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INFINITE MULTISPORT

FURTHERING THE SPORT OF TRIATHLON

It starts with you

**DON'T PRACTICE UNTIL YOU
GET IT RIGHT. PRACTICE UNTIL
YOU CAN'T GET IT WRONG.**



President's Letter

Dear Friends –

I am very happy to be addressing you at the start of the another exciting new year in triathlon. For some of you this is a new year's resolve to try out a new area of athleticism and for others this is just a continuation of what has already become a habitual and healthy lifestyle. Regardless, there is no end to the opportunities to expand our growth in both strength and endurance in the upcoming year.

For myself, and many of you I'm sure, I am working out my race schedule for 2017. January brings one of my favorite winter races, the Bigfoot snowshoe race. It is a beautiful course in Traverse City that includes both a 5k and 10k loop through the snow and woods. If you have never done it, put it on a bucket list. No experience is needed and all you need is a rented pair of snowshoes. It's a great race to start the new year because of the challenge, but the results are never really taken too seriously ;-)

In March I will return to the Rock CF Half Marathon in Grosse Ile. The race benefits Cystic Fibrosis and is run by a longtime friend of IMTC Emily Schaller. The race offers a Half Marathon and relay, as well as a 5K, and makes for a great fitness test, particularly after all the running we've done in January and riding in February with the Polar Bear Challenges.

For June I'm looking forward to joining the "Swarm" at the Syracuse 70.3. I'm sure to throw in some gravel grinders in between at Barry Roubaix and Waterloo and perhaps an early multisport test at Du the Bricks in early May. If you're looking for options, check out the club calendar for all kinds of race options: www.infinitemultisport.com/calendar Whatever your goals are for the upcoming year, I wish you safe and enjoyable training, good weather and good health on race day, and more importantly success in finding balance in all areas of your life in 2017.



WHEN

Saturday, January 28, 2018 from
6:30 PM to 10:00 PM EDT*

[Add to Calendar](#)

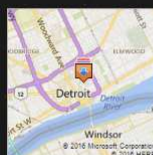
\$15 per person for dinner and
giveaways. Cash Bar. Dinner will
be served around 730pm, private
room until 930/10pm, then open to
public.

Dress code is snappy casual.

Vegetarian entrees available.

WHERE

Firebird Tavern
419 Monroe
Detroit, MI 48226



[Driving Directions](#)

CONTACT

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You're invited to the IMTC 2017 Kickoff Party

Infinite Multisport Triathlon Club members are invited to an evening of socializing and fun during the annual kickoff party. Please join us to celebrate 2016 and hear about and discuss plans for 2017.

You can register you and your guest for the party using the **BIG BLUE REGISTRATION BUTTON**, below.

IMPORTANT NOTE: If using Paypal to pay for your event registration, please use the "send money to a friend option" and send to psleonard1@gmail.com or send a check via snail mail to IMTC 39127 Marne Ave, Sterling Heights, MI 48313.



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SWIM TRAINING

Quick Set Friday: The 6x

Triathlete contributor and swimming all-star Sara McLarty has a blog with more than 500 creative workouts used in her Masters swim program in Clermont, Fla. We'll feature a workout every Friday so you have new ideas to take to the pool. On her blog (Mastersswimworkoutsbysaramclarty.blogspot.com), you can pick a Monday set for a long distance focus, a Wednesday set for sprint training, or Friday for creative open water skills.

The A sets are between 4–5000 yards total, with intervals ranging from 1:20–1:30 per 100. The B sets are 3000–3500 total, with intervals of 1:50–2:00 per 100. The C sets are 2000–2500 total and all based on a rest interval.

A:

500 choice warm up
12×50 (3: kick @ :60, 3: drill @ :50, repeat)
6×25 @ :30 drill (finger tip drag drill)
6×75 @ 1:10 swim (descend 1-3, 4-6)
6×25 @ :40 drill (single arm drill)
6×75 @ 1:20 swim (all strong)
6×25 @ :30 drill (catch up/stick drill)
6×75 @ 2:00 swim (ALL FAST)
6×25 @ :30 pull (smooth)
6×75 @ 1:05 pull (strong)
6×25 @ :30 pull (breathing every 5)
6×75 @ 1:00 pull (strong)
200 cool down

4300 Total

B:

