



TRI SMAC

and

San Mateo TriMasters

San Mateo Athletic Club is proud to offer a triathlon program all ages and abilities. Our goal is to support triathletes of all levels in reaching their race & fitness goals with organized practices, race support, a non-intimidating environment and a huge social sense of humor.

Tri SMAC Program Includes:

Daily group workouts with instruction and motivation
 Emailed weekly workouts
 Email communication with coaching staff
 Event Support

Privately arranged run, bike, and open water clinics
 Workout partners
 Organized, progressive training plan

San Mateo TriMasters Program Includes

3 coached, Total Immersion based workouts per week
 1 coached technique session per week
 Triathlon/Open water specific skills
 Where: Olympic Pool

Pack swimming
 Drafting
 Distance Training

When: Tuesdays 5:00-6:00pm, Fridays 6:00-7:15pm, Saturday 7:15 – 8:00am, Sunday 7:30 – 8:30am

Practice Schedule

Mon	Tues	Wed	Thur	Fri	Sat	Sun
REST 6-7AM spin	Morning Swimmers register for San Mateo Masters with Tom	Spin 6-7AM "Race day" Track run 7-8AM	Morning Swimmers do Masters with Tom	Morning Swimmers do Masters with Tom 6-7AM Spin Intervals 9:30-10:30AM Spin	7:15-7:45 AM Swim technique session 8:30AM Long ride	7:30-8:30 AM swim 9-10AM spin "Race day" 10:15 AM Long run
6PM Aquatic park swim with Swim-Art 6-7 Spin "Endurance"	Swim 5-5:45 PM Spin 6-7PM group ride		6-7:30 PM Group run 6-7 Spin Intervals	6:00-7:30PM Long course swim		

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Important information in the Schedule

1. Bold Face workouts are the primary scheduled TriSMAC workouts. They are arranged with a few important features.

a. Extensive use of Brick workouts. Triathlons are much more than simply swimming, cycling and running. Triathlons are swimming efficiently enough to allow you to ride and run well, cycling after swimming and efficiently enough to allow you to run well, and running well after the fatigue of swimming and cycling. This is physiologically different sport than each discipline alone so brick training is crucial.

b. Workouts are scheduled in a “2-on, 2-off, long day” pattern for running and riding. That is important because, as your fitness improves you will benefit from back-to-back workouts in the same discipline and you need the rest before and after the long training to prevent injuries.

2. Small Face workouts are extra classes or opportunities offered at the club that will relate to your training.

3. YOU MUST REST - COMPLETELY- NO PHYSICAL ACTIVITY - ONE TO TWO DAYS

EACH WEEK. I know this is really hard for a triathlete's mindset. It is better to do a double work one day and nothing the next than to train hard every day. Your body needs the rest.

4. While this may eat away at your concept of the universe, **do not do long rides and long runs in the same weekend** for half and full ironman distances. You will improve faster with fresher legs going faster by alternating weeks. Remember that these are also brick workouts, so you will get in plenty of work.

5. You should plan one extra workout per week in your weakest discipline.

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Session and Event Schedule

Please note that all races and clinics are optional.

Session 1: Jan 17 – Feb 26 (6 weeks)

Feb 5, 8:30 AM - 12:30PM ChiRunning technique clinic at CSM track. *(Don't worry! We will be done way before the superbowl begins.* \$145 check made out to Christopher Griffin and given to Eric by 1/24/12)

Feb 26, Threshold Racing Pre-Burn Series At SMAC (\$40-Register Online <http://www.thresholdracinginc.com/>)

400m S, 6mi B, 1.5 mile R

Session 2: Feb 28-March 25 (4 weeks)

Early March - Bike Fit and Technique Workshop

Mar 25 Threshold Racing Pre-Burn Series At SMAC (\$40- Register Online <http://www.thresholdracinginc.com/>)

400m S, 6 mi B, 1.5 mile R

Session 3: Mar 27-May 6 (6 weeks)

Early April Event strength strength Analysis.(compare splits from the previous two races to determine each athletes strongest and weakest legs of the race. - Emailed by Eric De Santo

Mid- April – Intro to Open Water Swim Clinic - Details TBD

April 22 - The Metro Triathlon, San Jose (<http://www.thresholdracinginc.com/>)

Olympic 1.5k swim, 40k bike & 10k run (\$125- Register Online)

Sprint: 1/2mi swim, 15mi bike & 3mi run (\$75- Register Online)

OR

May 4-6 – Wildflower, Bradley, CA 93426 (<http://www.tricalifornia.com/>)

