

Find A Fox Newsletter March 29-Online Resources

Are you using the training plan handed out at Tri 101? The High Cliff Triathlon is just 12 weeks away!

If you haven't discovered it already, a ton of triathlon information is available online. Of course, the Fox Tri Club home page (www.foxtriclub.com) should be your first stop! If you haven't signed up as a member of the club, you can sign up online for the low, low price of FREE. Whether you're a member or not, on the site you'll find coaches' articles, archived email blasts, Friends of the Foxes, and our discussion forum (find it here: <http://foxtriclub.websitetoolbox.com/?forum=99768>)

Another good resource is Tri Newbies Online (<http://www.trinewbies.com/>). This website has a bunch of training plans available for free. In fact, I modified one of these plans for my first season, gearing up for an Olympic distance race. They also have a TON of articles and information.

Beginnertriathlete.com (<http://www.beginnertriathlete.com/>) has training plans, information, and gear reviews. Many resources are free, although you have to pay to get all the articles, plans, and resources. They also have a tool to map your run or bike to determine how far you went—we'll cover more on "how far did I go" in two weeks!

I also like <http://www.trifind.com/wi.html> for a calendar of many Wisconsin races. You can also use the tool to search for races in other states. (Gotta visit Grandma this summer? Pair it up with a race!)

If you find yourself in need of some piece of athletic equipment, a local specialty store is your best bet if you need advice on selection. But if you do know exactly what you need, you can often find a wider selection or save some money by shopping online. A few of my favorite online stores include:

Performance Bike—www. <http://www.performancebike.com/>. They carry a huge variety of bike-related stuff, both name brand and their own store brand, which is often good quality and a good value.

Triathlon World—this is an actual store in Racine. From visiting the site at <http://www.triathlonworldusa.com/>, you'd think they had a huge storefront, but it's actually a fairly modest shop. All the same, they have tons of triathlon gear online.

Learn the lingo

If you delve into triathlon training information online, you're going to encounter words like...

Maximum heart rate—this is the fastest your heart can beat, and there are many, many ways to estimate this value. It's important because some training plans instruct you to perform different workouts at different intensities based on your heart rate as a percentage of maximum.

Aerobic heart rate—this is a heart rate at which your body is using oxygen optimally. It's important because endurance sports like triathlon (even a sprint triathlon) requires continuous exertion, and training in your aerobic heart rate zone teaches your cardiovascular system to better use oxygen, improving your endurance.

Lactate threshold—this is the point at which your body produces lactate (which it can use as fuel) faster than your body can metabolize it. It's sometimes also called the anaerobic threshold, and working above this point (e.g., faster or more intense exercise) for short periods can be beneficial, but only once a base of general fitness is built over time.

Brick—this is a type of workout that consists of a bike ride followed immediately by a run. The triathlon joke is that they're called bricks because that's how your legs feel. A run after a bike is also sometimes called a transition run.

Zones—this is a generic term for a range of heart rates.

Fox & Kit Chat – Kits should take initiative to contact Foxes. Here are some things you might like to ask.

- Are you using a specific training plan, and if so, which one? Is there a reason you chose that one? Have you made adaptations to better fit your life? How do you decide what workout to do on a given day?
- Are you a technical triathlete, or do you find your zones based on how you feel?
- What are your favorite websites, links, and resources?

Until next time—happy training!

Katy