500 choice warm up
6×50 (3: kick @ 1:15, 3: drill @ 1:05)
6×25 @ :40 drill (finger tip drag drill)
6×75 @ 1:20 swim (descend 1-3, 4-6)
6×25 @ :45 drill (single arm drill)
6×75 @ 1:30 swim (all strong)
6×25 @ :40 drill (catch up/stick drill)
6×75 @ 2:00 swim (ALL FAST)
6×25 @ :40 pull (smooth)
6×75 @ 1:20 pull (strong)
200 cool down

3400 Total

C:

400 choice warm up
6×50 (3: kick, 3: drill w/:20 sec rest)
6×25 @ :50 drill (finger tip drag drill)
6×75 w/:30 sec rest (swim descend 1-3, 4-6)
6×25 @ :50 drill (single arm drill)
6×75 w/:45 rest (swim all FAST)
6×25 @ :45 pull (smooth)
6×75 w/:30 rest (pull)
100 cool down

2600 Total

Read more at http://www.triathlete.com/2017/01/training/quick-set-friday-the-6x_54245#MSKvHwjWD3tcvXdE.99





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Will Strength Training Weigh Down a Cyclist or Triathlete?

Whenever you suggest weight training to a cyclist or triathlete, one of the athlete's first concerns is whether putting on additional muscle mass will hurt their sport-specific performance. Will more muscle make you slower by increasing your total bodyweight, or make you faster by increasing your strength and resilience? There are a few ways to look at the question.

You don't need to be bigger to be stronger

Hypertrophy (making muscles bigger) is not the same thing as increasing strength (maximum force production). Professional bodybuilders are not nearly as strong as powerlifters, but powerlifters don't come close to bodybuilders in terms of muscularity. There are a lot of [reasons for this](#), but one of the most important for endurance athletes is the idea that developing strength depends a lot on improving neurological recruitment, whereas the stimuli for hypertrophy have more to do with inducing structural stress to the muscle (getting pumped).

Athletes looking to increase muscle size utilize more total reps and reps-per-set at moderate to heavy resistance (70-85% of 1RM), and they often use multiple exercises to target the same muscles in different ways and from different angles. This increases the structural stress. In contrast, athletes looking to increase raw strength utilize fewer total reps, fewer reps-per-set, heavy resistance (80-90% of 1RM) and a narrower range of multijoint exercises. This lifting style maximizes neuromuscular recruitment so you activate more existing muscle fibers with each contraction.

Even the recovery between sets is different depending on your goal. Bodybuilders and those looking to increase muscle mass take short rest periods (1-2 minutes) between sets, whereas the athletes going for pure strength take longer (3-5 minute) rest periods. This is similar to sprint training for endurance athletes. When cyclists train for sprints or standing starts, you want to take 3-5 minutes between efforts so you are recovered and able to produce maximum power for each effort.

Endurance athletes gain both mass and strength, at first

Bodybuilders are not weak and powerlifters are not small. There's obviously plenty of crossover between gaining strength and building muscle mass. In the weight lifting world there is a big division between gaining strength and building muscle. It's a matter of specialization. There has never been, to my knowledge, an athlete who has simultaneously been an elite champion in powerlifting and bodybuilding.

None of that matters for most endurance athletes because your strength and muscle mass are both so low that almost any strength training you do will result in structural and neurological stress and therefore lead to both increased muscle mass and increased strength.

Why endurance athletes don't become bodybuilders

That last section is what scares endurance athletes away from resistance training, but it shouldn't. Yes, you will gain some lean body mass, especially if you have avoided resistance training for a long time. The reason you are unlikely to gain a lot of muscle mass, however, is that substantial hypertrophy requires very specific focus and intention.

Sustained and substantial hypertrophy requires a lot of nutritional support. Bodybuilders and endurance athletes consume a lot of calories, but bodybuilders consume more protein per kilogram of bodyweight than endurance athletes and expend a fraction of the energy endurance athletes utilize for aerobic (cardio) training. To build muscle you need a caloric surplus, but cyclists and triathletes operate a much smaller energy surplus – and sometimes in an energy deficit. Exercising for hypertrophy without adequate nutritional support won't result in hypertrophy, and endurance athletes who utilize resistance training and eat like endurance athletes rarely provide the nutritional support necessary for significant hypertrophy.

