

# UW Triathlon Team Newsletter



University of Wisconsin



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[www.uwtriathlon.com](http://www.uwtriathlon.com)  
Corrections, questions,  
concerns:  
[Lachowiec@wisc.edu](mailto:Lachowiec@wisc.edu)

## Inside this issue:

Race Results	2
Sponsors	2
Upcoming Races	4
Officer Reports	4

## Resistance Training in the Off Season

As we all know, triathletes traditionally are the skinny men who can eat everything they see. However, strength training in the off-season, and throughout the endurance phase (at least) of the season can greatly bolster performance. However, there are findings that suggest resistance training can improve economy of motion, or efficiency. For instance, during the running cycle, efficiency can be improved by minimizing ground contact time and focusing on a strong elastic rebound from the ground with each step. Resistance training exercises such as plyometric training can be used to improve performance in this sense. An example of such an exercise would be lunge jumps with one foot up on a step platform. Push through the foot that is on a platform to launch vertically into the air, switch feet in mid-air, land, and reverse the motion. Three sets of 10 jumps would



be a great place to start. Another advantage of resistance training is to strengthen muscles and ligaments and improve bone density. These adaptations should theoretically lead to decreased incidence of injury in endurance athletes, although there is no direct evidence that supports this. There are a high number of athletes that I have spoken with, however, who find that they "get hurt less" when incorporating a lifting program into their routine.

So what are the practical recommendations? It probably can't hurt to do some weightlifting. In the off-season, try to incorporate a full body resistance training program 2-3 times per week, and as the race season approaches, spend less time on resistance training and more time focusing on swimming, biking, and running. During the actual season, it really isn't necessary to lift more than once per week, and not at all during race weeks. -www.pacificfit.net

## MARK YOUR CALENDARS

### Special points of interest:

\*Spiritual Column by Webmaster Nick Rhoads, page 3

\*Fundraising Opportunities, page 4

\*WE NEED UPCOMING RACES! Page 4

In spite of what many of us are aware, Thanksgiving is right around the corner, and the due dates for just about everything else is two weeks before that!

Boulder's Climbing Social November 5th  
First Spring Break deposit due November 1st.  
Uniform orders due November 11th  
Formal Monies due November 4th

*"Cool isn't on the map. You can't ask directions."  
-some Keds ad*

Don't miss out on any of these!



We also have the opportunity to still sign up to volunteer with the children at the community center on November 18th. If you haven't gone, it is a lot of fun! Email Diana if you are able, and mention if you can give rides!  
[Dmblau@wisc.edu](mailto:Dmblau@wisc.edu)

## Sponsors



### Rudy Project

Rudy supplies us with great deals on helmets, sunglasses, and several other specialty items. We just placed an order for these items, but another one will be done closer to the beginning of the racing season.

"Rudy Barbazza, a pioneer in the Italian sunglass and sporting goods industry, founded Rudy Project in 1985. Through his vision and dogged commitment to technology and innovation, Rudy has created a company and a creative environment that has achieved many "firsts" in manufacturing eyewear, goggles and helmets." [www.rudyprojectusa.com](http://www.rudyprojectusa.com)

Visit the message board and watch your email for the most current information. Orders for winter have already passed. Uniform orders (along with jerseys and warmups) are due November 11. Get those in to Emily or Julie ASAP!



**RUDY PROJECT**



## Race Results



### Fall 15K at Warner Park

The UW Running Club puts on this odd-distance race every year. This year it was a bit wet, which may have deterred some runners, but plenty of competition was out there.

member, and Lauren is a former one. An amazing showing from both of them. They have reached just the beginning of their triathlon successes!

the next issue. Show off your skills and see who races your pace—find an amazing new training partner by volunteering your times for the newsletter! Email to [lachowiec@wisc.edu](mailto:lachowiec@wisc.edu).

