



Hands Go Numb?

A poor bike fit with too much forward pressure or riding on rough terrain under constant handlebar vibrations can send a numbing sensation to your hands. This disturbs nerves and ultimately decreasing grip strength and muscle tone in your hands. It is common among cyclists often called Cyclist's Palsy which is an injury to the ulnar nerve in the hands causing a rider pain, numbness or muscle weakness. If you experience this type of numbing sensation, make sure your fit is accurate; avoid holding all your weight on your hands and wrists, paying special attention to the fact that the nose of the saddle is not slanted forward. Should you feel upper-body fatigue in your shoulders and triceps muscles when riding, you are supporting too much weight with your upper body. Use bar tape that absorbs vibrations and provides some cushion to the wrists and hands. Try properly fitted gloves with some gel protection. Change your hand positions often and avoid extending your wrist or too tight of a grip. (Source - Velo News)

-Coach-Tony

Nutrition CD

My nutrition CD contains everything discussed during my clinic and more. In addition to the presentation, you get the following:

- Daily Calorie Estimating Tool
- Training Calories Calculator
- Race Expenditure Calculator
 - Olympic
 - Half Ironman
 - Full Ironman
- Shoe Wear Tracking Tool
- Tire Wear Tracking Tool
- Heart Rate Zone Calculator



The nutrition clinic PowerPoint:

- Nutrition Trivia
- Guidelines for healthy eating
- Proteins, Carbohydrates, Fats
- Determine your daily calorie intake
- Reading food labels
- Race calorie replenishment
- Calorie expenditure vs. intake
- Hydration
- Calculate you sweat rate
- How much to drink
- Electrolytes vs. salt tabs

Available at www.coach-tony.com

Recovery-Ease



As a certified coach, I often receive letters, email, and/or free trial products to promote to athletes. But very few of these are worthy of passing on simply because I don't believe they work. Anything I promote or sell has first been put through my own tests so that I can Confidently tell you it works. Hammer

Nutrition is a good example. I am a great believer in their products because I use them daily and I see the results. I recently received a bottle of Recover-Ease. Skeptical at first, I let the bottle sit on the counter for a month with thoughts of round-filing it. One day I found myself out of my regular post recovery product gave Recover-Ease a try. I felt great the next day and decided to continue using it to ensure it wasn't a fluke. It works! This product is great to use as a post workout recovery supplement. Train back to back days confidently. Available on www.coach-tony.com

2009 LA Marathon Date Changes

2009 Los Angeles Marathon date have moved to Memorial Day, Monday, May 25th. If you've registered for the 2009 race and can make the new date, you don't need to do a thing--your registration will be rolled-over automatically. If you've registered for the 2009 race and can't make the new date, please contact the LA Marathon at info@lamarathon.com and they will process a refund. To best prepare you for the new date visit www.coach-tony.com for an updated training schedule. Whether you're looking to better your previous time or looking to complete your first marathon, I can help.

Wildflower Training Clinic Date Set

Last year's Wildflower Triathlon Camp was a blast. Three days at Lake San Antonio scouting the bike and run courses with 2 dozen fellow triathletes is an opportunity that comes but once a year. 2009 Wildflower camp will be held April 10-12. Come share a 12 person cabin overlooking the lake. The camp includes a Saturday ride on the race course followed by a run. We'll squeeze in a lake swim as well as a course talk. Sunday will include a run course preview. All meals are included. At night we play cards and share stories. We won't be the only club at the lake. Visiting other club cabins is common. So come share a great weekend with fellow triathletes and get to meet many others from all parts of California. Cost per person is \$200 prepaid through 12/31, \$250 thereafter. Contact me at tony@coach-tony.com to reserve a pot.

Keys to Athletic Nutrition

The most popular questions coaches receive from athletes, whether casual or competitive, are nutrition related inquiries. Why? It's usually because athletes are either looking to lose weight or improve performance. Common mistakes include eating at the wrong times, choosing the wrong balance of carbohydrates, protein and fat, drinking too little fluids, and consuming inadequate amounts of supplements. Training aside, nutrition is the key to performing better. "I need help with my nutrition." Sound familiar? There are several key factors to consider that will help guide you in the right direction.

Make Time to Eat

Too many athletes make time for training but don't make time to eat. A poorly fueled body will be limited. Limiting your ability during training also limits your potential. If you're serious about your goals, try scheduling meals in much the same way you do workouts; each has a purpose. If you can find time to train, you can find time to fuel. Athletes who train under-fueled are generally the ones who under eat. Waiting to eat often results in overeating. Overeating often includes "junk" type foods because when we overeat it's typically for our palate and not our purpose. This pattern fails to support an optimal sports diet or long-term health.

Fuel Your Day

Eat early and constant throughout your day in much the same way you do for along ride. I don't mean a lot. I mean eat small but often keeping your metabolism active. Do not purposefully restrict food intake at breakfast and/or lunch, with hopes of losing weight. If you are weight-conscious, pay attention to what and when you eat. Fuel adequately during the active parts of your day so you have energy to exercise. This results in less hunger later. If you're within 3 hours of sleeping, try a liquid dinner; protein shake. After dinner, get out of the kitchen and away from food. It's easier to lose weight when you are sleeping than when you are exercising.

Small Change Bring Big Results

Reduce calories by a few hundred per day; 100- to 200-calorie deficit. Little changes like this at the end of the day (like eating just two less cookies) can knock off, theoretically, 10 to 20 pounds of fat loss per year.

