

**Team Multisport/Inside Out Sports (TMS-IOS) Triathlon Team
WINTER NEWSLETTER**



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TMS-IOS Team on the Web

This year's website will offer regular updates on team activities including blog entries, volunteer events and important team news. Read about local, national and international race experiences or follow our link to local youth triathlon, Swim for Smiles. See what the team is all about at: www.trianglemultisport-insideoutsportsteam.org.

2010 TMS-IOS Team Members!

Melissa Bell • Mason Boyles • Kelly Bruno • Cid Cardoso • Jeanna Chain • Tom Clifford • Robert Ferris • Tara Flint • Stacey Griffith • Alysia Kern Lovgren • Shannon Lowery • Aaron Kiefer • Amie Krasnozon • Wade Laufenberg • Jackie Miller • Brad Perry • Kit Phillips • Stacey Richardson • Alan Starnes • Rob Taylor • Chris Tommerdahl • Kerry Troester • Kristin Villopoto • Dave Williams • George Worrell • Joanna Younts • Ken Younts

Introduction to New Team Members

Stacey Griffith

2009 was my first year of triathlon. I competed on the NCTS and finished 3rd in the overall standings in Master's Open. I have a background as a runner. I ran cross country and track in college at the University of Florida (Go Gators!). While I am new to the sport of triathlon, I am a strong competitor and knew I could add to the strength of the TMS-IOS. I also knew that competing and training with team members would help me in my development as a triathlete. I am married to Scott, and when I am not training, I am chasing around a 6 year old and 4 year old twins.



Tara Flint

My name is Tara Flint and I am currently Greensboro, NC in the process of becoming a Registered Dietitian. I graduated from December 2009 with my Master's Degree in Nutrition. I am originally from Northern Virginia and grew up playing soccer. I continued playing soccer at The College of William and Mary on a scholarship and then semi-professionally in France. After returning to the US, I started biking, and swimming to stay fit and that led me to triathlon. This year will be my 3rd season competing in triathlon and I am very



excited to be a part of the Triangle Inside-Out Sports Multisport Team! I hope to continue improving, learn a few things from my experienced teammates, and participate in opportunities to give back to the sport and to the community

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Mason Boyles

I joined the team because I believe in representing companies who I truly support and have confidence in and the team brings an unparalleled passion to the sport of triathlon. In addition, God gave me a passion for and talent at multisport, and I seek to use it to become the best athlete I can be. A sophomore at Hoggard high school, I competed in cross country and track my freshman year and have decided to focus on triathlons this season. Though I feel that my greatest potential lies in long course racing, future Olympic aspirations compel me to focus on sprint distance races to develop my speed.

Kit Philips

I grew up in northern Minnesota, went to college in Michigan (Michigan Tech). Spent a few more years working in Michigan before moving to NC in 2004 (no more snow, right?). I have a wife of 2 years, Sarena, and a dog, Porter. I work as an engineer for an industrial automation systems integration company. I played basketball in high school. Participated in multiple intramural sports at college (innertube water polo, basketball, flag football, softball, hockey...). Also started mountain biking in college. Post-graduation, continued with the mountain biking, golfed, and mixed in an occasional 5k race. After moving to NC, decided to try out triathlon, with my first one the 2005 Wilmington YMCA sprint triathlon. I joined the team for the camaraderie of racing/training with a group of highly skilled, experienced, and competitive athletes.



Shannon Lowery

My name is Shannon Lowery and I've been married for 10 wonderful years to my hubby Ted and we share 3 beautiful boys(7,4,1yrs). I'm a Canadian Citizen. I've been doing tri's for 2.5years and this will be my 2nd year racing in the open category. My athletic background includes a variety of physical activity – nothing specific but always enjoyed being active and healthy. I'm an endorphin junky!!! This is my first year with the team and I am excited to be racing with the BEST both off and on the course. I'm looking forward

to learning from this elite group of athletes and being motivated and challenged to do my best.

Other new team members we'll meet in the next newsletter: Alan Starnes and Brad Perry

**Free Swim Workout!!
Triangle Multisport Coach David Williams**

For more great workouts and information regarding multisport coaching can be found at
www.trianglemultisport.com

Total = 4100

Warm-up: 800 Choice

Main Set:

Set #1 (400)

8 x 50 kick with zoomers* on :50 :55 1:00

Set #2 (400)

8 x 50 (25 drill/scull, 25 drill) on :50 1:00

Set #3 (500)

Broken 500 – FAST

10-sec. rest after 3 x 100, 4 x 50

Set #4 (500)

5 x 100 pull w/ paddles easy

Set #5 (1000)

2 x 500 brisk tempo and negative split

Set #6 (400)

8 x 45's - start at flags – sprint 20 yards, 25 easy

Cooldown: 100 EZ

*zoomers are mini-fins used for kick-strength development. They add resistance to firm and tone the legs and core muscle groups



The new multisport season kicks off with the **Multisport World Conference and Expo** on March 27th at Georgetown Prep in North Bethesda, MD. A production of Sun Multisport Events and developed in partnership with the Mid-Atlantic region of USA Triathlon, Multisport World will be home to the annual USAT Mid-Atlantic membership meeting and offer athletes a line-up of expert-led seminars, hands-on clinics, competitive events, a vendor expo and much more.