### Male Under 29

Brian Conger 57:51 6th overall  
Josh Shapiro 62:36 19th

### Female Under 29

Kiersten Frobom 84:13 131st

### Female 18-24

Lauren Steinhardt 8th 11:13:26  
Brianna Cash 10th 11:42:50

Thanks to Brodie, for pointing out this glaring error.



Ironman World Championships, Hawaii, October 15  
Can't believe that I forgot about the biggest event in triathlon that started it all. Brianna is a current UW Tri Team

GIMME RESULTS!  
Here's a new sentence to read at the top of this reminder! Please let me know if you think your name should be here and isn't; I can put you into



## Words from Our Spiritual Advisor by Nick Rhoads

### The Philosophy of Fitness

“Train to be hard, not fast. The speed will come.”

I can't really recall where these words came from but the above quote simplifies my philosophy of fitness.

“Hardness” in reference to training, isn't easily described nor easily obtained but the following will attempt to change your lifestyle.

I won't lie, this philosophy isn't even close to main stream but the point is that there is no one-way to go about your training and the least you can do is explore all the options. This is one of the least used options mainly because it has the potential to kill you. The main aspect of this philosophy is to suffer. Pain, is a large part of training. The experience of pain allows you to overcome any future pain. When things go bad you can say “Well, I've been through worse.” This mindset is crucial in training to be hard. Ideally, you must believe that nothing can shut you down.

Also important in this philosophy is the fact that there is no such thing as over-training. There is no possible way you can work out too much. This especially applies to the Ironman athlete. Ideally, the Ironman athlete would want to complete the full distance of an IM three times a week. While this may not even be possible it is the goal. The point is the mindset. The following uses an athlete training for Ironman as an example but this way of thinking could be applied to any event of any distance.

Easy, if you could call it that, in this scenario is cycling. Cycling happens to be quite easy on your body comparatively to swimming and especially running. Your only limitation in cycling is time. This is precisely why all those bike bums will kick you around the road like a foam ball, they've got the time to ride all day. A 112-mile training ride is going to take at least 6-7 hours with stops. There is no way some nine to fiver can pull off the proper time on the bike without getting fired. I'm sure someone could point out an excep-

“The experience of pain allows you to overcome any future pain.”

tion to this rule but those people A. are genetic freaks and happen to have the natural talent to neglect their training or B. don't have friends, family, or anything resembling a life.

Ideally I would like to get three 112 miles rides in a week, that's about 21 hours of riding. Unfortunately, you would not be able split up these hours into four 5 hour rides or five 4 hour rides. The reason is what I like to call the “crux.” The crux is the hardest part of a workout, if you can beat the crux you can most likely, but not necessarily, win the workout. On a 112-mile ride the crux appears most usually around the 85-95 mile mark, it is where the mind begins to un-ravel, the legs numb and the lungs sting. “Is this worth it?” is all that you can think of. The crux must be beaten into submission every time you ride otherwise it has the awesome potential suck the very life from your soul. Upon beating the crux it must then be strung out to the very end and completely washed away. Neglecting to ever see this crux will never properly prepare you for the hell of a 112-mile bike ride, not to mention the other activities you must complete during IM. Thus, to summarize in one sentence; nothing will prepare you for a 112 mile bike ride except a 112-mile bike ride.

Ah, and now my favorite, swimming. Going along with our theme you want to swim 1.2 miles three times a week. It is also unfortunate that it must be continuous and therefore cannot be in pool. The crux still applies and this is obviously still going to be terrible. The athlete must probably get lucky on this one by living down south next to a lake all year.

Running, this is a bit more complicated. Running is probably the worst thing you can do to your body. It breaks joints down faster than a rasta at Bob Marley concert, it pounds the feet into bloody pulps, it breaks the soul and the spirit in the same instant. Ideally you want to

run three marathons a week. Ouch. While this is possible it probably requires some serious Jedi mind control over body and spirit. Running like that would undoubtedly break the body of even an experienced runner and would probably kill the inexperienced one. I believe I once read that a human should only do one marathon a month in interest of saving their body. Nonetheless, what would it take to obtain this level of running? It would take the careful precision of slowly increasing mileage, a ridiculous stretching routine, and dead mind to the suffering until finally a person could withstand the punishment. My point here is that anything is possible and with a focus it can be achieved.