Gaining lean muscle mass is unlikely to make you slower

For elite amateurs and professional endurance athletes there is great aversion to gaining muscle mass, but that aversion is largely irrelevant for most age groupers, masters, and amateurs. For most of us, the small increase in lean muscle mass will be offset by fat loss and a change in body composition. Your total weight is likely to remain relatively constant, but you will gain strength through improved neuromuscular recruitment. And as I've talked about in previous posts, resistance training is likely to improve your ability to complete sport-specific training with greater consistency, and increase the range of activities you can use to supplement your sport-specific training when you can't ride or swim or run.

Above all, it is important to realize that for the majority of amateur athletes, bodyweight is not your limiting factor for success. You have not maximized your potential for improving aerobic fitness yet, so while losing weight will help you get faster by increasing power to weight ratio, you have more potential for getting faster with improved aerobic fitness than you do by losing weight. That's why gaining a few pounds of lean muscle mass is not necessarily a bad thing, especially if it makes you a more well rounded athlete who can, in turn, be more consistent with high-quality sport-specific aerobic training.

The bottom line

Resistance training is good for you, especially if you are a middle-aged endurance athlete who is not pursuing a paycheck from endurance sports. You may gain a few pounds, you may stay at the same weight and improve body composition (more muscle, less fat), or you may even lose weight. In any scenario you will gain strength and in the end you will be a better, more well-rounded athlete.

Chris Carmichael

CEO/Head Coach of CTS





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Athlete Reminder: USADA 2017 Prohibited List is in Effect

USADA would like to remind all athletes that the 2017 WADA Prohibited List went into effect on January 1, 2017. Please note that the 2017 WADA Prohibited List does include changes from the previous year, so we strongly encourage athletes and their support personnel to take a moment to review the updated 2017 WADA Prohibited List and utilize the following resources to better understand how specific changes may impact them. Remember, the athlete is solely responsible for any substance they use, regardless of the route of administration. Athlete support personnel, like coaches, parents, and medical staff should also be familiar with the annual Prohibited List updates to help protect the clean athletes they support. Read more about the Prohibited List at usada.org.



INFINITE MULTISPORT CHARITY ACTIVITIES

The members of Infinite Multisport are active in the community and one way of helping out is volunteering with charities and participating in fund-raising events. Below are some of the charities our members are associated with. This list is not a comprehensive list and is ever changing... please stop by now and then.

- I Care for Noah Bear - Julie Nicke
- Make-A-Wish - Karie Jones
- Soles 4 Souls
- Leukemia & Lymphoma Society / Team in Training



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6 Exercises That Keep Your Knees Healthy

A strength plan to keep your vulnerable joints healthy.

Dr. Jordan Metzl's plan for pain-free knees: strength training. Your feet, lower legs, knees, thighs, hips, lower back, core, and arms are all part of your running kinetic chain, and when one link isn't working, the repercussions can be felt all the way up or down the chain. Strong quads will help stabilize your knee, and strong hips, glutes, and core muscles prevent your hip from dropping and your knee from caving in. Doing these exercises twice a week (or more if you are injury-prone) will keep your knees—and the rest of your body—in proper working order.

Jump Squat

Extend your arms in front of you. Squat down, pushing your butt back. Explode up as high as you can and land softly. Maintain good anatomical position and keep the motion controlled, landing softly. Do 4 sets of 15.



Walking Lunge

Step forward and lunge down. Then bring your back foot forward and swing it in front, lunging with that leg. Continue lunging forward, alternating legs. Do 3 sets of 15 reps, counting right and left together as 1 rep



Low Side-To-Side Lunge

Clasp your hands and shift your weight to your left leg and lower your body, bending your left knee and pushing your butt back. Without raising yourself all the way to standing, shift to the right. Alternate back and forth for 15 reps on each side. Do 3 sets.



Mountain Climbers

Get into a push-up position. Bring your right knee in, then extend it back. Bring your left knee in, then back. Alternate legs and move as fast as you can while maintaining good form. Do 3 sets of 15 reps, counting right and left together as 1 rep.



Lateral Band Walks

Place a resistance band around your thighs. Keeping your feet apart so there's tension on the band, take 20 steps to the left. Then sidestep back. Do 3 sets.



Reverse Hip Raise

Lie facedown on a stability ball (or bench). Keeping your legs nearly straight, lift your hips and legs until they are in line with your torso. Squeeze your glutes and pause. Lower to the starting position. Do 3 sets of 15 reps.



5 Off-Season Rules

By **Jené Shaw**

Updated On: Nov 11, 2016

To prep your body for a better 2017 season, you need to play by the rules now.

