Introductory Meeting

Monday, September 13, 2010
Meeting Agenda

• Introductions
• Coach Bill @ Swim
• About Triathlon/Multisport & the club
• Web features & Weekly Workouts
• Membership: benefits, requirements, activities
  —— Changing gears to racing/training details ——
• Nationals
• Summer Racing
• NECTC
• Uniforms and T-shirts
• So I want to do my first triathlon...
• QUESTIONS
Welcome to MIT Triathlon!

- Introductions of Student Officers
  - President: Christina Birch
  - Vice President: Alex Robertson
  - Treasurer: Katie Quinn
  - Webmaster: Shaena Berlin
  - Sponsorship: Scott Landers
  - Clothing: Andrea Love
  - Social: Liz Santorella
Coaching & Training

Coach Bill Steele
Mondays
Regular: 7:30-9:00
Beginner: 9:00-9:30
Triathlon Swimming Training Options

Option 1: Train alone

• Some training in all triathlon disciplines will be solo
• As experience grows, the % of solo training time tends to increase

**Drawback**: Difficult to learn and master whole-body swimming movements on your own.
Triathlon Swimming Training Options

Option 2: MIT Masters Swim Team

• Lots of workouts during the week
• Very good coach (Bill Paine)
• Very good workout option for experienced competitive swimmers

Drawbacks

• No open water skills practice
• Swim racing is a similar but different from triathlon swimming
## Masters Training vs. Triathlon Swimming

<table>
<thead>
<tr>
<th></th>
<th>Masters Focus</th>
<th>Triathlon Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key Meets/Races</td>
<td>Dec, Mar, Jun</td>
<td>None</td>
</tr>
<tr>
<td>Race Distance</td>
<td>200 yds or less</td>
<td>400 yds or more</td>
</tr>
<tr>
<td>Percentage of event</td>
<td>100% Swimming</td>
<td>10-15% Swimming</td>
</tr>
<tr>
<td>Goal</td>
<td>Win!</td>
<td>Place or show</td>
</tr>
<tr>
<td>Starts &amp; Walls</td>
<td>30% of race distance</td>
<td>Much less important</td>
</tr>
<tr>
<td>Hypoxic Training</td>
<td>Lots</td>
<td>None</td>
</tr>
<tr>
<td>Anaerobic Training</td>
<td>Lots</td>
<td>Some</td>
</tr>
<tr>
<td>Aerobic Training</td>
<td>Some</td>
<td>Lots</td>
</tr>
<tr>
<td>Strength Focus</td>
<td>Explosive Strength</td>
<td>Endurance Strength</td>
</tr>
<tr>
<td>Open Water Skills</td>
<td>None</td>
<td>Lots</td>
</tr>
</tbody>
</table>
Triathlon Swimming Training Options

Option 3: Triathlon Team Swim Practice

• Endurance technique focus
• Distance training focus
• Open water skills development
• Triathlon coach on the deck

Drawbacks

• Only one pool workout/week
• Only one open water swim/week
Triathlon Team Pool Practice

• Technique Focus: Hip Driven Freestyle (as opposed to shoulder or body driven)
  o Posture
  o Breathing
  o Rotation
  o Arms
  o Kicking

• Open Water Skills Focus
  o Sighting
  o Drafting
  o Crowding
  o Passing
  o Buoy Turns
Beginner Practice

• For newer swimmers
• Also for competitive swimmers new to hip-driven freestyle
• Drill progressions to learn hip-driven freestyle for:
  o Posture
  o Breathing
  o Rotation
  o Arms
  o Kicking
Triathlon Team Open Water Practice

• Weekly swim – Wed 7:15am
  Upper Mystic Lake – Winchester
• Ad hoc swims
  o Walden Pond (Concord)
  o Niles Beach (Gloucester)
  o Nantasket Beach (Hull)
• Wetsuit swimming (it’s different!)
• Sighting and navigation
• Crowding, Passing, Drafting
• Entries and exits
Online Resources
Video clips, drills, workouts, video analysis.
Triathlon Team Swim Practice

Why practice with the tri team?

