

SLB Coaching & Training Systems

SLB Weekly Newsletter #23 week of October 21, 2003

"Train Right, Race Well"

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Websites

SLB Coaching & Training Systems – <http://www.SLB-Coaching.com>

Asphalt Green Triathlon Training Institute – <http://www.AGTri-Institute.org>

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Quote

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle

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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 SLB Coaching athletes won their age group at the NYC Triathlon and Staten Island Flat as a Pancake Sprint, took third in their age group at the West Point Triathlon and took second in their age group at Diamondman Half Ironman. SLB athletes have won age group awards and place high in the over all standings in many races this summer.

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 have been a swim coach since 1965. I am a Serotta certified Advance Bike Fit Professional, I am a USA Triathlon Certified coach. I am sponsored by E-Caps/Hammer Fuels, CompuTrainer, Ironman Wetsuits and Aegis Bicycles. I am Multisport coordinator and coach for the Asphalt Green Triathlon Training Institute. I am Head Coach for the Mercury Masters women's running club.

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My coaching programs are all tailored for each individual athlete. My group sessions and clinics also focus on each individual in the group.

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Asphalt Green Triathlon Training Institute

The **Asphalt Green Triathlon Training Institute** (TTI) is a collection of programs that provide educational, training and social resources for the multi-sport athlete. The TTI offers something for every level of athlete from complete novice to nationally competitive, through a wide range of instructional and participatory opportunities.

"The basics of athletic activity cannot be taught. They are part of us all. We just need to discover them for ourselves and develop them to our best ability." [Neil Cook, Asphalt Green's Triathlon Coach](#)

Sign-up now for Fall Tri Coaching Programs. Go to <http://www.AGTri-Institute.org> for more information and to register for the AG TTI Triathlon Club, Tri Coaching Group (starting 9/16) and Tri Stroke Clinic (starting 9/13 and 9/16)

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Asphalt Green TTI Triathlon Club

This club provides athletes interested in improving their triathlon performance a challenging, fun, positive, rigorous training program.

Insightful training tips, creative workouts, and fun team events set the Asphalt Green Triathlon Club apart from other triathlon programs.

Annual Club Membership Fee \$99/\$79 member

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Asphalt Green TTI Tri Coaching Group

This comprehensive Triathlon coaching program is geared to the needs of the individual triathlete, and involves: Initial interview/assessment and mid-season assessments with the coaching staff, weekly workout plans (delivered through e-mail) tailored to the individual athlete's experience, training goals, season focus, coached weekly group workouts in Central Park consisting of running, cycling, and BRicks, broken into three levels based on experience, Access to the coaching staff to discuss problems, evaluate progress and receive feedback and advice, password-only access to the Coaching Program section of the www.agtri-institute.org website for access to workouts, schedules and resources, Membership in the Asphalt Green Triathlon Club and access to all of its workouts, events and discounts.

Non-members: \$219/month or \$599 for three months /

<http://www.acteva.com/booking.cfm?bevaaid=50750> Members: \$179/month or \$499 for three months

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Asphalt Green TTI Tri Stroke Clinic

These clinics are 10 weekly one-hour sessions held in Asphalt Green's Delacorte pool (91st Street and York Avenue). You will receive videotaped stroke analysis at each session. There is 15 minutes of deck drills, 1 hour of pool time, followed by 30-60 minutes of video analysis of your stroke.

The program is divided into two categories: **Advanced** and **Beginner/Intermediate**

Beginner/Intermediate clinic is on Saturday afternoons. Prerequisite: The ability to swim 100 yards without stopping and a desire to improve. 10 Saturdays -- Starts September 13 -- 2:45-4:45 PM -- \$279/\$239 member

Advanced clinic is on Monday evenings, and is geared toward the triathlete who is very comfortable in the water, but would like to be become faster and continue to develop their skills. 10 Mondays -- Starts September 15 -- 7:45-9:45 PM - \$279/\$239 member

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Asphalt Green TTI Bike Fit Program

On-Site Bike Fitting Service

The Asphalt Green Triathlon Training Institute has partnered with the Signature Service Professional Bike Fitting Program to provide a state-of-the-art Bike Fit facility.

\$299/\$279 members. By appointment only. Call or email Sharp Center Director, Paul Weiss (212) 369-8890
pweiss@asphaltgreen

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Asphalt Green TTI and SLB Strength Training Programs

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.

Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Asphalt Green TTI Swim Instruction

This program will improve your swimming technique. It is not designed to build extensive swimming fitness. Additional swimming sessions are required to build fitness and continue stroke technique improvement.

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 – \$80 per hour, Availability is limited. For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Asphalt Green TTI and SLB Swim Stroke Video Analysis

A key tool for stroke improvement is underwater Video Tape Analysis. The ability to make stroke corrections depends on a good kinesthetic sense. Using an underwater video camera and taping your swimming, I can greatly improve your kinesthetic sense, awareness of your stroke, body position and, mechanics. These are 15, 30 or 60 minute sessions of underwater and above water video taping of your swimming.

