



March 25, 2008

Racing & Training



PRTriCoach **Brian McWilliams** will be working with the Women's and Men's Curling World Championship Teams.

The Women's World Championships will be held in Vernon B.C., on March the 22nd-30th.

<http://seasonofchampions.ca/2008worlds/index.asp>

The Men's world Championships will be held at Grand Forks N.D., on April 15th – 30th.

<http://www.worldmenscurling2008.com/>

Overtrained?



The term overtraining is complicated. Magazines like "Runners World" love to sell the "less is more" idea of training. Well, less is usually not more. Most of the time, the athlete that trains the most wins. That is one of the beautiful things about

endurance sports – the more you put into the sport, the more you get out of the sport.

Read more at the link below:

http://www.prtricoach.com/PRTriCoach_Overtraining_08.pdf

Here are a few links to Pacing Charts you might find helpful:



http://www.prtricoach.com/Swim_Pace_Chart.pdf



http://www.prtricoach.com/Bike_Pace_Chart.pdf



http://www.prtricoach.com/Running_Pace_chart.pdf

Chattanooga TN's own Herbert Krabel's article for **Slowtwitch.com**.

The article is about Professional bicycle racer Saul Raisin and his recovery from a brain injury.

Saul is a super nice guy and future Triathlete.

http://www.slowtwitch.com/Interview/Meet_Saul_Raisin_triathlete_244.html



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Below is a link to just one of many great races to come soon:

Paper Discovery Duathlon



Sunday, May 4, 2008

<http://www.midwestsportsevents.com/events.php?EventID=6>

Cellcom Green Bay Marathon



Sunday, May 18th

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

Triathlon, Run & Swim Clinics

Coach Lee to be Featured Speaker at the Holy Family Memorial Triathlon Clinic in Manitowoc WI.

April 23rd 6:30-9:00

<http://www.mapquest.com/maps/map.adp?address=1650%20S%2041st%20St&city=Manitowoc&state=WI&zipcode=54220%2d7316&country=US&title=%3cb%20class%3d%22fn%>

Coach Lee to speak at the pre race dinner for the Oshkosh Half Marathon & 5K Run/Walk Friday,

April 11, 2008

6 p.m. - Lionhearted Kids' Run

Leach Amphitheatre

<http://www.midwestsportsevents.com/events.php?EventID=16>

Nutrition



What 24 "Helpful Hints" increase lean muscle mass and lose extra body fat weight?

By: Dr. Bill Misner, Ph.D

http://www.hamnernutrition.com/za/HNT?PAGE=ARTICLE&ARTICLE_ID=4120&OMI=&AMI=&RETURN_URL=%2Fza%2FHNT%3FPAGE%3DENDURANCE_LIBRARY%26OMI%3D%26AMI%3D&RETURN_TEXT=Endurance%20Library

Latest News

PRTriCoach partners with BikeFit.com to offer a complete and professional bike fit:

<http://www.bikefit.com/#>



Email coach@prtricoach.com to set up your appointment