

# TriCentric

Newsletter

February 2011

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TriCentric Tested...  
world champion  
approved

**Dear Katie,**

January and February are in the books... Punxsutawney Phil (our favorite groundhog) informed that we will get an early spring which is great news with all the training and racing under way. Recently, I attended the Disney Tri Team season kick-off meeting and led a clinic in concert with the Pasadena Tri Club to a group of seasoned and new triathletes. It was great to see so many new faces and participation in the sport... it's always fun to answer questions and share information. If your group wants to schedule a clinic, please let me know.

In this issue: Training Gadgets... the pros and cons, upcoming events and 5 things every Triathlete should have.

Happy Training,

~B

## Training Gadgets

If you don't have any training gadgets, surely you have seen them in magazines, with training partners or in the stores. They're getting more and more advanced and make great use of technology to offer the most advanced and scientific approach to training and analysis to date. Some examples are:



- Power meters such as SRM, Quark & Powertap
- Heart rate monitors
- GPS units
- MP3 and auto-lap counters for the pool

The list goes on and on... from high tech to low tech. So... which ones are right for you? Every athlete needs to be honest with their needs and likes/dislikes. With greater advances in technology comes a greater requirement for investment... both time and money. Every athlete should have a means of gauging effort/intensity... whether its technology gadget based or a more traditional perception based method. You should be able to define and repeat whatever method you subscribe to.

Here is a list of the pros and cons with some of the most common/popular training devices:

Device	Pros	Cons
Power	True intensity,	Expensive



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### Athlete Spotlight



TriCentric Athlete Angela Ontiveros on her way to a new PB at the LA 13.1



### TriCentric Bike Fit

Book your fit and reap the benefits this season

*Brandon has fit over 1500 athletes*

Meter	reliable, aids in all aspects of training, racing, recovery and analysis	
Heart Rate Monitor	Aids in refining training zones and recovery, good options for all budgets	Not a true representation of intensity as it represents total stress load on the body.
GPS	Great feature set, easily integrates with other devices such as power meters, internet options for extending its value	Can be bulky depending on the unit and though not as pricey as a power meter... it can be expensive
Pool Lap Counters	Beneficial in maintaining pace, measuring improvement, counting strokes, etc...	Not always accurate, can take focus off stroke mechanics

There are a lot of great tools on the market for us to use in our training and racing. Do your research, talk to experts about their benefits and features, be realistic about what you will and will not use and put your time and money into the tools you will see the biggest return on your investment. If your decisions are based on those criteria's, you should be able to get the right tools for your needs and see positive results.

*\*This is not intended to be a comprehensive or complete guide to training devices but rather a brief overview to aid in your buying and training decisions.*

across all cycling disciplines... most of which were referred by athletes who were also fit by Brandon

Email Coach ~B with any suggestions for clinics, questions on the team, or sponsorship opportunities  
**Email the Coach**

We'll see you at the races!

Cheers,

~B

## 5 Must haves for Triathletes

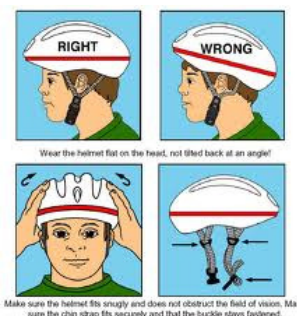
1. **Swim fins.** They are a must for drills and for the occasional swim session to better enable best technique. They should not be used as a crutch or a means of propulsion to make up for poor stroke mechanics.



2. **Sunglasses.** A quality, well-fitting pair of sunglasses not only blocks the harmful rays from the sun, bugs and other debris, they also aid in relaxing the face and upper body muscles.

3. **Watch/cycling computer.** Ideally you will have both so you know the duration (at the very least) of your training sessions. The complexity of your watch and cycling computer is a matter of personal preference and budget and should accommodate all of your individual needs. If you're asking yourself "what if I like to race and train on feel?"... My answer would be "there is value in that, but that's another article ☺".

4. **Helmet.** This may seem obvious but you should have a well fitting helmet that is less than 5 years old and has never been worn in a crash. If your helmet is more than 5 years old and/or has been in a crash... it's done the job and needs to be retired. Don't be thrifty when it comes to safety.



5. **Wetsuit.** Even here in sunny Southern California, ocean and lake temps stay under 65 degrees... often they're in the 50's!!! A good fitting, triathlon specific wetsuit will keep you warm in training and racing, correct or improve body position and offer the same hydrodynamic benefit that your competition has. Since I have many newer triathletes reading... I'll caution against the use of a surfing wetsuit... they cause more problems than anything else

Surely there are a lot of things that "could" have made this list. This is mainly intended for those who may need a refresher and are new to our wonderful sport. As is the case with most things... knowledge is king and by far remains the number one "must have" so always know why you are buying something and learn how to use it properly.

## Upcoming Events

- **TriCentric Track:** Coached track session every Thursday at Burbank High... 6:30pm (no cost)
- **LA Marathon:** March 20th (TC will have 5 athletes racing)
- **Showdown:** March 26th Half Ironman/Olympic/Sprint triathlons near Las Vegas. (TC will be out in force to kick off our triathlon racing season)
- **Ironman 70.3 Cali:** April 2nd in Oceanside. (TC will have several competitors and no doubt several team members cheering everyone to the finish)

