your hips forward will facilitate and improve your leg lift. Imagine your hips are a bowl and the top half of your body rests in your bowl (hips). If you tip your bowl forward too much, your body will spill out. Another way to look at this is to slightly overcompensate for your butt sticking out your back side. Bring it in so that your torso rests on top of your hips.

Foot Strike

Generally, there are 3 kinds of foot strike; heel, mid-sole, toes. Heel strike is when your heel is the first part of your shoe that meets the ground. This happens when your foot meets the ground in front of your torso and is caused by poor hip position. The drawback to this strike is that you are braking with each stride, losing momentum, wasting energy and running very inefficiently. You will also wear the heel of your expensive running shoes prematurely while the rest of the shoe is probably just fine. Your foot should strike the ground at the mid-sole (center) of your shoe and directly beneath your torso (or as close as possible). This will avoid any loss of momentum and place your leg in a "ready" position to push you forward. As you run, bring your heel up towards your butt. This helps to bring your legs forward and promotes a more efficient stride.

Here are a few common questions and answers about running:

Q1 - If I am trying to lose weight how important is it that I actually eat during the run? During training? During the day of the race?

A2 - Losing weight through running is a great idea. Your body can sufficient calories to conduct a 60-90 minute workout without needing any additional caloric intake. Workouts, or races, beyond 90 minutes should be supplemented with additional calories that help you burn sustain energy levels. Remember, your heart rate will dictate the ratio of fat vs. carbs required given the zone (workout intensity level) you're in.

Q2 - I used to run but now I am 40+ pound over weight, I really have not run in years and am concerned that maybe running is not for me anymore till I lose the weight. How should I go about running (or should I start with another exercise) I really love running!

A2 – Running is for everyone. Start slow, maybe by walking, and give your knees time to readapt to the stress. If done properly, running is probably one of the quickest and healthiest ways to management weight. Keep in mind, proper weight management through running is a lifestyle change that includes better nutrition and sufficient recovery.

Continued on www.coach-tony.com

Hyponatremia vs Hydration

The normal concentration of sodium in the blood plasma is 136-145 mM. Hyponatremia occurs when sodium falls below 130 mM. Plasma sodium levels of 125 mM or less are dangerous and can result in seizures and coma. Did I scare you? Good. Read on.

As athletes, we hear the term hydrate. What you hydrate with is as important as the hydration process. Hydrating with water is not hydrating. Excess water causes hyponatremia because the absorption of water into the bloodstream can dilute the sodium in the blood. This cause of hyponatremia is rare amongst non athletes but is a concern for endurance athletes who need to ensure proper levels of sodium. It is also found in people who compulsively drink more water than necessary per day. Excessive drinking of beer, which is mainly water and low in sodium, can also produce hyponatremia when combined with a poor diet.

Marathon running or distance cycling, under certain conditions, leads to hyponatremia. Runs of 25-50 miles can result in the loss of great quantities (8 to 10 liters) of sweat, which contains both sodium and water. Studies show that about 30% of marathon runners experience mild hyponatremia during a race. But runners who consume only pure water during a race can develop severe hyponatremia because the drinking water dilutes the sodium in the bloodstream. Such runners may experience neurological disorders as a result of the severe hyponatremia and require emergency treatment.

Symptoms of moderate hyponatremia include tiredness, disorientation, headache, muscle cramps, and nausea. Severe hyponatremia can lead to seizures and coma. These neurological symptoms are thought to result from the movement of water into brain cells, causing them to swell and disrupt their functioning.

Moderate hyponatremia due to use of diuretics or an abnormal increase in vasopressin is often treated by instructions to drink less water each day. Hyponatremia due to adrenal gland insufficiency is treated with hormone injections.

Prevention (for athletes)

1. Understand your sweat rate. (see www.coach-tony.com – articles)
2. Hydrate with sodium rich liquids like Gatorade before an event.
3. Remain hydrated throughout your event. Everyone's stomach is different. Try various products until you find something that works for you.
4. Know how much to drink (see below)

A pint's a pound the world around:

1 pint = 1 water bottle = Generally, the average a person can absorb in 1 hour.

2 pints = 1 quart (almost a liter, .946) = Generally, the most an average person can absorb in 1 hour but only under extreme heat and humid circumstances.