Welcome to the off-season! Pat yourself on the back for another solid year and go into the winter with a real plan—but don't fall into the trap of attempting to carry PR fitness through to spring.

"There's a fear that you're never going to get it back," says Gordo Byrn, co-author of *Going Long* and head coach of Endurance Corner (Endurancecorner.com). "But you've been there before. If you had a breakthrough year, you have to treat yourself to some recovery." That doesn't mean you should throw your bike in the garage and spend three months eating nachos on the couch. Now's the time to shift your focus to overall health and move away from structured training.

No off-season plan is "one size fits all." What you do during the winter should reflect your goals in the spring. If you're a mid-pack athlete who's in the sport to have fun, you can probably have a relatively laid-back winter. But if you're a competitive age-grouper vying for a Kona spot, you probably can't afford to stop running until March. "If you have specific goals, you need to measure them out," says coach Patrick McCrann of Endurance Nation (Endurancenation.us). "If you need to bike a 5:30, that's a number you can start working toward. Is it more important to have fun now or are your goals more important?"

The key to a successful off-season is finding the perfect balance between an overly ambitious training plan and, well, getting really lazy. The following rules can help you negotiate that fine balance.



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Nine tips for stronger swimming

Go in confident, come out happy. Yes, you can do it, even if the swim's not your favorite leg (yet). Here's how to shore up your technique, your training plan and even your mindset. Get ready to rule the water.

1. Swim less, more often.

The No. 1 mistake coaches see triathletes make: getting in and just swimming the yardage of the race session after session after session. "All that really happens toward the end of the session is that their efficiency breaks down, and they're teaching themselves the bad habits they get [into] when they're tired." The result? Not only do you not get faster, but you learn to waste valuable energy that you'll need for the bike and the run. "That's why we tell our athletes to swim more often, but we want them to swim less. Swim for 20 or 30 minutes and really dial in that great technique over and over again. When you feel it break down, you're done. Come back the next day." Here's the tricky part: Everyone has his or her own efficiency leaks. So the best way to find yours is to ask around for a reputable swim instructor or coach in your area and get an evaluation. They can usually pinpoint what you need to work on pretty quickly.

2. Give your kick the boot.

Furious kicking? That's much more likely to get you exhausted than get you to the next buoy faster, says Erica Smith, swim coach for the University of Michigan triathlon team. "Using these major muscle groups depletes your glycogen stores without giving you a lot of propulsion in return," she says. The overall propulsion you get from a kick is anywhere from 6 to 25 percent, according to research—and in open water, it's on the low side of that. While the exact number is hotly debated, the point is that there's not a lot to be gained from overly vigorous kicking. The ideal kick helps you maintain your balance and body position in the water. If your kick is working for you, keep it. But don't let anyone talk you into trying to emulate a torpedo blade. No matter how fast your kick is, make sure you're working it like a swimmer, not like a cyclist or runner. Try this test: Flip onto your back, arms in a streamline overhead. Now kick down the length of the pool. If your knees break the surface, you're "running" down the pool. Ankle flexibility may be part of the problem. "There's no shame in using fins during some kick sets—they can help you with proper technique by compensating if your ankle flexibility is limited, and they will likely help you correct too much knee flexion," Smith says.

3. Glide less, stroke more.

It's not your imagination—the pros' arms are moving really fast these days. And there may be benefits to a higher stroke rate. Research found that when athletes increased their stroke rates, it didn't cost them more oxygen than when they moved their arms more slowly. "Shorter, faster strokes allow you to adapt to rough water better," says McLean, professor of kinesiology at Southwestern. "It's like trail running; the only way to make progress over all the rocks and roots is to take shorter strides. In wavy conditions, shorter strokes allow you to maintain more contact with the water and make the accommodations you need." Plus, he says, with longer strokes, any asymmetries you have start to magnify. So, say, that little pull to the left could end up forcing you to have to make extra corrections to stay on course. To practice increasing your stroke rate, you could try using a swim metronome to inch up your natural rate gradually. Or, teach your arms to turn over a little more quickly by doing some laps with the fist drill (simply close your hands into fists and swim that way), or do freestyle by keeping your head out of water (the way you'll keep your feet from sinking is to get your stroke rate up). Is there an optimal stroke rate? "There are a range of stroke rates that can be equally economical," he says. "The key is what works for you without physical consequences."

