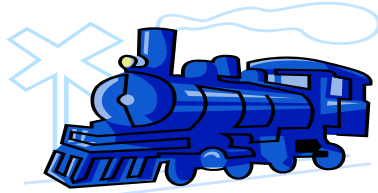


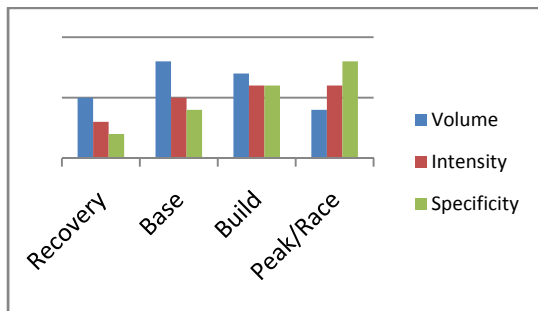


March 6th , 2008

Training



[Hammer Nutrition - Fuel Right. Feel Great! - 15 Simple Ways To Improve Your Athletic Performance Right Now](#)



Okay... for those of us with races in the next 4-8 weeks we should be in the Build period of training. It is time to up the intensity of our training. Spice up your training with an extra day of interval training per sport every week.

This does not need to be overly complicated.

Try this:

Swim 10 x100 with 30 seconds rest

Bike 10 x 5 minutes with 2 minutes rest

Run 10 x 2 minutes with 1 minute rest

You will be glad you did this when the starting gun fires.

Fear of Open Water Swimming?

http://www.prtricoach.com/fear_of_open_water.doc

Triathlon and Swim Clinics

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

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%>



Racing

Here is a link to new race Calendar from Slow Twitch.

<http://calendar.slowtwitch.com/>

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>



Sunday, May 18th

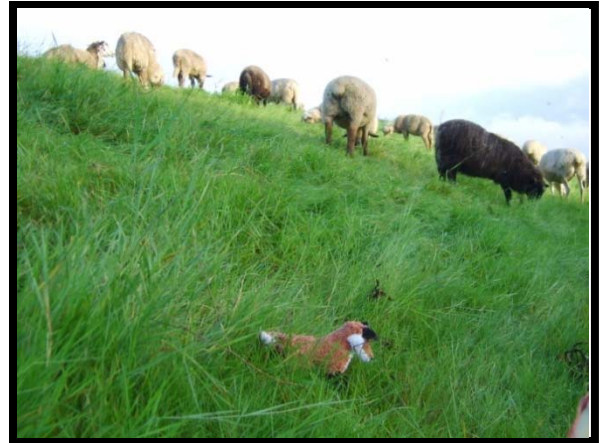
<http://www.cellcomgreenbaymarathon.com/>



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No Lee, I do not want to do Intervals today!



Fox Cities Triathlon Club



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

March 16, 2008 Meeting..Luis Alvarez, head of Mexico's 3000 member Ironmex and David Orłowsky, the 3rd place finisher of the very first ironman in 1978...Appleton YMCA

Tri Club Events

Redline Tri Club will hold a Tri 101 class open to the public Thursday April 10th 6pm at Bike'n Ski in Sheboygan.



<http://www.redlinetriclub.org/>

Professional Triathlete Brian Schaning from Team Timex will be there along with experienced Triathletes to answer all questions.

Redline Newbie/Intermediate/Advanced Swims:

Fond du lac Sat. 7am to 8am FDL aquatic Center
Oshkosh Sat 7am to 8am 20th St YMCA
Grafton Sat 7am to 8am Grafton High School
Plymouth Sun. 6pm to 7pm Plymouth High Scholl

