

# Fit Werx 2012 New England Triathlon Symposium Schedule



## 2012 New England Triathlon Symposium:

Four Morning Seminars +  
Your Choice of Afternoon  
Clinics and Workshops =  
Tons of Triathlon Learning!

**REGISTER:** [http://www.active.com/event\\_detail.cfm?event\\_id=2000644](http://www.active.com/event_detail.cfm?event_id=2000644)

Date	Saturday, January 14, 2012
Time	7:00 a.m. to 6:00 p.m.
Location	Fitchburg State College in Fitchburg, Massachusetts

**REGISTER:** [http://www.active.com/event\\_detail.cfm?event\\_id=2000644](http://www.active.com/event_detail.cfm?event_id=2000644)

7-8	Check-In, Introduction, and Breakfast
8-12	Seminars
8-9	Dealing with Adversity: How to Stay on Track When Things Go Wrong
9-10	Lessons Learned in Treating Triathletes
10-11	MythBusters: Triathlon Edition
11-12	Metabolic Efficiency in the Long-Distance Triathlete
12-1	Lunch and Raffle-Prize Giveaway
1-5	Hands-On Clinics and Small-Group Workshops (Your Choice of Four)
	Developing Swimming-Specific Power
	Power-Output and Heart-Rate Testing for Triathletes
	Keys to Consistently Good Running Technique
	Complex Training for Triathletes
	Triathlon Typing: What's Holding You Back?
	Movement Testing: Measuring Your Readiness
	Practical Power: Getting the Most from Your Power Meter
5-6	Wrap-Up and Raffle-Prize Giveaway

## **7-8 | Check-In, Introduction, and Breakfast**

Complimentary continental breakfast (coffee, tea, and assorted bagels/spreads) will be available. You are also welcome to bring your own food.

## **8-9 | Dealing with Adversity: How to Stay on Track When Things Go Wrong**

*Tim Crowley*  
*TC2 Coaching*

- Case studies of elite athletes and how they successfully deal with adversity
- Strategies for dealing with bad races, training setbacks, and life interferences
- Coping with post-race depression
- Adjusting to life stressors—planning and executing
- Making training work in the context of your life as a whole

## **9-10 | Lessons Learned in Treating Triathletes**

*Mike Roberts, MPT*  
*Central Massachusetts Physical Therapy and Wellness*

- Common injuries plaguing triathletes
- Femoroacetabular impingement, Achilles tendonitis, and runner's knee—causes and treatment protocols
- Innovative techniques to overcome common healing obstacles
- Key injury-prevention strategies

## **10-11 | MythBusters: Triathlon Edition**

*Jason Gootman, MS, and Will Kirousis*  
*Tri-Hard Endurance Sports Coaching*

- The role of interval training for triathletes racing at all distances
- Physiological and psychological responses to days off from exercise
- The best ways to swim, ride, and run to develop a “base”
- The realities of good swimming technique
- The long-term building of success at the long distances
- How to burn the most fat to get and stay lean

## **11-12 | Metabolic Efficiency in the Long-Distance Triathlete**

*Jeff Godin, PhD, and Tammy Godin*  
*Blackstone Valley Human Performance*

- Sources of fuel used in different types of workouts and in races

- The effect of fuel usage on performance
- The effects of exercise intensity on metabolic efficiency
- The effects of diet on metabolic efficiency
- Application of these principles for increased performance

## **12-1 | Lunch and Raffle-Prize Giveaway**

Complimentary lunch (assorted deli foods) will be available. You are also welcome to bring your own food. Some raffle prizes will be given away at this time.

## **1-5 | Hands-On Clinics and Small-Group Workshops**

You have your choice of any four of the following seven sessions. Space is limited in each of the four clinics (sessions 1 through 4). Sign up early to ensure entry into the four presentations of your choice.

**For the swimming and running clinics, there will be four coaches coaching in each clinic to ensure a very low athlete-to-coach ratio (maximum of four to one).**

### **Session 1 | Developing Swimming-Specific Power**

**SPONSORED BY DOUBLE C RACING ([WWW.DOUBLECRACING.COM](http://WWW.DOUBLECRACING.COM))**

*Tim Crowley, TC2 Coaching*  
*Jacki Hirsty, SwimSmart*  
*Craig Lewin, Endurance Swimming*  
*Bill Steele, Breakwater Sports*

You will be in the pool doing drills and receiving instruction during this clinic. You will learn:

- Methods for developing swimming-specific power
- The effective use of ankle bands, hand paddles, and other swimming tools
- The effective use Finis swimming tools
- How to improve *your* swimming technique

### **Session 2 | Power-Output and Heart-Rate Testing for Triathletes**

**SPONSORED BY SUN MULTISPORT EVENTS ([WWW.SUNMILTISPORTEVENTS.COM](http://WWW.SUNMILTISPORTEVENTS.COM))**

*Tammy Godin*  
*Blackstone Valley Human Performance*

You will be on your own bike riding on a CompuTrainer during this clinic. You will perform a graded exercise test to gauge your current cycling ability. Personalized intensity zones (for both power output and heart rate) that you can use in your training will be calculated for you based on your test.