4. Create chaos in the pool.

Train for the race, not just the distance, Holicky says. That means preparing for feet in your face, and arms landing, well, pretty much anywhere. "Get used to the feeling of being in contact with people. We sometimes put three people in a lane and tell them to swim a 200—and they have to make contact with the person next to them every time they take a stroke. I've known athletes who gave their buddies kickboards and said, 'Make it really wavy around me.'" Because remember that there may be an entire ocean to swim in, but someone will invariably be right on top of you.

5. Stop thinking of "race pace" as a single thing.

You're going to speed up to pass people, get slowed down at buoys, and maybe even start too fast. So train for it. "Everyone should be doing some sets where they use a moderate pace, build and negative split," says Smith. "This gives you a sense of what the different speeds feel like. Because in open water, you can't tell, and you have to just go by feel." More reasons to add intervals into some training sessions rather than logging out everything at a single pace: "On the track, people are quick to do interval workouts. It's worth doing that in the water, too. The faster you go, the easier it is to get your race pace down to that speed."

6. Yes, you do need to do flip-turns.

You're not "cheating" by pushing off the wall every lap. True, there's no wall to push off in open water, but flip-turns help you maintain momentum so you can work on your stroke, and they teach you how to be smooth—and keep your lane moving efficiently. (That said, see No. 8 for the exception.)

7. Acclimatize.

There is no shock like the shock of cold water on a body that has no idea what's coming. If you're doing a cold-water race, practice getting used to what your body will do when you get in. "We typically do full-body cold-tub immersion for five to 10 minutes after practice," Holicky says. "We're out there with a trash can and ice water on the pool deck for about two weeks before the race. Our athletes say it helps to get used to that feeling of having your breath taken away when you're in a safe environment and you're standing in a bucket you can get out of." If you can, you should get in the water on race morning for temperature acclimation. "Cold water can be unsafe! He advises to walk in until a waist-deep level, stoop down to neck depth and lower your head and face to enter the water for several seconds. Repeat head bobbing a few times for acclimation. The ice-cream freeze headache will come and be relieved prior to race start—this is key. You can then decide if the cold temperature is safe for you since there are no regulated water temperature cut-offs."

8. Perfect your start.

Here's how to start stronger:

- **Shore start:** If the race starts on land or ankle-deep water, run until it's deep enough that you're comfortable doing dolphin dives to give yourself momentum. Push off the bottom with your hands and then with your feet. "When you feel the dives become more about going up and down and less about moving forward, it's time to start swimming," Holicky says.
- **In-water start:** In the pool, practice getting started from a dead stop (floating or treading water), and you'll get better at this type of race start, says Smith. Try doing flip-turns without touching the wall; this helps you figure out how to build momentum without any help, she says.

9. Roll with it.

Swimming in rough water is like running through an earthquake—the "ground" keeps shifting. That's the adventure of it. You can't change it or make it more predictable, so your job is to simply control your body position and enjoy the crazy ride.



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Nail Your 2017 Nutrition Goals

Ditch old-school approaches for these modern—and way easier!—alternatives.

Great nutrition intentions do not always lead to successful results. That's pretty obvious by now. It's why we read stories of "Biggest Loser" contestants and celebrities gaining and losing weight all the time, and it's why every new year comes with hundreds of headlines touting the hottest new diets that'll finally help you realize your goals. It's not that triathletes lack dedication to turn intentions into practical actions—in fact, it's the opposite. Triathletes so eager, willing and motivated for change may take the dietary tweaking a bit too far. Here's how to modify your good intentions so they set you up for success instead of setting you back.

The idea: Follow a diet plan.

Improve it: *Create a sustainable eating plan*

According to recent research from Baylor University, "dieters are doomed from the start" because of listed food rules and avoidance. Diets trap you when you are vulnerable, and they convince you to trust the diet protocol through misguided interpretations of nutritional research. For example, many diets name carbohydrates as the enemy—all breads, grains, dairy and legumes are bad. Sure, manufactured carb-containing foods lack nutrient density, but a healthy diet should include real food carbohydrates as ditching them altogether is often unsustainable in the long run. Bottom line, traditional diets, like Whole 30, don't teach you how to eat but how to succeed with restrictive eating.

If you intend to make a dietary change for weight loss, create a style of eating that's sustainable. Take immediate responsibility for lingering unhealthy habits, which have suddenly become a bigger issue, and commit to making small changes. For example, if you find yourself making poor nutritional choices at mealtime, be proactive and prepare your meals ahead of time. Stick with a change for more than 4–6 weeks as breaking bad habits require a mix of strong motivation and time.

