MIT Triathlon Club Meeting
What is Triathlon (and Multisport Racing?)

- A blast
- Great way to stay fit and healthy

=tmp

Meet friends
Swim, bike and run
Compete as an MIT athlete
What is MIT Triathlon

**People**
- Undergrads, Grads, MIT Affiliates and community members
- Many different academic and fitness backgrounds
- About 30 members on team

**Training**
- Team Led workouts: swim, track, OWS, bike rides, spinning, runs
- Individual planning
- Technique

**Racing**
- NECTC – Collegiate Competition
- Nationals – April
- Max Performance – Summer 2013
- 70.3 distance
People

Sam Nicaise - President

Shaena Berlin - Secretary
People

Ben Woolston – Vice President

Ben Landry - Treasurer
People

Adam Jones - Logistics

Jen Wilson - Outreach
People

Ranbel Sun - Logistics

Dina Esposito - Clothing
People – Coach Bill

Coach Bill

Breakwater Sports Training
People – and many others
And You!
Officer Elections!
Training

Weekly Workouts
- Tuesday Swim Practice with Coach Bill (Zcenter)
- Track Practice starting soon
- Open Water Swimming (Starting in May)
- Wednesday Cycling
- Hills/Intervals
- Weekend Cycling and OWS

Other
- Emailed rides – usually on weekends
- Email out your workouts, or add them to the calendar
- Put together your own training plan
- Training camps?

Requirements
- Open to all
- Waiver
- Understanding of workout plan – ask questions

http://www.youtube.com/watch?v=rzCYBFR3BMU
Training - Calendar

- April 2013
- Events include:
  - Swimming
  - Spinning
  - Run
  - Track
  - Social
Training - Technique

In-water Video Analysis

Functional Movement Screening

Video Run Analysis
<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Notes</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Total Bike (miles)</th>
<th>Total Swim (miles)</th>
<th>Total Run (miles)</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>30</td>
<td>1  Apr</td>
<td>Pool - 45 min Tennis Match</td>
<td>Pool - 45 min Tennis Match</td>
<td>Core - 30 min</td>
<td>Core - 30 min</td>
<td>End / Thr (2 hr - CBTV) Frisbee Game</td>
<td>Z2 (2 hr - Dover) Frisbee Game</td>
<td>4</td>
<td>2.25</td>
<td>11</td>
<td></td>
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<tr>
<td>2</td>
<td>7</td>
<td>2  May</td>
<td>Build</td>
<td>Track - 60 min</td>
<td>Core - 30 min</td>
<td>Z2 (2hr)*</td>
<td>Off</td>
<td>Openers (1hr)</td>
<td>NE Season Opener Sprint</td>
<td>4.5</td>
<td>1.75</td>
<td>11+</td>
</tr>
<tr>
<td>3</td>
<td>14</td>
<td>3  May</td>
<td>Pool - 60 min Z2 - 5.5 mi</td>
<td>Track - 60 min</td>
<td>Core - 30 min</td>
<td>Core - 30 min</td>
<td>End / Thr (3 hr)* Z2 - 4 mi</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
<td>7</td>
<td>2.75</td>
<td>12.5+</td>
<td></td>
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<tr>
<td>4</td>
<td>21</td>
<td>4  May</td>
<td>Pool - 60 min Z2 - 7 mi</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Thr (2 hr)</td>
<td>Core - 30 min</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
<td>7</td>
<td>2.75</td>
<td>14+</td>
</tr>
<tr>
<td>5</td>
<td>28</td>
<td>Rest / Travel</td>
<td>Pool - 60 min Z2 - 7 mi</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Travel</td>
<td>Grand Canyon MTBing</td>
<td>Grand Canyon MTBing</td>
<td>Grand Canyon MTBing</td>
<td>14</td>
<td>2</td>
<td>7+</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>4</td>
<td>5  Jun</td>
<td>Travel</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Z2 - 9 mi</td>
<td>Pool - 75 min</td>
<td>End / Thr (3 hr)* Z2 - 3 mi</td>
<td>Z2 (2 hr)* Z2 - 4 mi</td>
<td>6</td>
<td>3</td>
<td>16+</td>
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<tr>
<td>7</td>
<td>11</td>
<td>6  Jun</td>
<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Z2 - 10 mi</td>
<td>Core - 30 min</td>
<td>End / Thr (4 hr)* Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
<td>7</td>
<td>3</td>
<td>17+</td>
</tr>
<tr>
<td>8</td>
<td>18</td>
<td>7  Jun</td>
<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Z2 - 11 mi</td>
<td>End / Thr (4 hr)* Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
<td>8.5</td>
<td>3</td>
<td>18+</td>
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<tr>
<td>9</td>
<td>25</td>
<td>8  Jun</td>
<td>Rest Pool - Easy 60 min</td>
<td>Z2 - 5.5 mi</td>
<td>Core - 30 min</td>
<td>Core - 30 min</td>
<td>Z2 (2hr)</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
<td>3</td>
<td>1.75</td>
<td>13.5</td>
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<tr>
<td>10</td>
<td>1</td>
<td>9  Jul</td>
<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Z2 - 12 mi</td>
<td>End / Thr (4 hr)* Z2 - 4 mi</td>
<td>Z2 (1.5 hr)* Z2 - 12 mi</td>
<td>8.5</td>
<td>3</td>
<td>20+</td>
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<tr>
<td>11</td>
<td>9</td>
<td>Build</td>
<td>Pool - 75 min Z2 (2 hr)* Z2 - 5.5 mi</td>
<td>Core - 30 min</td>
<td>Core - 30 min Off</td>
<td>Off</td>
<td>Mass State Olympic Pool - 45 min</td>
<td>4</td>
<td>2.75</td>
<td>11.5</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>16</td>
<td>12  Jul</td>
<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
<td>Z2 (1hr) Z2 - 3 mi</td>
<td>Z3 - 8 mi</td>
<td>6</td>
<td>3.25</td>
<td>15+</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>23</td>
<td>Taper / Race</td>
<td>Pool - 60 min Thr (2 hr)* Z2 - 3 mi</td>
<td>Core - 30 min</td>
<td>Core - 30 min</td>
<td>Off</td>
<td>Massachusetts Half Off</td>
<td>5</td>
<td>3</td>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>30</td>
<td>15  Jul</td>
<td>PARTY LIKE A BOSS!!!</td>
<td></td>
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</table>
**Racing – NECTC Fall Collegiate Season**

