



## SLB Coaching Newsletter

*"Train right, race well"*

### Asphalt Green TTI Winter Programs

#### Training Points:

- **SLB Coaching Winter Programs** begin - January 2004
- **Asphalt Green Triathlon Training Institute Winter Programs** begin - January 2004
- The new **SLB Coaching Website** is coming soon!
- Set your **2004 Racing Goals NOW!**
- Start your **Base Building Phase** for 2004 **NOW!**

For more information and to register for one of our coaching programs, go to:  
<http://www.SLB-Coaching.com>  
<http://www.AGTri-Institute.org>

The Asphalt Green Winter programs begin on **January 10**.

**Tri Stroke Clinic**—Advanced Mondays 7:45pm-9:45pm, Beginner/Intermediate Saturdays 2:45pm-4:45pm. There will be 9 sessions and the cost is: Members \$228, non-members \$252. The clinic includes individual instruction, drills, triathlon specific swim workout, underwater video taping and review/analysis during each session. The clinic is designed for triathletes that want to improve their swim times and efficiency. We focus on: Front Quadrant swimming, streamlined body position, maintaining a horizontal position, body roll and improving the power phase of your stroke.

**Tri Coaching Program**—Tuesdays 7:00pm-8:00pm. This

program runs monthly. Cost is: Members \$179/month or \$499/three months, non-members \$219/month or \$599/three months. The programs includes a weekly training program and a weekly coached workout session.

**Private Tri Swim Coaching**—sessions are available Monday through Friday. Cost is \$80 per 45 minute session (\$225 for 3 sessions) and \$140 for semi-private sessions (\$400 for 3 semi-private sessions).

**Video Analysis: Swimming and Running**—Video analysis of your swimming or running is available. The cost starts at \$50. Contact us for details and pricing.

**Tri Club**—Join the club and get all the benefits! Members \$79/yr and non-members \$99/yr.

### SLB Coaching Winter Programs

Winter Season starts January 1. E-Mail Coaching Programs include:  
**Weekly E-Mail Coaching**—this provides you with a Weekly training plan and unlimited e-mail access to your coach. Cost \$125/month.

**Monthly E-Mail Coaching**—this

provides you with a personalized Monthly training plan and weekly e-mail access to your coach. Cost \$125/three months.

**Seasonal E-Mail Coaching**—this provides you with a Seasonal training program and monthly e-mail access to your coach. Cost \$250/



For more information & to sign-up for these programs:  
<http://www.AGTri-institute.org>  
Or  
<http://www.SLB-Coaching.com>  
Or  
Call 212-369-8890  
or e-mail  
[Coach@AGTri-Institute.org](mailto:Coach@AGTri-Institute.org).

#### Free Cycle Clinics

**Location:**  
**Larry & Jeff's Bicycles Plus,**  
1690 Second Ave (87 St) 212-722-2201.  
**Topic: Bike Maintenance & Tire Changing** (hands on)  
December 10 & January 7  
(Wednesdays) 6:30 pm

#### Inside this issue:

The Marathon to Ultra	2
P. Diddy NYC Marathon	2
Arthur Lydiard	3
Schedules—Armory, SportFilm, NY Ultra	3
Aegis T2	3
AGUA Masters Swim Meet	4
The Back Page: First Tracks	4
<b>Quote:</b> Keith Bontrager	4

season (up to six months). Each program is personalized to you, your goals and current fitness and skill level. The programs provide a periodized training plan using a 4 week cycle. Contact us to discuss your specific training plan needs.

## The Marathon to an Ultra



A 50 Km race is an easy jump from the marathon.

The current issue of Peak Running Performance contains an article written by SLB Coaching & Training Systems Head Coach Neil L. Cook. Here are a few quotes from that article. Contact Peak Running Performance to subscribe go to: <http://www.RoadRunnerSports.com> click on "Running Advice—Peak Running Performance"

The article describes in detail how to change your training so you can prepare to run an ultra-distance event.

### What is an Ultra-Marathon

"Marathons are the 'ultimate' running goal for many runners. But, there is a small group of runners for whom the marathon is not long enough, not enough of a challenge. They feel the need to go longer, sometimes a lot longer!"

These are different runners. Not your average 10 Km weekend racer. Although they can be fiercely competitive, the camaraderie of an Ultra-Marathon is legendary. The support for fellow runners during an ultra extends from encouragement to sharing nutrition and conversation."