Olympic 1.5k swim, 40k bike, 10k run (Hilly course, \$170- Register Online)

Half Ironman 1.2mi swim, 56 mi bike, 13.1 mile run (Hilly \$250 Register Online)

Mountain bike course - .25 m Swim, 9.7 m Bike, 2 m Run (\$120- Register Online)

Session 4: May 8 – June 3 (4 weeks)

June 3 - The Reservoir Triathlon, Morgan Hill (<http://www.thresholdracinginc.com/>)

Olympic 1.5k swim, 40k bike & 10k run (\$100- Register Online)

Sprint: 1/2mi swim, 15mi bike & 3mi run (\$75- Register Online)

Session 5 – Jun 5-July 29

July 28-29 CA International Tri - Olympic/CA Sprint Tri – sprint, Pleasanton (<http://www.tricalifornia.com/>)

July 29 - Olympic 1.5k swim, 40k bike & 10k run (\$125-\$145 depending on reg. date - Register Online)

July 28 - Sprint: 1/2mi swim, 15mi bike & 3mi run (\$90-\$110 depending on reg date - Register Online)

Session 6 July 31 – Sept 9 (<http://www.tricalifornia.com/>)

Sept 7-9 Pacific Grove Triathlon, Monterey

Olympic 1.5k swim, 40k bike & 10k run (\$130 - Register Online)

Sprint: 1/4mi swim, 12.4mi bike & 2mi run (\$85 - Register Online)

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TriSMAC/TriMasters Tips for the Newbie

What you NEED (Wants come later)

1. Swim suit and goggles.
2. Good running shoes.
3. You will eventually need a bike, but you can do spin classes for training and our first two races are on stationary bikes, so you don't need one until April. AND WHATEVER BIKE YOU HAVE WILL WORK!
4. Self Control to avoid dumping thousands of dollars into this sport before it is necessary. And it is only necessary if you MUST look cool, you have won enough races that competing at the world class level is a possibility.

Swim Tips

1. Foggy Goggles - Goggle fog is caused by minerals from pool water on your goggles. Wash them well with a clear soap or shampoo to remove the minerals. I recommend Johnson's Baby Shampoo because it will not burn your eyes if you don't get it all washed out.
2. There is no magic to selecting goggles. But do consider that there is a great likelihood that you will get kicked in the face during a swim start. You will want goggles that are comfortable in combat.
3. Water in the ears - You have two options to get water out of your ears after swimming. One is to do the "Swimmers Dance" by tilting your head to one side and hopping up and down until the water falls out. If this requires too much coordination for you, mix a small bottle of 1 part white vinegar to one part rubbing alcohol. A few drops in each ear after each swim will help dry the ears and reduce ear infections.
4. Toys such as paddles and fins may have a place in triathlon swimming practice only if they are used correctly. Both these tools increase your awareness of certain things in your stroke and may be used to improve your stroke. They will not improve your swim times by increasing power.
5. Kickboards and pull buoys (the strange foam floaty things people often put between their legs or under their arms) are not recommended for triathlete practice. We want to spare our legs for the ride and run so we don't kick much in the swim and the pull buoy just gives us a false sense of confidence in our ability.
6. Toys such as front mounted snorkels and tempo trainers are the best training tools you can buy. I strongly recommend them.
7. If you plan on using a wet suit for any of your swims, start looking early. Many shops allow you to rent wet suits and apply the rental fee to your purchase. Try many different suits because they fit very differently. Remember that our first two races will be in our pool, so you don't need a wet suit until April.
8. If you plan on using a wet suit for any of your swims, use "Body Glide" or similar lubricant on your neck (a lot). The suit will rub on your neck and produce a rather painful "wetsuit hickey". Putting it on your wrists and ankles will help you get out of the suit.
9. Mint oreos help relieve the salty taste in your mouth after bay swims.
10. Swimming Pool Etiquette - The following rules and terms are rarely stated but may help.
 - a. Make sure every swimmer in a lane knows you are joining before getting in the water.
 - b. Enter feet first. It is much safer and we don't need to practice dives.

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- c. Circle Swim - Swimming in busy lanes is a good thing. Swim as if you are driving a car, always stay to your right. This allows 4-6 people to easily share a lane without bumping into each other. Never swim with anyone from England because they circle swim in the wrong direction!
- d. The phrases “on the top” and “on the bottom” refer to using a pace clock. “On the top” means start swimming when the clock hits :00. “On the bottom” means start when the clock hits :30.