- Cranberry is Oly and Sprint!
- Allocating 8-12 athletes for each
- To QUALIFY, must train, contribute, plan and perform
- Compete against Collegiate Triathletes from whole region

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry Triathlon - Sprint</td>
<td>24-15 Aug</td>
<td>Lakeville, MA</td>
<td>swim 0.5 miles bike 14.2 miles run 3.1 miles</td>
<td>150</td>
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<tr>
<td>Olympic</td>
<td></td>
<td></td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Oly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranchman Sprint Triathlon</td>
<td>15 Sept</td>
<td>Lebanon, NJ</td>
<td>swim 0.25 miles bike 17 miles run 3.1 miles</td>
<td>100</td>
</tr>
<tr>
<td>Olympic</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blizard's Bay Sprint Triathlon</td>
<td>22 Sept</td>
<td>Buzzard's Bay, MA</td>
<td>swim 0.33 miles bike 14.7 miles run 3.1 miles</td>
<td>100</td>
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<tr>
<td>Sprint</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Westchester Triathlon</td>
<td>29 Sept</td>
<td>Rye, NY</td>
<td>swim 0.9 miles bike 25 miles</td>
<td>200</td>
</tr>
</tbody>
</table>

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Strong Team for Westchester

***
Racing – Summer Season

Max Performance Race Series and Ironman 70.3 Races

Must use discount code MITMAX2013
Racing – Summer Season
Max Performance Race Series and Ironman 70.3 Races
Racing – USAT Collegiate Nationals

- April 2014 in Tempe, Arizona
- Must qualify team through NECTC racing!
- Hopefully sending 7 male and 7 female
- Personal contribution of about $300

*** Must race in one NECTC race***

http://www.youtube.com/watch?v=N7Nw3dBImY0&feature=youtube_gdata
Racing – How it works / become a club member

1) Pay $140 to become a club member
2) Register for a club race using discount codes
3) Travel with the team and race with the team
4) Send receipts to treasurer and reimbursement after racing

Pays for itself after 2 races!!!

Fiscal Year May-May, so paying now is for full year

If not racing, please contribute $30 to be a member.

***Also gives access to sponsor deals/benefits***
Clothing

Not necessary for races, but highly encouraged

Also Trisuits available
Summer Events

1) Want to organize Training Camp?

2) Weekend trips – Camping, Cape Cod...

3) Kid’s Triathlon – July 21 and 22 – Need help for this!

Who will be around this summer?
Click here for common bike routes.

Click here for an archive of Coach Bill’s swim workouts and drills.

Sometimes, a workout location or time may be changed. To be sure that you know about any changes, please subscribe to triathlon@mit.edu.

MIT Triathlon Team

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
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</tr>
</tbody>
</table>

- **September 2011**
- **Today**
- **3**
- **2**: CANCELED - Cran
  - 7:30pm CONFIRMED
  - 6:30am Ride to Concord
  - 6am Training run

- **4**: 7pm Swim practice
  - 8pm Beginner swim

- **5**: 7:30am Track (outdoor 6:20am Ride to Mystic)
  - 7am Open water at 0am Fall Athletics Meet

- **6**: 7:30pm Training run
  - 6:30pm Ride to Mystic

- **7**: Leave for Lake George
  - Lake George Olym
  - 4pm Activities Midw
Workouts

Click here for common bike routes.

Click here for an archive of Coach Bill's swim workouts and drills.

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MIT Triathlon Team

28 CANCELED - Cranberry Lake
29 6:30am Ride to Con Ed Sunflower Field
30 6:30am Ride towards C7 7:30am Training run
31 7:30pm CONFIRMED 7:30am Track (outdoor)
             7:30pm Confirmed 7:30pm Training run
1 Leave for Lake George
3 Lake George Olympic 4pm Activities Midweek

28 Hale Offroad Sprint 7:30pm Swim practice
29 8:30am Beginner swim
30 7:30pm Track (outdoor)
31 7:30pm Training run

18 Buckman Sprint (1)
19 7:30pm Swim practice
20 8:30am Beginner swim
21 7:30pm Training run
22 Leave for Westchester
Signing up for NECTC Races

1) Don’t need to sign up yet, but start soon
2) When signing up, use discount code. Code is only given to dues-paying and racing collegiate members
3) Plan to race at least 2 races, hopefully including Westchester
Important Details

1) **Start training with team – calendar or listserv**
   Bring Waiver
2) **Ask questions to tri-exec@mit.edu** or in person
3) **Think about racing at Mass State (7/15)**
4) **$140 to become paying club member**
5) **Let’s go swimming and then eat ice cream!**

Have fun!