"For some of us it's the challenge of going longer. For others it's the challenge of discovering personal limits. And for others they need to move on from the marathon to smaller and more challenging events. Whatever the reason, the challenge presented by an Ultra-Marathon is a big one and a personal one. There are probably as many reasons as there are Ultra-Marathoners."

### How to Train for an Ultra-Marathon

"Just about anyone can finish a marathon. Finishing an Ultra-

Marathon isn't as certain. Besides the planning, training and commitment, you must be physically and mentally strong enough to complete both the training and the race itself. Then there's the nutrition and fueling you'll need during the multiple hours of running. Simple energy gels and electrolyte replacement drinks aren't enough when you're running for 5 to 24 or more hours."

### Keys:

**Long Runs**

**Hills, Hills, Hills**

**Middle Distance Workout**

**The Speed you train at will be the speed you will race at.**

Contact us to start training for your Ultra.



## P. Diddy NYC Marathon



Mercury Master Diane Burnett passes P. Diddy on Fifth Avenue! (exclusive photo thanks to the SLB Photo crew.

The January 2004 issue of Runner's World has a six page article on SLB Coaching's most famous athlete—Sean Combs (a.k.a. P. Diddy). Coach Neil Cook is quotes extensively on page 54 of that issue and also in Runner's World On-Line.

Sean came to us 9 weeks before the marathon and asked us to help him prepare for his first marathon. We setup a crash program for him. The program focused on building strength and doing long runs.

He did three long runs—13 miles from Battery Park to the GWB, 17 miles on River Road in NJ and 20 miles with Alberto Salazar from CP to 218 Street and back. That last long run and a six miler in CP that Sean did in 47:01 convinced us that he would finish.

An existing knee injury almost ended the marathon before it started. But, thanks to Nike and Dr. Drew DeMann, Sean's Chiropractor, he finished the marathon in 4:14:54.

USAT&F named P. Diddy Athlete

of the week!

MTV produced two shows—a 60 minute show about his training (and partying!) and a 30 minute show about the race.

Neil Cook appeared with Sean in both MTV shows as well as on the Oprah show, Access Hollywood and NBC-TV News.

Thanks to Hammer Nutrition who supplied all the fuel and electrolytes used during training and the race. And thanks to Ambrose Salmini (SportFilm) for technical assistance.

## Arthur Lydiard

Within one hour at the 1960 Rome Olympics Snell won the 800 meters in an Olympic record time and Halberg won the 5000 meters. Two years later Snell ran 3:54.4 on a grass track in Wanganui. In the Tokyo Olympics in 1964, Snell won gold again in the 800 breaking his Olympic record. Snell also won gold in the 1500 meters. He

later broke the world record for the mile with a 3:54.1

He coached 17 individuals to Olympic medals including Barry McGee, Murray Halberg (first New Zealander to break 4 minute mile) and Peter Snell (5 world records) often call the greatest middle distance runner ever.

New Zealand Olympic coach 1964, Danish Olympic coach 1972, national coach for Venezuela 1970, 1972, Finland 1967-69, and Mexico 1965.

His training methods are the basis of most top coaches today. He was the first coach to use high mileage for track athletes. His 800 and 1500 runners typically did 15 mile runs.



Arthur Lydiard: invented jogging and coached Olympic gold medalists. C. 1965 Garth Gilmour

## Schedules: The Armory, SportFilm, NY Ultra

### The Armory Track & Field Center Presents:

<http://www.ArmoryTrack.com>  
**Armory Holiday Classic**  
Dec 27—relays  
**Citibank Hispanic Games**  
Jan 10  
**New Balance Games**  
Jan 24—Grand opening  
**National Track & Field Hall of Fame**  
**New Balance Armory Collegiate Invitational**  
Feb 13-14



### SportFilm Presents: Marathon, Running & Finish Line

<http://www.SportFilm.com>  
**MSG and Fox Sports NY for December 2003:**  
Dec 7 @ 3:30pm on MSG  
Dec 10 @ 2:30pm on MSG  
Dec 10 @ 3:30pm on Fox  
Dec 17 @ 12:30am on MSG  
Dec 18 @ 1:00pm on MSG  
Dec 23 @ 6:00pm on MSG  
Dec 25 @ 12:00am on Fox  
Dec 26 @ 12:00pm on Fox



