

SLB Coaching & Training Systems

SLB Weekly Newsletter #19 week of May 13, 2003

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." Steve Prefontaine

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Sponsors

E-Caps and Hammer Fuel



RacerMate - CompuTrainer



We are excited to announce that **SLB Coaching & Training Systems** is sponsored by **RacerMate CompuTrainer** and **E-Caps/Hammer Fuels**. SLB Coaching & Training Systems athletes can receive a discount on a CompuTrainer and E-Caps/Hammer Fuels. Contact the coach for details. Receive a 15% discount on your first order. Use my name "**Neil L. Cook**" or code: "**28484**" when ordering on-line (<http://www.e-caps.com>) or on the phone (800-336-1977).

SLB Coaching & Training Systems athletes receive a discount to the **Asphalt Green Triathlon Training Institute** to be held in March and April. More details about the Training Institute are in this Newsletter.

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Summer Coaching Programs

I have successfully coached many athletes at all levels. My athletes have not only reached their goals, but have won numerous awards and set Personal Bests. And, they have had fun in the process!

Most recently an SLB Coaching athlete won his age group at the March Madness Biathlon in Central Park. He improved his performance from last year, going from 43rd place overall to 17th place and taking approximately 2 minutes off his time!

I have an extensive educational background in Physical Education, Coaching, Motor Learning and Neurophysiology, as well as many years experience as an athlete and coach. I am a Serotta certified Advance Bike Fit Professional, and sponsored by E-Caps/Hammer Fuels and CompuTrainer.

My coaching programs are all tailored for each individual athlete. My group sessions and clinics focus on each individual in the group. Private sessions are available on a limited basis, call or e-mail for details: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

May 9, 2003

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Tri Stroke Clinic

A ten week clinic focusing on stroke technique and triathlon swimming fitness at Asphalt Green. This clinic is designed for triathletes that have basic swimming skills (*can swim 100 yards non-stop*). Novice triathletes are welcome too (*as long as you can swim 100 yards non-stop*). Each session will cover stroke drills, individual consultation and correction of your stroke mechanics and fitness drills. Expect to cover between 1,500 and 3,500 yards each session. **We do underwater video taping of your stroke for detailed analysis.** Each session is 60 minutes of pool time and 30 to 60 minutes for video tape review. **Each week you'll receive a digital video clip of your swim stroke.** We will hold two "open water simulation" sessions with wetsuits. Space is limited, and the clinic fills up fast, so sign-up early.

Place: Asphalt Green, York Avenue & 91st Street

Dates & Time: sessions are at 3 pm on Saturdays, except for one Saturday that starts at 2pm and the last session which is on Monday at 8pm.

Schedule of Sessions:

Summer Session – May 31 thru September 8

Fall Session –

Saturday Sessions September 13 thru November 15 (3pm) for Beginner & Intermediate triathletes

Monday Sessions September 15 thru November 17 (8pm) for Advanced triathletes

Each 10 week session coasts \$240. There are no additional fees.

For additional information contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

Tri Coaching Group

The **Summer Session** runs for 14 weeks (June 17 thru September 30). It is designed to provide **Strength Building Phase** and **Speed Building Phase** workouts. There is one coached session per week during the **Summer Session**. Workouts include BRicks, Lactate Threshold workouts, Hill drills and speed workouts. The **Summer Session** will prepare you for a successful summer of racing. All workouts are e-mailed to athletes in advance.

Summer Season – June 17 thru September 30, 14 week session, \$400

No sessions July 29 and September 2

For additional information contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

Road Racing & Marathon Training

The Spring Session runs for 10 weeks (April 8 thru June 10). It is designed to provide Base Building Phase and Strength Building Phase workouts. There is one coached sessions per week. Workouts include BRicks, Lactate Threshold workouts and Hill drills. The Spring Session will prepare you for a successful summer of racing. All workouts are e-mailed to athletes in advance. All sessions are held in Central Park.

