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# ***YOUR TRAINING ZONE***

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## **The YTZ newsletter is meant to inform and motivate YTZ clients and friends.**

USATriathlon, USA Cycling and USA Track and Field certified coaches.  
Official training partner of Attitude Sports Cycling Team and Gear N Up, Computrainer Power Coach, and Pacesetter Medical Consultant.

### **Upcoming Races**

June 22<sup>nd</sup> High Cliff Triathlon

June 28<sup>th</sup> Elkhart Lake Triathlon

July 4<sup>th</sup> Fox FireCracker 5K Tri Fox Club

Other events at [Trifind.com](http://Trifind.com),  
[midwestsportsevents.com](http://midwestsportsevents.com) and [wicycling.org](http://wicycling.org)

### **HUGE WELCOME :**

**YTZ formally welcomes Jenna Wrieden to our company. Jenna will be working as an intern graduate student with an exercise physiology background. She was a standout collegiate distance runner at Arizona State and Appalachian State University; Jenna will be working as an intern coach for YTZ. I hope everyone gets to meet her!**

### **Fall Marathon Running Special:**

Looking to run a PR in a Fall Race?, We can help for \$300 you will receive 2 lactate blood profile tests and an

individualized training plan for up to 16 weeks to get you through your race as well as expert guidance along the way. The earlier you start the faster and better results you will have. Look at the testimonial page and results page, you too can reach your peak performance. Valid Only for New Clients.

### **Power Tip of the Week:**

Use your power agent software to download ride data. Using this valuable software looks at power data for 1 min, 5 min, 10 min, 30 min, 60 min and 120 min and compares it to historical data. You then are able to track your progress. Bike power training allows you to train like the pro's and appropriately focus your bike workouts. As a Computrainer and USA cycling coach we can help!

### **YTZ Athlete Focus of the Month:**

Renee Rentmeester, has trained with YTZ for the past 2 years and recently completed the Green Bay Triathlon, finishing second female overall. We expect high place finishes for Renee as she continues on

in the early triathlon season. To the day of print she has gained a whopping 40 watts across all of her power biking zones!

Besides being a top age group triathlete she is also owner of Ellipse Fitness in Darboy, where you will find her getting her clients Amped up!

#### Hydration Tip of the month:

Now as the summer gets warmer we need to stay hydrated. Try this weigh; yourself naked before your next workout, ride or run and weigh yourself naked after. Multiply pounds lost times 16 equals ounces lost, add ounces of fluid drank during workout. From this you can divide by the length of workout in hours, this will equal fluid req's during that workout. Losing greater than 2% body weight will force you to slow down...avoid this by following fluid requirements.

#### Offers and Discounts:

Gear N Up Bike Shop offers 10% discount to YTZ clients on in store accessories, ask manager about the bike discount as well.

Looking for a massage? Kelly Ziegler of *Body Ease* offers massage packages for YTZ clients, call 851-5469 and ask for the YTZ discount. *Stay loose and injury free!*

#### YTZ Louis Garneau Clothing:

Clothing is in; if you have not picked up your gear, email us. There are a few pieces left over.

#### YTZ Ongoing Swim Clinic:

Receive excellent drill and instruction from the best swim instructor in the valley, Curt Beutler. Curt is a certified USA swimming instructor and triathlete. Curt has coached multitudes of age group swimmers to the

national level, let Curt help you conquer the swim. Monday and Wednesday nights at Neenah High School 7-8:15 pm.

**Results:** Please go to our website, [yourtrainingzone.com](http://yourtrainingzone.com) weekly as we will post results of our clients and you can follow their progress. *High Cliff Race Weekend Results coming Soon*

#### From the Desk of Dr. Pierson:

#### The Tortoise and the Hare

We are all familiar with the fable regarding the hare and the tortoise. A race challenge was given and the two competed against each other, we all know the outcome; the Hare overconfident, jumped out to a huge lead, succumbed to fatigue and decided to take a nap. In the end, the tortoise won the race because of persistence and unrelenting endurance. This is not unlike many of the athletes I coach and test weekly.

The rabbit planning on doing an endurance event goes out and trains at the same speed that he/she would normally train, neglecting the all important base phase development of a training plan. The result is poor race results and usually a plateau in fitness. If the rabbit in the fable would have taken time to establish a running base and followed a periodized training plan the rabbit would have conceivably finished far in front of the tortoise. Obviously, the type of and length of base training is dependent upon the type of muscle fibers and time an athlete has before a specific race.

Many individuals blessed with fast twitch like muscle fibers can convert those fibers into slow twitch acting fibers and surpass **beyond** their wildest dreams their fitness goals.

Below is an example of a "hare" who I tested last summer and advised him to

increase training volume from 4-6 hours and slow down. The result was a vast improvement in his training zones and a break out year.

Lactate Lactate levels  
resulting in an increase in zone 1 of  
1MPH! Over the course of 10 weeks.

9mph	1.6	0.8
9.6mph	1.8	0.8
10.2mph	2.4	1.4

In contrast, the **tortoise** is another great and contrasting example. Many tortoises have great endurance and can last forever in an endurance event. Yet, many cannot break out of their typical training patterns as they have SO INGRAINED into their minds that they do not break out of their routine. I liken it to having a finely tuned Porsche engine with 8 cylinders and using only 4 of the 8 cylinders. The tortoises need to have their perceived exertions reset and recruit the muscle motor units which are sleeping to allow them all to run faster. Doing so will

again bring on improved race and fitness goals.

Whether you are a tortoise or hare, consider understanding and evaluating your training zones. It will make a huge impact on your training.

Dr. Pierson M.D. is a practicing anesthesiologist at Theda Clark Hospital, an endurance athlete, as well as President and Managing Owner of YourTrainingZone.com and a USA cycling and USAT Triathlon coach. He can be reached at [Michael.Pierson@yourtrainingzone.com](mailto:Michael.Pierson@yourtrainingzone.com) or [trinrun@yahoo.com](mailto:trinrun@yahoo.com).