### **Session 3 | Keys to Consistently Good Running Technique**

**SPONSORED BY CENTRAL MASSACHUSETTS PODIATRY ([WWW.WORCESTERFOOTCARE.COM](http://WWW.WORCESTERFOOTCARE.COM))**

*Will Kirousis, Tri-Hard Endurance Sports Coaching*

*Matt Giunta, Blueshift Multisport*

*Deanna Pomfret, Athletic Pursuits*

*Melissa Tanguay, Blueshift Multisport*

You will be on the indoor track doing drills and receiving instruction during this clinic. You will learn:

- The pillars of good running technique
- Common running-technique errors and how to correct them
- Proper execution of must-do running drills to improve your economy
- How to improve *your* running technique

### **Session 4 | Complex Training for Triathletes**

**SPONSORED BY VERMONT SUN FITNESS CENTER ([WWW.VERMONTSUNTRIATHLONSERIES.COM](http://WWW.VERMONTSUNTRIATHLONSERIES.COM))**

*Jeff Godin, PhD*

*Blackstone Valley Human Performance*

You will be in the weight room doing exercises and receiving instruction during this clinic. You will learn:

- Proper execution of various exercises helpful to triathletes
- Learn all about complex training: a method of combining different types of exercises within workouts for maximal power development
- How to improve *your* exercise technique

### **Session 5 | Triathlon Typing: What's Holding You Back?**

**SPONSORED BY PACIFIC SWIM BIKE RUN ([WWW.PACIFICSBR.COM](http://WWW.PACIFICSBR.COM))**

*Jason Gootman, MS*

*Tri-Hard Endurance Sports Coaching*

This session will be a small-group workshop covering:

- The training tendencies common among triathletes
- How to determine your triathlon type—what type of triathlete you currently are
- The strengths and weakness of your triathlon type
- How to grow from where you are now into being a better triathlete this year

### **Session 6 | Movement Testing: Measuring Your Readiness**

**SPONSORED BY GRACE BICYCLES ([WWW.GRACEBICYCLES.COM](http://WWW.GRACEBICYCLES.COM))**

*Mike Roberts, MPT*  
*Central Massachusetts Physical Therapy and Wellness*

This session will be a small-group workshop covering:

- Three easy-to-administer injury-prevention tests
- How to use these tests to screen for issues that are likely to lead to injuries
- Effective methods for treating injuries
- Effective methods for preventing injuries

### **Session 7 | Practical Power: Getting the Most from Your Power Meter**

**SPONSORED BY FIT WERX ([WWW.FITWERX.COM](http://WWW.FITWERX.COM))**

Dean Phillips  
Fit Werx<sup>2</sup>

- What power output is and what it tells you about your riding
- Benefits of using a power meter and how to use one most effectively
- How to get started using a power meter
- Sample workouts using a power meter
- Setting power-output zones for different types of workouts
- Setting power-output zones for races of various distances
- Overview of leading power meters and related products on the market

### **5-6 | Wrap-Up and Raffle-Prize Giveaway**

The presenters will be available to chat and answer any questions you have from the day. The remaining raffle prizes including the grand prize (*a Zipp 404 clincher wheelset from Fit Werx!*) will be given away at this time.

**REGISTER: [http://www.active.com/event\\_detail.cfm?event\\_id=2000644](http://www.active.com/event_detail.cfm?event_id=2000644)**

**Thank you to our title sponsor Fit Werx!**

In 2001, Fit Werx was the first company to combine the specialty fit and biomechanical knowledge found only at the very best bicycle-fitting studios with the products, selection, and mechanical approach only found at the very best cycling shops. Their goal is to help cyclists and triathletes of all levels meet and exceed their goals through proper positioning and individualized product selection. They provide a science- and research-based approach to bicycle fitting and cycling products and do not subscribe to marketing and hype that is not proven. Learn more at [www.fitwerx.com](http://www.fitwerx.com).



**ROAD AND TRIATHLON CYCLING SPECIALISTS**

4312 Main Street  
Waitsfield, VT 05673  
info@fitwerx.com  
(802) 496-7570

67 Foster Street  
Peabody, MA 01960  
fw2@fitwerx.com  
(978) 532-7348

[www.fitwerx.com](http://www.fitwerx.com)

**REGISTER:** [http://www.active.com/event\\_detail.cfm?event\\_id=2000644](http://www.active.com/event_detail.cfm?event_id=2000644)