### NY Ultra Running

<http://www.NewYorkUltraRunning.org>  
**2003 Grand Prix Winners**  
Byron Lane & Helma Clavin  
Jan 3 HMRRR 50Km  
Jan 10 Salem, NC 50 Km  
Feb 7 Rocky Racocon 50m/100m TX  
Feb 7 Jed Smith 30K/50K/50M CA  
Feb 14 Sustina 100m/50K AK  
Feb ?? Met 50M/50K NYC  
Feb 29 Fat Ass 50K VA



## Aegis T2

Called the future of triathlon, the Aegis T2 was introduced this fall. The Maine manufacturer of handcrafted carbon fiber bikes added the T2 to it's line of fine bikes. The T2 joins the Trident as Aegis' two Tri geometry offerings. In addition they offer

road bikes: Victory, Aero Svelte and Swift. They also build two Cross bikes Shaman and ProAxe.

The T2 comes in both 650c and 700c configurations.

For more information:

### Aegis Bicycles

PO Box 331  
East Boothbay, ME 04544  
877-33-Aegis  
<http://www.AegisBicycles.com>



The T2 joins the Trident as Aegis tri bikes.

Coach Neil L. Cook  
 SLB Coaching & Training Systems  
 444 East 86th Street  
 Apt. #31D  
 New York City, NY 10028  
  
 Phone: 212-472-9281  
 Mobile: 917-575-1901  
 E-mail: Coach@SLB-Coaching.com

To receive this newsletter, e-mail newsletter@SLB-Coaching.com please include your name and e-mail address. Or go to: <http://www.SLB-Coaching.com>

"Train right, race well."

Check us out on the web:  
<http://www.SLB-Coaching.com>

## AGUA Masters Swim Meet

<http://www.AsphaltGreen.org>

### Andrew Fisher & Doug Irgang Short Course Meters Masters Swim Meet Asphalt Green Swim Friday and Saturday, December 12 & 13, 2003

Asphalt Green Aqua Center, 1750 York Avenue, NYC (East 91 Street)

Schedule:	Date:	Warm-up	Start
	Friday	6:45pm	7:30pm
	Saturday	7:00am	8:00am

**Facility:** 8 lane, all deep water 25 meter pool, plus two lanes for continuous warm-up. Electronic timing and scoreboard display.

**Eligibility:** USMS or other FINA affiliated NGB, age 19 or older.

Friday Events:		
1. 800 Freestyle Relay	7. 200 Breaststroke	18. 200 Butterfly
2. 400 Ind. Medley	8. 50 Butterfly	19. 50 Backstroke
3. 1500 Freestyle	9. 100 Backstroke	20. 100 Freestyle
	10. 200 Freestyle Relay	21. 200 Ind. Medley
Saturday Events:		
1. 400 Medley Relay	11. 200 Freestyle	22. 400 Freestyle Relay
2. 400 Freestyle	12. 50 Breaststroke	23. 800 Freestyle
3. 100 Ind. Medley	13. 100 Butterfly	
4. 200 Breaststroke	14. 200 Backstroke	
5. 50 Butterfly	15. 50 Freestyle	
6. 100 Backstroke	16. 100 Breaststroke	
	17. 200 Medley Relay	

*Quote: "Light, Strong, Cheap—pick two." bicycle builder Keith Bontrager*

## The Back Page: First Tracks

You awake just as the sky is getting light. The street lights are still on and you can almost hear the still of the winter morning. Quickly you dress and head out the door. The prospect of being the first is almost overwhelming.

Instead of your usual easy warm-up pace and in spite of the bitter cold, you take off from your front door at nearly a sprint. The soft crunch under your feet and the cloud of vapor from your breathing are your only companions this morning. You've shunned your usual partners. This one must be done alone.

A solitary run. It's not that you've got something on your mind. It's not a special workout you are embarking on.

No, it all about being first. Not first across the finish line. But, first to put down tracks on the fresh snow. Your excitement grows as you pace the first mile. Only one more mile to go before you get there. Your pace quickens as the sun rises above the buildings. Others must be waking now. Soon they too will be out here. You don't have much time. Faster and faster you run. As you near your destination, you are almost at a full out sprint! You round the last corner and step out onto

the "Flats." There before you lies the fresh snow. You slow to a reasonable pace as your eyes search across the field. There isn't a single foot print on the entire field. A huge smile spreads across your face.

As you lift your feet to clear the foot of fresh snow, you look over your shoulder. There's no one there!

You head off to the "Back Hills." This will be worth all the lost sleep, the aches and pains. You are making the first tracks on the Van Cortlandt cross country course.



Larry & Jeff's Bicycle Plus



Thanks to our Sponsors!