



September 12th, 2008

Training



Sometimes You Just Have to Go Fly a Kite

Most of us have one or two big goals for the year, and often our big race is in the fall of the year.

What will we do once our big race has been raced?

Some people stop all activity and gain 10 pounds, and others try to carry their peak fitness into the late fall.

One strategy is to try a different sport or activity to give the body a rest while still being active.

Tennis, golf, basketball, walking, paddling ... the list goes on and on, but the key is to keep moving.

One of the things we love about endurance sports is being active and fit. We do not need to stop moving just because the "season" is over.

Nutrition



As we push the limits of our endurance we find our personal limiters. Our inability to balance electrolytes is often a culprit. Electrolyte imbalance can cause cramping, nausea, and general fatigue.

Take a minute or two to read an article by Bill Misner Ph.D.. I think you will find the information useful as you train for and compete in "longer" endurance races.

[Hammer link](#)

Coach Lee's Tips



Stress affects us all and can be positive in many ways, but we need to work at controlling its negative influences.

"Life" can be stressful enough, and then we add training for endurance sports on top. Often times this stress creates a downward spiral of fatigue.

Below is a link to a few tips on how we can work at controlling stress.

[American Heart Association Link](#)

Closing Notes

During a recent trip to West Palm Beach Florida I ran into a member of the [Freak Bike Nation Link](#).

His name was **KrusherZ**

KrusherZ had just built a bike much like the one below, only he had not yet put any foot pegs to get on and off of the bike. Let's just say I was happy to walk away from that "ride". One more thing... KrusherZ had not installed the brakes yet.