The idea: Skip dessert. Permanently.

Improve it: *Indulge in moderation*

With a global epidemic of obesity, excessive sugar intake has been linked to weight gain as it provides a significant source of calories with little to no nutritional value. Sugar has also been shown to elevate dopamine levels, which control the brain's reward and pleasure centers, similar to many abusive drugs like tobacco, cocaine and morphine.

Intense cravings for sweets are among the biggest pitfalls among dieters, as it can be a real struggle to break a sugar "addiction." But forcing yourself into a complete sugar withdrawal is a huge mistake because deprivation triggers bingeing. So instead of avoiding desserts, aim for balance between eating healthy foods and enjoying foods that may not traditionally be considered healthy, like a bite of decadent chocolate cake. Prioritize your dessert-eating occasions, like a moment of celebration with people you care about. Never indulge alone, and choose quality over quantity. If your sweet tooth hits hard after mealtime, replace a sugar-laden processed food with a naturally sweet treat like dried figs, fruit or dark chocolate.

The idea: Go low carb.

Improve it: *Pick the best carbs*

Feeling unhealthy and blaming irresistible holiday foods? Don't. Never feel guilty about enjoying holiday foods—being indulgent a few times between October and December will not lead to ongoing weight gain. Swearing off carbohydrates because you ate too many cookies, cakes and savory dishes is nothing more than a quick fix as you try to gain temporary control with extreme self-discipline.

Instead of vowing to avoid the entire carbohydrate food group, choose nutrient-dense carbohydrate-rich foods, like oats, fruits, beans, whole grains and vegetables. Going low carb may assist in weight loss, likely through water loss and a massive decrease in calories, but it can be counterproductive to your health and performance goals if followed long-term.

Remember, a diet that makes you feel deprived will never last. As an athlete, carbohydrates have a place in your diet. A respectable 50 to 80 grams of carbohydrates per meal (3 to 5 grams of carbs per kilogram of body weight per day, or 816–1,360 calories a day for a 150-pound person) will help you stay on track with your nutrition and energized when you train.



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How To Turn Injury Setback Into A Step Forward

How to make progress in sport while healing an injury.

Recovering from a major injury can be an emotional and stressful experience. Having spent a good portion of this season recovering from an ankle fracture and dislocation, I have firsthand knowledge of the process. No matter how limiting your injury is, you can take immediate action and turn a setback into a step forward in your triathlon training. Your attitude and approach to healing can make an enormous difference in the healing process. Being positive and taking the following actions will allow you to make forward progress during your recovery:

- Focus on a single sport
- Evaluate your program
- Analyse your diet
- Cultivate balance
- Learn from the process

Single Sport Focus

A triathlon single-sport focus involves spending the majority of your training time on one of the three disciplines of triathlon: swimming, biking or running. Putting more emphasis on one sport allows you to train technical, physical and mental skills for that discipline comprehensively, which will create an immediate boost in your ability.

If your injury prevents you from training specifically for triathlon, you can use your additional training time to focus on improving using cross training. These activities can include water running, strength training, hiking, hand cycling, yoga or any other training activity that is possible with your injury. Cross training maintains fitness and can address muscle imbalances, flexibility, reflexes and power.

Use mental techniques to ingrain better technique, manage your mind and push yourself through rehabilitation with a positive attitude. Focusing on and mentally rehearsing cues, techniques and skills can be as powerful as physically training those skills. The ability to see yourself coming back from injury stronger is an important component of working towards it happening.

Evaluating Your Program

Pausing your season to heal an injury gives you the opportunity to view your plans with a different perspective. You may decide changes should be made to avoid injury in the future. Is your race schedule realistic? Have you tried to increase training hours or mileage too quickly? Are your races and rest blocks planned well? Sometimes sustaining an injury is an indication that you have reached your body's limits. Determine if you would change your plans now that you have time to pause and reflect. Evaluate your yearly training plan, prioritise, and adjust as necessary. Using an injury to make good decisions for the future is part of growing as an athlete.

Nailing Your Core Diet

Evaluating your core diet during injury can help you optimise your eating habits. A healthy daily diet keeps your body fuelled appropriately for training and helps your body repair. Checking in with your fuelling program to ensure your nutrition program is optimised will help you maintain a healthy weight and optimise your recovery from injury. When you are injured, your body will tell you what it needs to recover. Tuning into your body's needs will result in more optimal fuelling when you return to racing, which is key to triathlon success.