Bike Tips

1. Seasoned road cyclists know that triathletes are not used to riding in tight groups. Don't be offended if they stay far away from you.
2. Don't use aerobars in a group ride. It advertises to the roadies that you are one to avoid and it is dangerous.
3. You can easily mortgage your house to drop money into your bike gear. In order of importance and assuming you know enough to wear a helmet, think about getting: 1. bike shorts, 2. bike shoes, 3. bike gloves, 4. good sun glasses. These will give you much more bang for your buck than the big money stuff (and there are tri specific versions of these that will speed up transitions if you are getting competitive). Aero equipment like aerobars, wheels, and frames will begin to show a **small** effect at the olympic distance and will be noticable at longer distances if you are really competitive. Don't waste \$2000 on wheels when you could push a little harder in training. Besides, it feels really good to blow past people in \$10,000 set ups while riding a mountain bike. If you must spend the money, aerobars will be the most helpful.
4. You must have a spare tube, tire levers, and a small pump during a ride. Be self reliant.
5. Always carry an ID on a ride. You don't need your whole wallet, but you do need to be identifiable in a worse case scenario.
6. Carry enough water. A large water bottle for every 30-60minutes is reasonable as temperature warm up.
7. Do not ride with music in both ears. You **MUST** be able to hear cars and other riders.
8. Cyclists do a lot of talking with their hands. While riding in a group...
 - a. Point low and off to the side to signal when there is an obstacle ahead.
 - b. An outward flick of the elbow usually means “please take a turn at the front so I can draft for a while”.
 - c. Hold your hand low and palm back to signal slowing down.
9. When voices are necessary (usually because the speaker is behind you) you are likely to hear...
 - a. “On your left” - This means someone is passing you, so stay to the right. Always pass on the left.
 - b. “On your wheel” means someone is drafting very closely to you. So please ride in a straight line and don't brake unexpectedly. Also, watch what is happening several bikes ahead of you so you have time to react.
10. When in a group, be gentle with your brakes. Sitting up or moving to the side of the group will allow you to slow down more gently (by catching more air resistance) so the riders behind you don't run you over.
11. When you crash (yes, you will crash), if your first thought is your bike, you know your OK.
12. Lance Armstrong's coach suggests a light coating of Aquaphore on your face to prevent the wind beaten and weathered look in your future. Sounds like a good idea.

Run Tips

1. Don't run with music in both ears. You must hear traffic and people around you for safety.
2. Don't run alone if possible. If not, think carefully about your course.

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3. Don't assume running is instinctual. You will have to practice technique.
4. If you are joining the barefoot craze, listen carefully to your body. You cannot get minimal shoes and go run a marathon to break them in.

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San Mateo Athletic Club

Tri SMAC Registration Form

Please submit this form to the San Mateo Athletic Club's courtesy desk, fax: (650)378-7374 or scan to smac.aquatics@smccd.edu

Participant's	Full Name	Age	Member of SMAC?
Address	City	Zip Code	
Home Phone #	Work Phone #	E-Mail	
Emergency Contact	Relationship	Emergency Phone #	

Sessions (please check the ones you want to sign up for)

Member Fees	Dates:	# of Weeks	SMAC Member Fees	Non
___	January 17- February 26 (6 weeks)		\$100	\$150
	Event: Sunday Feb. 26th Pre Season Burn Series Tri at SMAC			
___	February 28 – March 25 (4 weeks)		\$67	\$100
	Event: Sunday March 25th Pre Season Burn Series Tri at SMAC			
___	March 27 – May 6 (6 weeks)		\$100	\$150
	Event: Sunday April 22nd The Metro Triathlon San Jose			
___	May 8 – June 3 (4 weeks)		\$67	\$100
	Event: Sunday June 3rd The Reservoir Triathlon, Morgan Hill			
___	June 5 – July 29 (6 weeks)		\$100	\$150
	Event: July 28/29 CA International Triathlon, Pleasanton			
___	July 31 – September 9 (4 weeks)		\$67	\$100
	Event: Sept. 7 – 9 Pacific Grove Triathlon, Monterey			
___	TriMasters Only Punchcard (10 workouts)		\$75	\$150

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San Mateo Athletic Club Aquatics Program Waiver

Please read and sign the release below

I, _____, on behalf of myself, _____, have voluntarily requested to participate in swim lessons offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself, my heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or property damage resulting from my attendance at or participation in swim lessons offered by the San Mateo Athletic Club. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

Date: _____ **Name of Participant** _____

Signature _____

Mail:

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c/o Aquatics, Building 5
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San Mateo, CA 94402

Email/website

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