



***At 211 degrees, water is hot. At 212 degrees it boils. And with boiling water; comes steam. Steam can power a locomotive. It's your life. You are responsible for your results. It's time to turn up the heat.***

*From the book 212° The Extra Degree by Sam Parker & Mac Anderson*

Change does not need to be dramatic to be effective. With each endeavor this week, think how you will give just a little more of yourself. Perhaps you will swim one more lap with focus and precision. Maybe you'll keep the burn in your legs for 15 more seconds after you feel you're at threshold. Add 3 minutes of the strength options into your weekly routine or following a training session. Do you have 5 minutes to clear your mind and slow your pace to rejuvenate before returning to life after training?

Each individual effort may seem pointless at the time. Do it anyway. In total, they add up to dramatic changes. Add one degree of additional effort for each action. The cumulative effect? Explosive!

Training skill, goals, distances, intensity and the all-important nutrition. You are learning to put these altogether and modifying for your continuing growth! If you are attentive to the plan, you should be seeing results in all areas, albeit never fast enough, right? The one component that may need to adjust significantly is your nutrition. From your healthy choices on a daily basis to your fueling choices during training, be open to new experiences. Make lifestyle eating changes slowly. Ask your team mates what they use during training and try some new products. Keep striving for optimal health and support that with proper rest. One area of nutrition that is often overlooked is quality recovery foods. Please have your initial recovery food available to consume immediately after training ends. If necessary, have a well-rounded meal packed to consume within 2 hours after training when your metabolism is elevated and your body is craving replenishment. Get stuck without food? Identify fast-food options that are on the healthier side. Look on websites and choose when you are NOT hungry! One of my easiest on-the-run drive-through items is the Del Taco Veggie Works Burrito (hold the cheese and sour cream). My favorite moderately-fast-food is Rubios HealthMex Burrito with salmon. See? Decent options in a pinch. The key is advanced planning.

**EQUIPMENT:** Do you have all you need? Gayla from TriZone is happy to help you and so am I. See <http://www.tri-zone.com/TriLaVie/> for products and feel free to call Gayla if you have questions or special requests. TriLaVie members (that's you!) get 15% of general products and 10% off nutrition.

### **New Triathletes:**

- Run: #1: 3 miles moderately hilly run/walk. Keep walk/run interval the same as last week.  
#2: **New!** 1-mile brick run/walk after a bike ride. Experience the "transition" of your legs!
- Bike: #1: Indoor or outdoor cycling 1 hour, hilly ride using lots of leg muscles. Try to stand safely.  
#2: 1-hr TLV Road Ride (for experienced cyclists) is an option this week on Saturday after swim.
- Swim: #1: Pool Swim – 30 minutes, 25% time with buoy, alternating laps. **Conduct 200 yard time trial.**  
#2: Pool Swim – 45 minutes of longer swimming. Easy pacing, good breathing long body!

### **Sprinters (experienced triathletes/athletes):**

- Run: #1: 4 miles moderately hilly run/walk. Mile 1=EZ, Mile 2-3=Harder, Mile 4 all out. Walk breaks between mile 1-2 and 3-4 only. Learn to run again fast after a walk break.  
#2: 3-mile brick run/walk after a bike ride. Experience the "transition" of your legs!
- Bike: #1: Indoor or outdoor cycling 1 hour, hilly ride using lots of leg muscles. Try to stand safely.  
#2: 1-hr TLV Road Ride (for experienced cyclists) is an option this week on Saturday after swim.
- Swim: #1: Pool Swim – 45 minutes, moderate pace, 25% time with buoy. Within that 45 minutes, please **Conduct a 400 yard time trial.** Time yourself, stop and rest if necessary, but keep the clock ticking!  
#2: Pool Swim – 45 minutes: 200 yds EZ, 500 yds at 5x100s with 1 min rest interval between. Cool down 400 yards nice and easy. Be sure to time yourself for all intervals.