Cultivating Balance

It is not healthy to have a wide void in your life when you are sidelined from sport. Training for triathlon is time consuming, but there should always be other important things in your life while you are pursuing your goals. Having other interests helps keep your perspective, through good and bad races, and can help prevent burnout.

Athletes often underestimate how much recovery is really necessary from training for triathlon, especially full-distance Ironman events, which create enormous nervous system fatigue. Finding balance with quiet, non-active pursuits, injured or not, is important. Making room for non-triathlon activities and stillness, in a life full of the rigours of training and racing helps you find that extra edge for great performances.

Logging The Process

Learning as much as you can about your body, and the signals it is giving you through an injury, is crucial for understanding what your body is telling you. Use your training diary or online account to record the details of your recovery, just as you do for training. Log rehabilitation exercises, strength training, mental training, how you feel, and anything else that is relevant to recovery. This information will be useful to inform your decisions in the future and will make you a better athlete.

Employing a positive attitude, working on a single sport focus, evaluating your program, overhauling your diet, balancing your interests, and logging the process are steps to turn an injury into an opportunity. There is no need to look at an injury as a setback if you immediately get to work turning it into a step forward.





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Merchandise - Men

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Merchandise - Women

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IMTC PARTNERS

IRONMAN LEVEL:



Located at 34501 Ulita Rd, just south of 15 Mile and the two new locations at: 6111 N. Canton Center Road, Canton, MI 48187 and 3162 Packard Road, Ann Arbor, MI 48108.

Fraser Bicycle and Fitness is a premier shop for triathlon related bikes, gear, clothing, etc... Use your membership card to enjoy 10% off retail Parts and Accessories and 5% off retail bikes. (586) 294-4070 or online at



Hanson's Running Shop offers expert advice and a wide selection of running shoes and other gear. Use your membership card to enjoy 10% off all purchases. Four locations throughout metro Detroit: Lake Orion, Royal Oak, Grosse Pointe, and UBCA. www.hansons-running.com

HALF IRONMAN LEVEL:



Tri To Finish was founded by two athletes with a single goal in mind: Bring professionally run race events to the Midwest. Their goal is to set the standard for race management by scrutinizing the details and emphasizing the importance of each racer's experience and they pride themselves in being able to deliver safe, fun and memorable events. Whether you are a veteran athlete or you are looking for your first event, Tri To Finish has a race for you. IMTC members enjoy 10% off race entries with

<http://trifinish.com/>



Rudy Project offers top of the line gear for cycling and triathlon. Bike helmets, aero helmets, sunglasses, gear bags, and apparel. Discounts from 30-50% off everything they offer. www.r-rudy.com



Back to the Beach Races have been a wonderful partner to IMTC. Now in its 5th year, Back to the Beach is continuing its tradition of giving back to the community. In 2014 the race was able to donate over \$25,000 back to local charities and is looking to do at least that much again in 2015. Club members receive a 15% discount on race entries until March 31st, 2015. www.backtothebeachraces.com

OLYMPIC LEVEL:



Aquaman is the longest standing manufacturer of Triathlon Wetsuits and has been doing it since 1983, beginning in France. Aquaman makes wetsuits with top resources and the quality and comfort of their wetsuits is one of the best on the market. Club members receive 30% off wetsuits and 85% off Speedsuits and Accessories. Visit www.aquamanintl.com



HUUB's aim is to create better products combining research, science and reality. HUUB has four decades of experience gained in the field of endurance sports. Focusing wholly on the athlete and maintaining performance and comfort, HUUB will explore both the old and the conventional to create the best. Learn more at www.huubdesign.com Club members use this code in your member folder to enjoy 50% off Wetsuits, SwimSkins and accessories at www.endurance.com



X-Terra offers one of the best products in the industry and stands behind it. They offer a 2 year warranty on every suit, 30 day exchange policy and 30 day return policy, and they also have a rental program. Members enjoy 60% off retail on all Vector and Vortex wetsuits and swim skins. The top of the line Vendetta suit is rarely discounted, but when they do, all members will be notified. Visit <http://www.xterrausa.com/pages/club-members-coaches>



Enjoy 85% off everything in the store (except shoes) and 25% off all Moosejaw branded items. Seven stores across Metro Detroit, Ann Arbor, and Lansing. Good in store only. www.moosejaw.com for locations.