Ok, with all of that said lets be reasonable here. The above scenario of three IMs a week would take years of dead point hardman ethics to achieve, its not impossible but highly improbable not due to only physical reasons but also financial issues, who's gonna pay those bills? For those of us who aren't Bruce Wyane or incredibly committed to camping year round it would be almost impossible to achieve the above. What can be done is setting the above goals for oneself and attempting to follow though with perfection. I've personally been criticized before for expecting perfection from myself. They said perfection is not possible so why beat your self up over it. My answer is that if we aren't searching for perfection what's the point of it all? Reality has limits not your mind. Besides, no one is actually sure of the limits of reality and so-called “limits” have been broken before.

Coming back to our “Train to be hard not fast” mantra, I would like to point out that that pain, is a lifestyle not just a morning chore. To embrace the pain and suffering you must fully accept it and learn to love it. With this philosophy of fitness you may not win but at least you suffered the worst. That's something to brag about.

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UW Triathlon Team  
Madison, WI

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#### MISSION STATEMENT

As a club sport of the University of Wisconsin Madison, the Triathlon Team strives to provide competitive and social opportunities for athletes of all abilities and interests to experience and enjoy triathlons. The Triathlon Team seeks to offer knowledge, experience, motivation, and a connection to many resources. The Team engages in volunteer activities on campus and in the community and aims to provide an organization for exercising, racing, socializing, and building friendships through the sport of triathlon.



## Upcoming Races

Arizona Rock 'n' Roll Marathon  
January 15

Wow, this is STILL empty—what else are people doing?

"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running."

## Fundraising Opportunities

Diana and Jim will be taking the Team Calendars (\$15) and Bucky books (\$35) to the Boulder's Gym Social this weekend, so if you want to take advantage of those fundraisers, be there to check out either item to sell, sell, sell!

If you would still like to see Community Days coupons, also email Diana to arrange a time to pick up a few. Sell five to fulfill your fundraiser. Complete 3 fundraisers and get discounted racing for next season!

If you have not yet had the chance to sign up to work PerMar for individual fundraising and do not have the email with the forms, contact Diana at [dmbrau@wisc.edu](mailto:dmbrau@wisc.edu) to get the info.



## Officer Reports

New workout schedules will be coming out ASAP. With daylight savings time, runs will be earlier, and outdoor bikes will be limited. Weight training has been added to Mondays and Thursdays at the SERF at 7AM. If you are interested in leading any workouts, contact Jim at [jbujold@wisc.edu](mailto:jbujold@wisc.edu). We will also be adding more spinning.

RSVPs for the formal are due this weekend, November 4-5. It's \$25 per person, and you can bring a date or not, and they don't have to be a tri team member to go! —Katie Lew

Team

This is your VP. I am taking up this portion of the news letter to chat with all of you about life and your status as a tri team member. As triathletes on this campus we are setting an example that no other team or club makes possible. We have many athletes on our team that compete at a level that is equal to that of any other team or club on campus, but what makes us stand out is that we do this ourselves. All our athletes are entirely self motivated and well rounded individuals. None of us are here on scholarship getting hand fed our workouts like lemmings. We adopt this sport as a lifestyle that we incorporate into everything else that we do. I would like to encourage our younger

members to see training with the team in a new light. Realize that the team and the workouts are exactly what you make them. Every time you show up at a workout you are effecting the training of others on the team. By working together we amplify each others results and as in the past we gain a strong sense of community within the team. I will end by saying that I love you all, and I encourage all of you to come out to the social events that the team has coming up. Come find out what the people on your team are all about. Take Care. This is James Bujold signing off.