



MAKING THE FALL THE BEST SEASON OF ALL



The fall season can be a funny time of the year. Most of our important races are over, so now what?

I say find something that you are equally excited about. You might get to the book you have been eyeing but never had the time; reintroduce yourself to your family and friends; or any number of things you have neglected around the house.

How about finding another activity for the fall and winter, such as Nordic skiing, running races, masters swim meets, adventure racing, hiking, etc? You do not need to push yourself to the extent that you do during your triathlon season. The goal for the fall and winter should be the stay fit and recharge your batteries so that you will be ready to go in the spring.

If you just cannot stand it and have to do something more specific to your triathlon training, I would recommend working on your weaknesses. First of all, identify what those weaknesses are - you may need to build straight to become a stronger cyclist, you may need to work on your swim technique, etc. Find your weakness and work to make it your strength. Over the years I have seen many "non-swimmers" become great swimmers by focusing on the swim.

Finally, pick a sport that is "right" for the season. The days are short, so you might not want to try to ride 100 miles on a Saturday, but you can take a spin class and spend an hour in the weight room. The key is to mix it up and have fun.

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