Serving Michigan cyclists since 1928, with six stores throughout Metro-Detroit, American Cycle and Fitness offers IMTC Members 10% off retail on bike purchases and 20% off retail on all Accessories purchases. American Cycle has a code in their system which will allow for the discount at all stores at the time of purchase, just show your membership card at checkout. www.americancycleandfitness.com



Tweak provides unparalleled technical coaching for all swimmers and triathletes. Located in Birmingham, Michigan, Tweak provides a vast array of multi sport services, specializing in underwater swim stroke analysis. We have proudly coached swimmers and triathletes of all ages and abilities to greatly improved performances, including USA National and Olympic Trial Qualifiers www.tweakathletics.com 10% off all services with your member card.

SPRINT LEVEL:



www.epicraces.com Epic Race is one of the top race companies in the country. With numerous races across the country Epic has become a leader in producing high quality destination races ranging from Sprint to Full Iron distance races, all with Aquaflex options. Tri Club members enjoy 10% off all races.



www.epicraces.com Epic Race professionally manages safe and eco-friendly multi sport and endurance events that appeal to beginner through elite athletes and showcase the resources and beauty of Michigan. For 2015 Epic Race is offering IMTC members a 10% discount on races, as well as group discount options as well.



Two locations in Birmingham and Rochester Hills, offering bike tune ups, Speedcheck, New, Santa Cruz, and more. Also offering GC Fit technology to track your position. 25% off all parts and accessories, 55% off all bikes, 20% off all labor and service. www.klm-bikes.com



Bicycle Mile has partnered with IMTC since 2010. While members do not receive a direct discount at Bicycle Mile, they do provide us with one of the best rates here of rest. For more information regarding "The Mile" check out www.bicylemile.com



www.repsport.com Exclusive distributor of "Swim It". Designed for your peace of mind and safety in open water for beginner and experienced triathletes. Group rates at discount.



www.xceleration.com Xceleration Fitness located in Auburn Hills is committed to helping IMTC members to any way and understands that it is tough for us to commit to another gym, more training, etc... but also knows the size of strength and cardio they offer will benefit any athlete. Run Triathlon to group IMTC members a 20 use punch card for \$100.00, no expiration, no monthly commitment. If you are interested get in touch with Xceleration directly and use your current member card to purchase punch cards.



Honey Stinger makes nutritious and great tasting honey based foods including energy bars, protein bars, energy gels, organic waffles, and organic chews. Tasting more than just the country's top cyclists, runners, triathletes and swimmers, Honey Stinger products may be found at specialty sporting goods retailers, natural food grocers and www.honestinger.com. Club members receive 37% discount toward all products. Discount code can be found in your membership letter.



<http://www.detroittriathlon.com> The inaugural 2008 Detroit Triathlon, is a triathlon like no other in the region. Providing a day long festival of racing opportunities for athletes of all abilities. Age groups will have and opportunity to race like the pros, and talent from the country will descend on Detroit to give a chance to earn their USA Tri Cards. IMTC Members enjoy a 15% Discount.



www.greatracenutrition.com Great Race Nutrition is a triathlon nutrition store. Their selection of all nutrition products at one site. 15% off everything. Extra "access" at checkout and the discount will be applied.



Gra's yellow card at one of the club meetings to enjoy 10% off everything. Durham's will also provide members a weekend in October with 20% off most items in the store. www.durhamsports.com



www.finis.com Founded by Olympic Gold Medalist, Pablo Morales, FINIS provides high quality and creative technical products to the swimming world. FINIS has worked continuously more than 50 years with coaches and swimmers to create products that optimize training and competitive performance. Extra "access" in the "swimperformance" code" last during checkout for 20% off everything in the store.



Running Warehouse is a triathlon triathlon specialty store. The store connects with runners like you who care about their sport. If you're looking for the latest products to help you perform at peak levels, chances are very good that we have them. The store's sales are very product oriented with the goal of offering only those products that will benefit athletes, triathletes, and people who share a passion for the sport of running. Current Tri Club members use the following code for 15% off. 0000000



www.rockcf.com Rock CF triathlon is an annual Tri Club favorite. Taking place in Mid-Michigan on beautiful Grosse Ile and led by Emily Schaller. The Rock CF Foundation is dedicated to increasing the quality of life for people with Cystic Fibrosis. Club members enjoy discounted race entry.