Loosing 1 pound of weight means 1-pint loss. One liter (or 1 quart) is about 2 pounds. So when you read liter think 2 water bottles.

On average, athletes loose 1 liter (the equivalent of 2 water bottles) of fluid per hour of exercise. Extreme heat and humidity will raise this amount. Your stomach cannot digest liquid at the same rate. A trained athlete can survive the first 90 minutes of exercise on stored glycogen. As your muscles burn glycogen, water is released as a metabolic by-product and excreted as sweat.

As you acclimate yourself to training, environment, terrain, distance...etc and become a better athlete, your body's ability to whether the training or event increases. You adapt. The goal of hydration is not to replace fluid pint-for-pint but to help maintain the mineral balance, glycogen and sodium stores and your body needs.

Race Day Hydration Short story: 20-25 ounces of hydration fluid per hour or 4.5-7 oz every 15 minutes. Your goal should be to replace 1.5 – 2 water bottles of fluid per hour. Temperature and humidity will play the biggest factor on weather or not to increase these amounts.

Train hard but train smart because it far better to train than to recover.

Products Recommendations

Products recommended are those I have tested, use, and rely on for improved performance, comfort, and/or recovery. I do not receive any financial reward for promoting these products.

ESP Grips: ESI's lightweight MTB & Road accessories are shock absorbing and fatigue reducing. Combined with gloves, ESI Grips provide additional cushion many are looking for on long training rides. Many triathletes choose to forgo gloves for quicker transitions. ESI grips provide plenty of cushion so that you can race without gloves. (For safety's sake, you should always wear something to cover your hands.) For more information on ESI Grips, see www.esigrips.com.

FRS: During "Specific" training, your body needs to repeat and recover. FRS is a formulated supplement that combines various antioxidants with key vitamins and metabolic enhancers to expedite your recovery. An 8 oz serving of FRS provides 300mg of potent free radical fighters found in fruits and vegetables.

Hammer Bars: I'm a long time Power bar fanatic (and remain so for Cookies and Cream bars). I have found something that works just as good (maybe a little better) and is easier to digest during races; Hammer Bars. They are all natural with organic ingredients. Hammer Bar is loaded with healthy, non GMO, energy-producing organic ingredients with no added refined sugars. Plus it carries USDA organic, non-dairy kosher and vegan (Almond Raisin) certifications. They are versatile in that as a pre-race meal, post workout recovery food, or healthy snack anytime. They can also be used to complement your liquid fueling regimen for extended exercise periods.

Key Features:

70%-90% Raw, non GMO, 100% vegetarian, Gluten-Free, non dairy organic Belgian Dark Chocolate (Chocolate Chip flavor), rich in phytonutrients and enzymes, alkalizing protein, healthy carbs, high protein, high in essential fatty acids, cold processed, delicious taste.

Extra Benefits:

The Hammer Bar contains only healthy fats (no trans fatty acids) and is an excellent source of phytosterols and sterolins, all of which have multiple health benefits.

More on the Message Board

One of the most successful communication tools Coach-Tony.com has launched since its inception has been the message board. Better known as Yahoo Groups, members submit notes to the message board covering a variety of topics including workouts, race reports, classified, and social events. It's an easy way to stay in touch with other athletes and what's going with their training. Here's how it works:

1. Go to the website: www.coach-tony.com
2. Select "Message Board" from the site menu

That's it! You're there. To join, select "Join This Group." The most recent messages will be listed at the top of the page. If you're not a member of the message board, you will need to join before you can post messages. As a yahoo groups member, there are 4 different ways in which you elect to be notified of new messages. This is done through the "Edit My Membership" link.

Individual emails.

Yahoo groups will send individual emails every time a new message is posted.

Pro: Instant Notification

Con: You may receive more e-mail

Daily digest:

Yahoo groups will collect all messages posted sent in the last 24 hours and send the messages to you in a single email.

Pro: Minimal e-mail traffic

Con: Delayed notification.

Special Notices.

Only send me important update emails from the group moderator.

Pro: Minimal e-mail traffic

Con: You will be notified of only selected topics

No email

Yahoo groups will not send email. You will need to read the messages from the web site.

Pro: No e-mail traffic

Con: You will need to go to the message board to read postings.

This is a community message board shared by Cycling Connection (www.cyclingconnection.org) and Traithlon Connection (www.triathlonconnection.com) members.