



October 10, 2008

Training



“Off Season Training”

Coach Lee was lucky enough to be asked to speak on Off Season Training at the October [Tri Fox](#) meeting. I will try to summarize what I talked about.

I have never been much of a believer in the concept of an off season. Participating in endurance sports should be fun, so why stop? Sure, we might need a mental or physical break, but why stop doing what you love?

After a long season of hard racing, sometimes you just need to mix things up a little.

Learn a new sport, break out the mountain bike or climbing gear, join a volleyball league. The key to the off season is to stay active and keep the fun meter high!

Nutrition



Again we will talk about the off season. During the off season your total activity level might drop. So, we will all need to be careful not to pack on the dreaded 10 lbs.

You will need to cut back on the calories. That is the bottom line, no matter what they tell you on TV.

Coach Lee's Tips



Become Less Efficient

Sometimes it pays to do things the hard way. Have you ever watched people fight for a parking spot at Wal-Mart? Try taking the first spot available and thentrek across the parking lot. Why use a riding lawn mower when you can walk and push one? You'll get a good cardio and strength workout all in one.

Look for opportunities to do things the hard way - they are everywhere.



No need for a fancy bike or clothing – just hop on your bike and ride to work!

During a recent trip to Italy for [The World Duathlon Championships](#) Brenda and I saw every type of person getting places on foot and bicycle. In Venice we even saw people going places in boats.

