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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**

May 17<sup>th</sup>      Cellcom Marathon  
June 7<sup>th</sup>      Trinity Triathlon (Unofficial Fox Valley Championships)  
June 8<sup>th</sup>      Green Bay Triathlon  
June 14<sup>th</sup>     Bellin Run 10k  
June 22      High Cliff Triathlon  
June 12      Horrible Hilly Hundred  
Other events at [Trifind.com](http://Trifind.com),  
[midwestsportsevents.com](http://midwestsportsevents.com) and [wicycling.org](http://wicycling.org)

## **Fast Track Running Clinic: 10 week Running Clinic**

*10 week Running Clinic with Training Zones via lactate Blood Profile Testing*

An Injury Prevention Clinic in Conjunction with Peak Performance Physical Therapy and Your Training Zone.com.

Go to our website [YourTrainingZone.com](http://YourTrainingZone.com) or [Peakperformancefoxvalley.com](http://Peakperformancefoxvalley.com) for Details.

## **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.

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

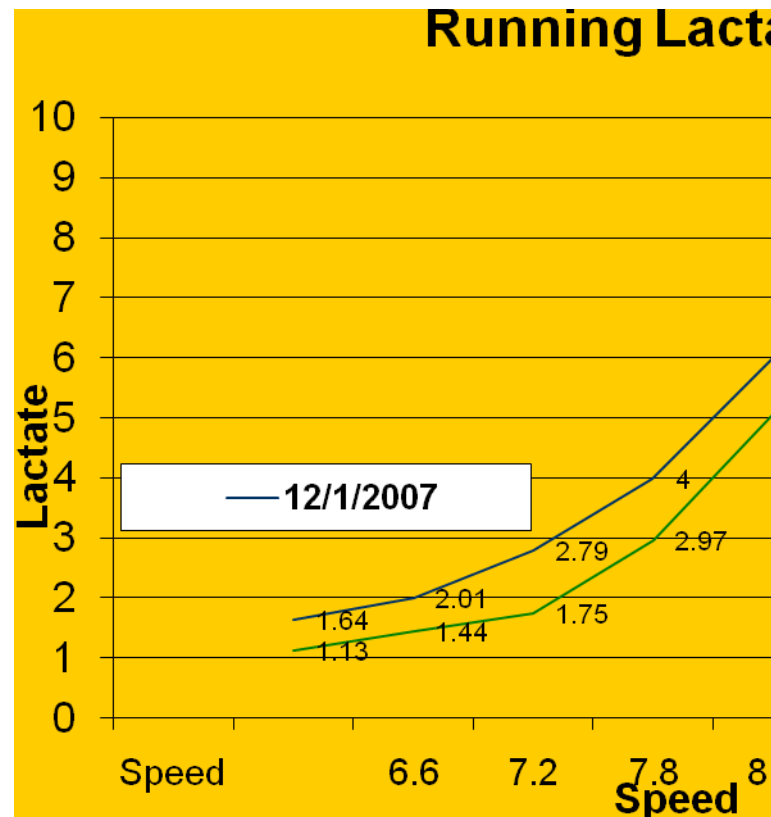
Zero you're Power Taps as the temperatures change. Here is how to do it. Scroll to the bottom line of data with the left button, with the right button scroll through until you get to distance. Stop and then go to top line and hold right button until the word watts, flashes (you have to be in watts screen), after watts is flashing, coast and then hold the right button down until it reads zero, release, press right button once and you have

just zeroed the torque of the hub. We recommend zeroing at least once per week.

## YTZ Athlete Focus of the Month:

Bret Ruch, 48 year old distance runner from New London. Bret came on board in December with a goal to qualify for the Boston Marathon at the upcoming Green Bay Marathon. Bret works full time at Sara Lee, at times working 12-16 hour shifts. He has been training 5-7 hours per week, consistently for the past 6 months (in reality it was no change in his volume of training time, but rather a huge shift in his paces he trained at). Bret recently ran an 8 minute PR during the Oshkosh Half Marathon, finishing in 1:32, and it was a training run for his upcoming goal race! Let's cheer Bret on as he achieves his goal this Sunday in Green Bay.

Below you see his improved lactate profile: Yes!!! His results are expected from each and every one of our clients, ½ to 1 mph for all zones, what can you do with 15-30 seconds per mile?



Blue line initial test in Dec. 2007, green line test results from February 10 weeks into running program

### YTZ Triathlon Transition Clinic May 22<sup>nd</sup> at Peak Performance Physical Therapy Building:

Time: 7pm, bring bike gear, towel and running/triathlon clothes. Practice transitions and get some free speed on the competition.

Please email confirmation to [trinrun@yahoo.com](mailto:trinrun@yahoo.com) YTZ clients free, all others \$10.00. Refreshments after!

### 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:**

Ship date is the first week of June.

*Rumor* has it that they are the *hottest* made item off the production floor at LG in 2008. Some extra items have been ordered, stay tuned.

**YTZ 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 7:15-8:30, email to reserve your spot at [trinrun@yahoo.com](mailto:trinrun@yahoo.com). New session begins May 18<sup>th</sup> and extends for 12 weeks.

**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. *Big* weekend at Green Bay coming up as many dreams will be reached.

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

As many of you know, my wife and I began an endurance athlete coaching business, YourTrainingZone.com. We train athletes of all abilities primarily in the sports of cycling, running and triathlons. The most frequent question I am asked is why measure lactate levels to determine training zones? The answer lies in identifying what we are measuring. **Lactate**, it is a byproduct of carbohydrate

metabolism and when it overwhelms the human muscle cells ability to use as a fuel, it then leaks out of the muscle cell and is used as a fuel by the large organs such as the liver and heart. The speed at which the lactate spills out is identified as lactate threshold or LT.

When training for any extended endurance event longer than say, 3-5 minutes you want your muscles to have the ability to use the lactate as a fuel and keep it within your muscles. Well conditioned endurance athletes have lactate threshold approaching 90% of maximum speed and elites approach 95%.

Here in lies the importance of identifying LT or Lactate threshold pace. If you are able to maintain and use lactate as a fuel in your muscles you will be able to run longer and faster and not be forced to slow down. This is true for any distance you are training for.

How can one determine your LT pace? You can estimate it by using a recent 5K or 10K race, LT is about 15 seconds slower than a 5K and approximately 5 seconds slower per mile of a 10K. This however is quite an estimate, as I have seen the pace to vary from 20-40 seconds off a 5K time. This tends to happen as some athletes have developed buffering mechanisms for the leaking lactate.

Over estimating LT pace gives inaccurate training paces and eventually will lead to stagnation of running performance. I highly recommend having zones checked by lactate step testing. The test accurately identifies individuals' unique training zones and allows pin point and specific training. To date we have performed over 350 tests. From each test you are then able to identify training zones and develop specific training plans.

As the medical consultant for the Pacesetters Running Club I

plan on submitting monthly tidbits on training and science in relation to running. I can be reached by email at [trinrun@yahoo.com](mailto:trinrun@yahoo.com) to answer any questions.

Dr. Pierson M.D. is a practicing anesthesiologist at Theda Clark hospital, an endurance athlete, as well as President of YourTrainingZone.com and a USA cycling and USA Triathlon coach.