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

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Asphalt Green TTI and SLB Running Video Analysis

A key tool for improvement of your running is Video Tape Analysis. The ability to make corrections depends on a good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have a good image of your running stride. Using a video camera and taping your running, we can greatly improve your kinesthetic sense, awareness of your body position, mechanics and stride. We do private Running Video Tape Analysis. These are 15 minutes or 30 minute sessions of video taping of your running. We will tape you running at race pace and training pace, up and down hills, head on view, rear view, and side view. Contact us for more details.

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Coaching & Training Systems

Sign-up for SLB Coaching Programs, go to <http://www.SLB-Coaching.com> for more details or e-mail Coach@SLB-Coaching.com.

We offer a wide range of coaching options for adult athletes – runners, cyclists, swimmers and triathletes.

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SLB Road Race & Marathon Training

A training program for runners and marathoners. This program is designed to prepare you for a fall marathon or the summer racing season. You do not need to be preparing for a marathon to join this group. Workouts will be geared towards your personal race goal. The program includes a personalized training program for the 4 month winter season, geared towards your goal race.

The program is designed for your individual goals, be they a fall marathon or the summer racing season. The program is designed to take you from your current fitness and skill level to a level that will allow you to compete your race and reach your goals.

Basic requirements are being able to run non-stop for 30 minutes. Beginning, experience and advanced racers are welcome.

Group size is limited.

Schedule & Cost

Fall Season – September 30 thru December 2, 10 weekly sessions, \$300
Winter Season – December 9 thru February 24, 12 weekly sessions, \$350
Spring Season – March 2 thru May 18, 12 weekly sessions, \$350
Summer Season – May 25 thru August 31, 15 weekly sessions, \$450
Fall Season – September 7 thru November 23, 12 weekly sessions, \$350

Date & Time: Tuesday, 7:00 pm (60 to 90 minute coached workout)
Location: Central Park, Engineer's Gate (90th Street & Fifth Avenue)

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Monthly E-Mail Coaching

A coaching program that provides a monthly workout plan for Runners, Marathoners, Triathletes, Swimmers and Cyclists. The program is on a 3 month basis. Monthly training plans are designed for each athlete based on their current fitness, skill and experience level and their goal races. The monthly training plan is e-mailed to the athlete at the start of each month. Access to the coach for questions, training and workout information is provided via e-mail on a weekly basis.

Each monthly training plan 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.

Sessions are for 3 month periods – you can sign-up for one or a set number of 3 month sessions. The cost is \$125 per 3 month period, payable in advance. There are no additional fees.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Weekly E-Mail Coaching

The E-Mail Coaching Program is for Marathoners, Runners, Triathletes, Swimmers and Cyclists. The program includes a personalized training program for each week, geared towards your goals. This program is designed to prepare you for a goal race or just to improve fitness and performance.

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis. The cost is \$125 per month, payable in advance. There are no additional fees.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB 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, Cyclists, Swimmers, Road Racers, Marathoners and Triathletes. The program is on a Seasonal (4 month) or Monthly basis. This program is designed to prepare you for a goal race or just to improve fitness and performance. The program includes a personalized training program for each week, geared towards your goals and one weekly coached workout.

Beginning, experienced and advanced athletes are welcome.

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

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Bike Fit Program

I am a Serotta certified Advanced Bike Fit Professional.

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Cyclists and Triathletes will benefit from a customized bike fit. Adjusting your bike fit and riding position will increase comfort and allow you to increase power while riding. These are the two critical factors in successful cycling. You don't need to be a competitive cyclist or triathlete to benefit from a custom bike fit. Recreational riders, as well as bike touring riders will also benefit from being fitted properly.

A Basic Bike Fit is a static fit. It is the starting point. Your current bike setup is measured, your current riding position is analyzed and a basic set of measurements is made – including a series of flexibility test. These measurements are then used to adjust your bike setup and your riding position.

An Advance Bike Fit is a dynamic fit. You must have had a Basic Bike Fit previously. The goal of an Advanced Bike Fit is to increase comfort and power output. Power output measurements are made using a CompuTrainer™ prior to adjustments. After adjustments, power output measurements are redone.

One follow-up sessions, one month after the initial Bike Fit is included. 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.

The Basic Bike Fit costs \$150. The Advance Bike Fit costs \$250.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Clinic Schedule

SLB Coaching & Training Systems offers clinics on various topics of interest to Triathletes, Runners, Cyclists and swimmers. These are a series of free clinics for **Triathletes, Runners, Swimmers and Cyclists**.

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.

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Larry & Jeff's Bicycles Plus Clinics

1690 Second Avenue (87th Street), 212-722-2201

Date & Time: Wednesday, 6:30 pm

Location: Larry & Jeff's Bicycles Plus, 1690 Second Avenue (87 Street), 212-722-2201

Cost: Free

Dates:

November 5 – Maintenance & Tire Changing

November 12 – Winter Riding & Indoor Training

For additional information on any of these clinics, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Mercury Masters

The Mercury Masters is a running club exclusively for women over 50. They welcome runners and walkers of all speeds. They are the 2002 NYRR Club Team Champions and are leading the standings for 2003! Weekly workouts are held on Thursday evenings in Central Park. For more information see their website: <http://www.MercuryMasters.org>. As of October 13, 2003, the Merms are leading the NYRR Club Team championship for the third year in a row.