Summer Season – June 17 thru September 30, 14 week session, \$400

No sessions July 29 and September 2

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E-Mail Coaching

A coaching program that provides weekly training plans for **Runners, Marathoners, Triathletes, Swimmers and Cyclists**. The program is on a monthly basis. This program is designed to prepare you for your goal race or just to improve fitness and performance. The program includes a personalized training program each week, geared towards your goals. The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

The weekly training sessions will include – Base Building, Strength Building, Speed Building and Race Preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season.

The cost is \$100 per month, payable in advance. There are no additional fees.

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Private Coaching - Individual Coaching Programs –

A coaching program that provides weekly workout plans and one coached workout session per week. This program is for **Runners, Marathoners, Triathletes and Cyclists**. The program is designed to prepare you for a goal race or just to improve fitness and performance. The program is on a **Seasonal** (4 month) or **Monthly** basis.

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Seasonal program costs \$3,500 for the 4 month season. The Monthly program costs \$1,000 per month. Both are payable in advance. There are no additional fees.

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Strength Training Program

Adding a strength training program to your **Triathlon, Running, Cycling or Swimming** training can help you progress to the next level. The three components of a successful training program are endurance, strength and speed. Strength building is often misunderstood, miss used or neglected. This program is sport specific and compliments your sport training program. It is geared to build sport specific strength and not to conflict with your sport training.

Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and frequency of training.

Cost is \$100 per hour.

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Bike Fit Program

Getting the proper bike fit is critical to riding comfortably and getting the most power from your body. As a Serotta certified Advanced Bike Fit Specialist, I am able to adjust your bike fit and riding position to optimize comfort and power.

A **Basic Bike Fit** takes about 1 hour. An **Advance Bike Fit** will take 1½ to 2 hours. Bike Fits are done by appointment only. A **Basic Bike Fit** costs \$150. The **Advance Bike Fit** costs \$250.

For additional information contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

Swim Instruction

Swimming is one of the most difficult sports to learn. I have been a swim coach since 1965 and have help countless individuals become proficient in the water. I use an individualized teaching approach, working with you and your personal needs and skills. I emphasize front quadrant, streamline, body position and proper biomechanics. Triathletes that want to improve their technique, runners and cyclists looking to cross train will benefit from this program.

Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and needs.

Cost is \$100 per hour

For additional information contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

Swim Stroke Video Tape Analysis

We now offer private and group Swim Stroke Video Tape Analysis. Using an underwater video camera, we will tape your stroke and provide a written analysis of your technique. We are providing Video Tape Swim Stroke Analysis to the AGUA Masters Swim Team at Asphalt Green. Video Tape Swim Stroke Analysis is provided at all SLB Coaching Tri Stroke Clinics.

One of the key tools for stroke improvement is Video Tape Analysis. The ability to make stroke corrections depends on good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have an accurate image of your stroke.

Using an underwater video camera and taping your swimming, we can greatly improve your kinesthetic sense, awareness of your stroke, body position, mechanics and stroke.

We do private Stroke Video Tape Analysis. These are 15 minutes, 30 minute or 60 minute sessions of underwater and above water video taping of your swimming. We will tape you from the end of the pool – head on view, and from the side of the pool as you swim – side view.

Cost is \$100 to \$150 per hour

For additional information Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com

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Clinics

These are a series of free clinics for the **Cyclists, Runners, Swimmers and Triathlete**. They cover Bike Design, Bike Fit and Riding Position, Bike Maintenance and Tire Changing, Winter Training, Cycle Equipment and Clothing, Cycle Skills – Braking, Cornering, Shifting and Hills, Nutrition, Triathlon Swimming, Transitions, USAT Rules, Race Ready Bike, Getting Ready for Competition, Gears, Setting Up Training a Program. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

Wednesday, May 14, 6:30 pm – Larry & Jeff's: Bike Design and Fit

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Monday, May 19, 6:30 pm – 5BBC: Cycle Maintenance & Tire Changing - Cost (including repair manual: Members \$25, Non-Members \$30)

Wednesday, May 21, 7:00 pm – Super Runner's Shop: Triathlon Training

Wednesday, May 28, 6:30 PM – Quantum Feet: Triathlon Training

Sunday, June 1, 9:00 am – Gold Coast Barr Beach Open Water Swimming & Transition Clinic – Cost \$40