Eat the Right Amount of Calories

Eat the right amount for your body size and and/or athletic goals. Eat in evenly sized scheduled meals. Too many athletes eat in a crescendo, with the biggest meal in the evening. The better plan is to divide your calories evenly throughout the day, eating every 2-3 hours. Training your metabolism is helpful to both weight loss as well as endurance. Here's an example of a 2,200-calorie fueling plan for an active person:

Breakfast	7-8:00 AM	700 calories
Break	10 AM	250
Lunch	11-12 noon	600
Break	2-2 PM	250
Workout	5-6:30 PM	-600
Dinner	7-8:00 PM	400

While I agree you should spread calories as evenly as possible throughout the day, I caution you about eating the largest amount towards the end of the day. Try eating larger meals earlier working towards smaller meals later in the day. This provides ample time to burn fuel stores.

Portion Control

Athletes who eat too much fat (butter, oil, salad dressing, fried foods) displace the carbs they need to optimally fuel their muscles. That is, if you fill up on cheese and oil in the fettuccini Alfredo, you are not filling up on the carb-rich pasta. You'll end up with "dead legs." Athletes who eat too little fat fail to replenish fat stored within the muscles that supports endurance performance. To calculate total daily fat, carbs, or proteins for training or racing, reference the Nutrition CD available on www.coach-tony.com.

Fuel Before You Exercise

Eating prior to a long workout (generally 60-90+ minutes or more) can be the difference between a good or bad workout. But be careful. As your fitness level increases, your muscles are more efficient and tolerance levels increase. Pre workout and pre-race meals need to be tailored to your workout intensity, duration and need to take into account your fitness level and workout goal. Sounds complicated? It's not. My rule of thumb is a meal is highly recommended if you're workout is greater than 60-90 minutes. Timing for this meal is important.

-Coach Tony

Tap Water vs Bottled Water

Is bottled water worth the money? This is a question that will continue to be argued for a long time. Without taking sides, here are a few things to help you consider one vs. the other.

1. Tap water is tested daily

Under the Safe Drinking Water Act, water suppliers are required to provide an annual report on the quality of your local water and to test tap water daily. By comparison, the FDA examines bottled water only weekly, and consumers can't get the agency's results. You can easily get the lowdown on your state's drinking water quality at www.epa.gov/safewater/dwinfo/index.html

2. Tap water is a bargain

Bottled water costs about 500 times more than tap. If you're into really fancy labels, up to 1,000 times more.

3. Tap water is a tooth saver

It has more fluoride than bottled water, which helps prevent tooth decay. (Yes, you never outgrow your need for fluoride.)

4. Tap water is often tasty

Some places (New York City for one) have delicious water, but if you don't love the flavor of yours, the solution is simple: Run your tap water through a Brita or Pure filter to remove most tastes and odors. The average home filter goes for \$8.99 and produces the equivalent of 300 large (16.9 ounce) bottles of water. That's about \$0.03 cents a bottle, versus the \$1.25 or so you'd pay in a market.

A few other considerations. Over 60 million bottles a day tossed into U.S. landfills, where they can take up to 1,000 years to biodegrade. Producing those bottles burns through 1.5 million barrels of crude oil annually--enough fuel to keep 100,000 cars running for a year. Recycling helps but reusing is even better. Use your cycling water bottles. Don't get into the habit of refilling the water bottle you just emptied; the polyethylene terephthalate it's made of breaks down with multiple uses.

Message Board

Stay in touch with current events, workouts, special offers, clinics, and event discounts on the message board. More info on www.coach-tony.com. Questions – tony@coach-tony.com

www.Coach-Tony.com

Store



Available Products:

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- o VIEW GOGGLES
- o HAMMER PRODUCTS – 20% OFF TRIATHLON CONNECTION MEMBERS
- o RECOVER EASE
- o NUTRITION CD
- o SPIZ LIQUID MEAL
- o FRS
- o ROAD ID
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 - Sprint
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 - Ironman
- o Marathon & Half Marathon
- o 5 & 10 K
- o Beginner Runner
- o Century Ride Training
- o Strength Training



Tring to Loose Weight Without Loosing Performance?

How many calories per day can you cut without cutting performance? Anywhere between 200 and 400 500 calories per day is safe. Be careful. If you do a big ride on a weekend day, you might find yourself at an 800 to 1,000 calorie deficit at the end of that day. If you keep trying to maintain an 800 calorie per day deficit over the long haul, performance will suffer. Eat to exercise which results in higher calorie days to sustain performance and recover. People that have no sport performance expectations can run that low, but competitive athletes cannot.

The day of the big ride, you might end up being low by 800 to 1,000 calories, but the next couple of days will likely find you eating a little more for recovery. There is nothing wrong with that, as long as you keep the weekly deficit at an average of 200 to 400 calories per day. Bigger people can usually go to the higher end and smaller people on the lower end.

Source Active.com (modified)



FREE Beginner Traithlon Clinic

November 29th 2008

Bonelli Park

South Shore

10:00 AM - 11:00 AM: Course Talk

11:00 AM - 12:00 PM: Lake Swim Clinic

Questions - tony@coach-tony.com

www.Coach-Tony.com

11460 Kenyon Way
Suite 105, Mail Box 424
Rancho Cucamonga CA 91701
tony@coach-tony.com
909-483-3418 fax