• Learn endurance technique (hip-driven freestyle)
• Learn open water skills (seamless sighting and drafting)
• Learn to train like a triathlete
• Train with a triathlon coach
• Triathlon: swim-bike-run
• Duathlon: run-bike-run
• Aquathlon: swim-run
• Aquabike: swim-bike
• Off-road: tri/du with mountain bikes and trails
• Winter tri: run-bike-ski (all on snow)
Some specifics...

*Congrats Talpe!
What does the club provide?

- Coaching
- Training support & plans
- Group workouts
- Travel & funding for team-sponsored races
- Sponsorship: bikes, helmets, goggles, running gear...
- *Supportive, social environment to help you achieve your goals*
Membership Requirements

• Time (for training & racing)
• Club Sports Waiver
• Dues (~$100 per academic year)
• Participation
  – Logistics, car rental/driving, volunteering at races
MIT Triathlon Web Features

http://triathlon.mit.edu

• Race information
  – Dates, results, pictures, race reports
• Workout schedule
• Team twitter feed
• Sponsorship logos and links
Weekly Workout Schedule
Example training week (La Pres)

<table>
<thead>
<tr>
<th>DAY</th>
<th>Workouts with the team</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Coach Bill’s swim workout (p.m.)</td>
</tr>
<tr>
<td>T</td>
<td>Stadium Stairs with Elena (a.m.)</td>
</tr>
<tr>
<td></td>
<td>Spin Session with La Pres (p.m.)</td>
</tr>
<tr>
<td>W</td>
<td>Open water swim at Mystic Lakes (a.m.)</td>
</tr>
<tr>
<td></td>
<td>Track workout (p.m.)</td>
</tr>
<tr>
<td>R</td>
<td>Spin Session with La Pres (p.m.)</td>
</tr>
<tr>
<td>F</td>
<td>Fun Fast Fridays on the Esplanade (a.m.)</td>
</tr>
<tr>
<td>Sa</td>
<td>Group rides (a.m.)</td>
</tr>
<tr>
<td>Su</td>
<td>RACE!</td>
</tr>
</tbody>
</table>
Gain Access to Edit Google Calendar

• Email Shaena at sberlin@mit.edu with your GMAIL address
• I will add you to the list of people who can edit the calendar
• You will receive invitation
• If you do not have gmail, you can gain access with your mit.edu address but it will not work nearly as well
How to Post to Calendar
Annual Schedule

Winter Triathlon, Cyclocross, Training, or Off-season

Summer Racing

Nationals

NECTC
Nationals 2011

- The team can send up to 7 mean and 7 women.
- It will be in Tuscaloosa, Alabama.
- Olympic distance.
- Official date TBD. In the past it was mid/late April, but may be moved back to accommodate our conference.
- In the past the team has paid for the expenses of competing at Nationals.
- The roster will be determined over the course of the fall/winter.
- It is a lot of fun.
Summer Racing

• PLENTY of races!
• Compete in race series to win big buck$!
• Max Performance Races
  – MIT is (probably) going to win $1000 for 1st place in series
• What?
  – Five race series; 3 to go

• Why?
  – FUN race weekends
  – Great introduction to triathlon
  – Discounted registration / Club sponsorship
  – Help MIT WIN!!!

• When?
  – 9/19, Lebanon, NJ, Sprint
  – 9/26, Rye Town Park, NY, Olympic
  – 10/2, Montauk, NJ, Sprint

• How?
  – Go to Triathlon.mit.edu
  – Sign up on google docs
  – REGISTER using codes from La Presidente
Uniforms & T-shirts
So I want to do my first triathlon...

**PROBLEM**

1. Can’t swim.

**SOLUTION**
QUESTIONS?

http://triathlon.mit.edu