Wednesday, June 4, 6:30 pm – Larry & Jeff's: Cycle Maintenance & Tire Changing

Wednesday, June 11, 6:30 pm – Larry & Jeff's: Cycle Training: Faster & Further

Thursday, June 12, 5:00 pm – Gold Coast Triathlon Transition Clinic, @ Larry & Jeff's Bicycles Plus

Friday, June 13, 5:00 pm – Gold Coast Triathlon Transition Clinic, Long Island tba

Saturday, June 14, 2:00 pm – Gold Coast Triathlon Transition Clinic, Port Washington Cyclery

Wednesday, June 18, 6:30 pm – Larry & Jeff's: Triathlon Training

Wednesday, July 9, 6:30 pm – Larry & Jeff's: Cycle Maintenance & Tire Changing

Wednesday, July 16, 6:30 pm – Larry & Jeff's: Triathlon Training

Monday, July 21, 6:30 pm – 5BBC: Cycle Maintenance & Tire Changing - Cost (including repair manual: Members \$25, Non-Members \$30)

Wednesday, July 23, 6:30 pm – Larry & Jeff's: Fueling Guide for Cycling & Triathlon

Wednesday, August 6, 6:30 pm – Larry & Jeff's: Cycle Maintenance & Tire Changing

Wednesday, August 13, 6:30 pm – Larry & Jeff's: Bike Design and Fit

Monday, August 18, 6:30 pm – 5BBC: Cycle Equipment - Cost (including repair manual: Members \$25, Non-Members \$30)

Wednesday, August 20, 6:30 pm – Larry & Jeff's: Triathlon Training

Wednesday, September 3, 6:30 pm – Larry & Jeff's: Cycle Maintenance & Tire Changing

Wednesday, September 10, 6:30 pm – Larry & Jeff's: Bike Design and Fit

Wednesday, September 17, 6:30 pm – Larry & Jeff's: Winter Riding

Monday, September 22, 6:30 pm – 5BBC: Winter Riding - Cost (including repair manual: Members \$25, Non-Members \$30)

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SLB Group Rides and Runs

You are welcome to join us on our weekend rides and runs. These are unofficial workouts, just a group of athletes getting together to do longer rides and runs. All levels of fitness are welcome. Athletes meet for rides on Saturday and Sunday mornings at 7 am at the Loeb Boathouse in Central Park. We meet behind the Metropolitan Museum of Art or at East 90th Street (Engineer's Gate) for group runs.

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News

<http://www.bikeweeknyc.org>

Cyclist Out-Commutes Straphanger and Taxi Rider in Monday AM Race (From Transportation Alternatives)

Sarah Oakes won the Bike Week NYC 2003 Commuter Race by making it from Juniors Restaurant on Flatbush & DeKalb in Brooklyn to Columbus Circle in 29 minutes on a bicycle. Oakes beat the straphanger, Nathan Ellingson, by five minutes. And, though she was able to hail a yellow cab without trouble in Brooklyn, taxi rider Tracy Pesin came in last place at 39 minutes.

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Oakes, a regular bike commuter, reported that she was happy that her "victory proves to would-be bike commuters how fast and easy it is to get to work on bike." She encouraged others to "take advantage of the good summer weather and give bike commuting a spin."

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For Sale

E-Mail: racert@billburg.com

Softride Qualifier triathlon bike. Great entry level tri bike! Three years old, complete bike, 650 Mavic wheels. Size: medium (52cm-58cm). Adjustable beam height accommodates a wide variety of riders. Shimano drive train and shifters. Profile aero bars. \$650 or best offer.

HED 3 tri-spoke 650 front wheel. Details: Like new! Raced only twice! I bought this wheel in August 2002 for the NYC triathlon for \$400 (I shaved 2 minutes off my time!). I hate to part with this but my new bike has 700c wheels. Includes Vredstein Fortezza tire (\$45 value) \$325 or best offer.

Mongoose Alta mountain bike. This bike is in great condition. (I never ride it because I'm always on my road bike.). \$300 or best offer.

IM Lake Placid rooms available @ Hilton, E-Mail: Jennifer.Sun@I-Deal.com

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