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Susan Sideman

Susan ran the Brooklyn Half earlier this year in 1:49:56 (8:22/mile). Just this past weekend she ran the Greater Hartford Marathon in 4:39:16. Susan is a member of the Mercury Masters. She's completed 27 marathons.

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Races

The following are some of the races that SLB coached athletes are participating in:

Sunday, November 2

ING New York City Marathon

Saturday, November 15

CRCA Cycle A, B, C Turkey Race

Saturday, November 23,

Fall Classic Metropolitan LMSC SCM Championships. (SANCTIONED BY METRO LMSC) Entry Form.

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P. Diddy

Diddy Runs The City – Education, Health, Children <http://www.DiddyRunsTheCity.com>

Sean P. Diddy Combs will run the ING NYC marathon for three charities. His goal is to raise 1 million dollars. The charities:

Daddy's House Social Programs

Established in 1995 to create educational programs and initiatives for inner-city youth and guided by the vision of Sean Combs and the leadership of Executive Director, Sister Souljah, Daddy's House offers the following programs:

- Weekend Boys and Girls Club: Provides academic tutoring and life skills for nearly 800 boys and girls every weekend throughout the school year
- On Wall Street: Three week course that teaches the fundamentals of the stock market and practical financial skills
- College Tours: A three week tour to various college campuses for high school seniors
- International Travel Groups: Offers students an opportunity to travel to countries such as South Africa and Ghana and learn about trade, culture, commerce and international relations
- Sleep Away Camps: Provides a retreat to summer camps in upstate New York for nearly 200 children every summer

Children's Hope Foundation

Founded in 1986, the Children's Hope Foundation is a volunteer-driven organization (more than 9,000 dedicated volunteers) that improves the quality of life for over 17,000 HIV/AIDS-affected children, teens and families by meeting their medical and social needs. Working in partnership with more than 120 medical facilities and community-based organizations in the New York area, Children's Hope Foundation responds with innovative and practical solutions to unmet needs of communities hardest hit by AIDS. Some of the CHF initiatives include:

- Family Needs Program
- Hospital & Homecare Program
- Emergency Funds Program
- Children and Family Events Program
- Outreach and Education Program
- SuperFriends Program
- Holiday Toy Drive
- TeensMatter Program

www.childrenshope.org

Many of the New York City Public Schools are under-resourced and outdated with over sixty percent of the students in grades 3 through 8 reading below grade level. For many of these students, the problem is due in part to the limited amount of resources, books,

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and technology available to them at school. Based on the rate of funding provided by New York State, it takes schools upwards of 20 years to purchase the appropriate number of books to fill their libraries, at which point, the books are outdated. In addition to purchasing books, schools desperately need to purchase periodicals, technology, software and furniture.

Oh, he's being coached by SLB Coaching.

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Jerome Isakov

USAT Nations

2:13:12 – Overall: 235

NYTC Central Park Biathlon

59:14 – Overall: 4, Age Group: 1

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Steve Byers

USAT Nations

2:19:10 – Overall: 390

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Aegis T2

New Triathlon Bike – T2

<http://www.aegisbicycles.com>

T2 specs:

Head Tube Angle: 72.5

Seat Tube Angle: 78

Offered in both 650 & 700c.

It features track style drops for ease of wheel adjustment into the seat tube, an 1 1/8" head tube with unique air foil design & 27.2 carbon post.

Frame \$2,300

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SLB Discussion Group

SLB athletes have formed a discussion group on Yahoo. We've just setup a Yahoo Discussion Group for all the athletes that have worked with SLB Coaching & Training Systems.

To sign-up, go to: "SLBcoaching" <http://groups.yahoo.com/search?query=slbcoaching>

It's a news group we created as a way for us to communicate with each other. Be it about equipment, diet, training, carpooling to races, or just plain whining about this or that pain. Also if you have events to add to the calendar please let Meg Kiihne know (she'll be editing the site). Your comments and suggestions should also be sent to either Meg or me via e-mail.

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AG TTI Tri Club Workouts

Interested group workouts? Tuesday and Thursday mornings at 6am the AG TTI Tri Club meets for group workouts. Go to <http://www.AGTri-Institute.org> to sign-up and get more information on the club and the workouts.

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For Sale

Polar S210 Heart Rate Monitor.

New, in the box, never opened! \$150. Tnbeverly@aol.com

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Sponsors

E-Caps and Hammer Nutrition



RacerMate - CompuTrainer



Ironman Wetsuits



Aegis Bicycles



Asphalt Green Triathlon Training Institute



We are excited to announce that **SLB Coaching & Training Systems** is sponsored by **RacerMate CompuTrainer**, **E-Caps/Hammer Fuels**, **Ironman Wetsuits**, **Aegis Bicycles** and **Asphalt Green Triathlon Training Institute**. 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).

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