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b-fit news

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Welcome to issue 1 of b-fit news



This is the first of what I hope will be a monthly newsletter. Apart from plugging my business www.b-fitcoaching.co.uk, I also hope to bring you news of coming events, local, regional and international. Training tips for all disciplines of triathlon. Plus any other gossip I come across.

Events far...

If you are thinking of entering an Ironman next year both Austria and Germany were full within 24hrs of registration opening, at the time of writing the other European events still had slots but my guess would be they will fill up very quickly. If you want a good race try the **Quelle Challenge Roth** (Germany) this is over the Ironman distance but the race no longer comes under the Ironman banner, some sort of falling out a few years ago.

Back in the 80's and 90's Roth was one of only two races in Europe where you could gain qualification for Kona Hawaii.

So it been around awhile is very well organized and used to be fast (they may have changed the course over recent years).

Alas, you can no longer gain a Hawaii slots but if you believe the press it's Chris McCormacks favourite race. Somewhat closer to home, coming up in the next couple of months are, the 3rd event in the Swim/Run series, this is a great event for an introduction into multi- eventing, so it's best if I don't say I find this the hardest 30 minutes of the month. Next event Wednesday July 25th start time 7.00p.m.

...and near

On a more local theme there's the **Castle Combe mid week duathlon series**, 2 mile run – 10 mile bike – 2 mile run. Next races Wednesday 1st August. On Sunday 26th August there is the **Malsmesbury Triathlon** 400m swim pool, 22k bike, 5k run, not a bad little event but last year the security at transition was non-

existent, but I do believe there are different organizers this year.

On the other hand a very well organized event (that bound to mean something goes wrong this year) is the **Cotswold Sprint Triathlon 9/9/07** go to www.triferris.com enter sooner rather than later this event does fill up quickly.



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Training Tips

As a coach I am often asked the question "what's the best training for such and such event" the answer is quiet simple, the best sort of training for any sport/event is consistent training.

You can have all the latest technological gizmos, an all-singing-and-dancing bike, the world's fastest running shoes but if your training is inconsistent you will never make the most of whatever talent you possess (we all possess talent, it's just that some have more than others, the b*****). To achieve a consistent training level you just have to plan your training both long and short term.

Your long-term training should be over the course of a year, and should address such issues as;

- What goals/targets would you like to achieve next season?
- This is how I am going to achieve this!

Work out a rough plan of how you perceive your training will go over the next year – you will alter it for one reason or another, and no doubt life will throw a spanner in the works

somewhere along the line.

For short term planning I like to use six-week blocks, this means your training alters slightly every six-weeks or you review your training every six weeks. From studies in the U.S. it was found that six weeks seemed to be the ideal time period for your body to adapt to your training load, shorter than this and you did not get the full benefit and you did not improve anymore by training longer. During these six week periods you would be a lot more specific about your day to day training, you finalise the details.

If at present you don't have a training plan and you are the sort who thinks 'oh it's sunny today I'll go out on the bike', write yourself a training programme for six weeks, stick to it and I bet your are performing better in six weeks than you are now – and if you are not, you need to pay me money to write one for you!

All the best

Rob Ferris

P.S. As of 17/7/07 there are only 60 slots still available in the **Cotswold Sprint Triathlon**.

I'd just like to take this opportunity to thank Pete and Jo for a great job they are doing in promoting Triathlon and for the use of thier great venue at Waterland.

If you have an event you would like publicised, just contact me - no promises, but if I've got room to put it in, I will.