

PR Tri Coach News

December 11, 2007



PRTriCoach Swim Clinic February 2nd, 9th, and 16th

Check out <http://www.prtricoach.com/clinics.html> for upcoming PRTriCoach swim clinics

Training

Gain some fitness and leave the car at home!

Over the years I have commuted to school and work in several ways.

I have run to class in college, biked to the YMCA to coach swimming, paddled to work in Tennessee, and am back to biking to work. Sure it takes some commitment when the days are short and the weather is bad, but I am always happy I did not start the car.

You too can do this - the key is to start small.

Here are a few options:

- Park your car a couple of blocks (or miles if you're really ambitious) away from your work location and walk the rest of the way.
- Use the same approach with biking: I find the perfect bike commute distance for me is 10 miles. This distance is not so long that I dread it, but long enough for a workout. If your commute is too long to bike, then drive part of the way and bike part of the way.

Clothing can be a trick. I just carry a backpack and hope I do not sweat too much, but if you're lucky, your work place has a shower.

With a little thought anyone can drive a few less miles by walking, running, biking and even paddling. Sure your coworker might think you are a little strange biking into work in the rain. Odds are that if you are the type of person reading this newsletter they already think you are odd :')

Swimming / Water Polo

Checkout a few key Swim Technique Videos:

<http://www.prtricoach.com/swimvideos.html>

Racing

Time to start getting ready for the Birkie!!

<http://www.birkie.com/>

Bike, skate, ski, run or whatever you do, but it is now time to start getting ready!



For a great family weekend, head out to the Badger State Games – There are events for everyone!

The Badger State Games will be held the January 25-27 and February 1-3, 2007. This is a very family-friendly event with many different venues ranging from curling to ski jumping to figure skating to badminton. So check out the link below and get the whole family signed up!

<http://www.badgerstategames.org/winter-games>



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More Swim Clinics!



Lee will continue to hold the 12:00- 1:00 adult lap swim classes into the winter session at the Manitowoc YMCA. In addition, the YMCA is holding a Friday night water polo league that is great for all levels. Beginners, don't be intimidated...you get to use inner tubes!

Contact the YMCA for details (920.682.0341)

Health & Diet

The season for soup!

Now that there's a chill in the air, it's a great time for warm comfort food. Soup is a great way to thaw out after a long run, ski, snowball fight, etc. in the winter. It can also be very nutritious and low calorie if you're trying to avoid the holiday bulge – just watch out for the cream and cheese-based soups. Check out the following link for some good ideas:

<http://allrecipes.com/Recipe/Catherines-Spicy-Chicken-Soup/Detail.aspx>

You too can shovel snow for the Green Bay Packers!!



<http://www.packersnews.com/includes/newspaper/blogs/outofbounds/2007/12/want-to-shovel-out-lambeau-field.html>



It's that time of year again...

Here is an interesting story on The History of Snow Removal. Not sure why I thought about this today :')

<http://nsidc.org/snow/shovel.html>

Have a Happy Holiday Season!