Headlining a great list of speakers will be 11x Ironman champion Lisa Bentley. Lisa is not only one of the most accomplished triathletes in the sport, but also a great role model for her determination to succeed despite being diagnosed with cystic fibrosis. Other speakers include David Glover of EnduranceWorks, Ken Mierke of Fitness Concepts, Dr. Kathy Coutinho of Positively Chiropractic and many others. Topics covered will include training, injury prevention, nutrition, performance testing and more.

Visit: http://www.multisportworld.com/Washington_DC/Seminars.htm to see the current list

of seminars.

Athletes looking to refine their technique will have the opportunity to participate in Total Immersion swim clinics and ChiRunning clinics. There will also be classroom-style workshops to choose from. You can find more information and links to registration on the website. And for athletes looking for an early season test of their endurance there will be an indoor bike time trial competition on CompuTrainers and the Relay Team Swim Challenge.

The vendor expo will feature everything you need to prepare for the start of a new season. There will be retailers and manufacturers offering nutritional products, gear and apparel... race directors for you to learn more about local events... USAT certified coaches to help you accomplish your goals... multisport clubs... and more.

Admission to the Multisport World seminars and expo is free. Registered attendees are eligible to win valuable prizes and **the first 500 registered attendees will receive a swag bag with product samples, money-saving coupons and a Spinervals DVD (a \$30 value).** Visit www.multisportworld.com to register today and for more details on this exciting event.

Strength Building

from TMS-IOS Team Member Kristin Villopoto

I am an old trackster, so always have believed in spending a good amount of time working on strength. Though I am a big functional core strength follower year-round, in the off-season especially I come back to traditional weight-bearing exercises and plyometrics to work on power, adjusting weaknesses, balance, and muscle recruitment.

One of the things I add in to my routine (and now in to the routine of my personal training clients) is jumping. The progression is from jumping two legged up on to a 12 inch box or step (forward, backward, and sideways up on each side), and on flat surface in a checkerboard pattern (forward, backward, side-to-side, and diagonal...you can use chalk on the ground to make a 12 inch checkerboard), to one legged sets. Start off with sets of fewer repetitions to stand tall and centered, using good form. Stop when fatigue and bad form/balance start. It won't take long to see power and strength progress doing this once or twice a week.

TMS-IOS Team Race Results

Greenville Finish Strong Duathlon:

Kristin Villopoto - First female OA (10th OA)

Mason Boyles - Second male OA

Full results can be found at:

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http://www.fsseries.com/uploads/1162010212921_Greenville%20Overall%20Results.html

Endurance Research You Should KNOW!

Do your weekly sprints....they can improve your endurance!!

Recent studies have shown that just six minutes of intense exercise a week could be as effective as an hour of daily moderate activity. The most interesting results of these studies is the link between endurance performance and short, ultra-high intensity efforts. Traditionally, sprinting is considered a completely separate discipline from endurance performance. Recent findings, however, are starting to bring this into question.

"Short bouts of very intense exercise improved muscle health and performance comparable to several weeks of traditional endurance training," says Martin Gibala, an associate professor in the department of kinesiology of McMaster

In both studies, a sprint interval program was employed and compared to traditional low intensity endurance training protocols. The sprint intervals consisted of four to seven 30-second bursts of "all out" cycling efforts followed by four minutes of recovery multiple three times per week. In both studies, researchers found that the sprint efforts induced similar fitness responses as high volume training programs.

Gibala et al reported muscles adaptation of the trained group showing a significant increase in an enzyme indicative of the tissue's ability to utilize oxygen. Rakobowchuk et al concluded that sprinting is a time-efficient strategy to elicit improvements in peripheral vascular structure and function that are comparable to endurance training.

"Sprint training may offer an option for individuals who cite "lack of time" as a major impediment to fitness and conditioning," said Gibala. "This type of training is very demanding and requires a high level of motivation; however less frequent, higher intensity exercise can indeed lead to improvements in health and fitness."

Gibala, *The Journal of Physiology*, (2004), 575: 901-911

Upcoming Races to Consider

- 2/27/2010 • Charlotte Duathlon
- 3/6/2010 • Tobacco Road Marathon 1/2 Marathon
- 3/13/2010 • Azalea Triathlon
- 3/20/2010 • Cary Duathlon
- 3/28/2010 • Cool Breeze Triathlon
- 4/17/2010 • Belews Lake Triathlon

Sponsor Highlights



TITLE SPONSORS: TRIANGLE-MULTISPORT

Triangle Multisport is proud and excited to be a co-title sponsor of the Triangle Multisport – Inside Out Sports Elite Team for the fourth consecutive year. The staff of Triangle Multisport is not only passionate about the sport but also educated, certified, and experienced in the field in order to bring athletes of all abilities the best coaching services available. 2010 marks our ten-year anniversary and in that time we have not only worked with countless beginners and novices but have also coached many of the top triathletes in the state and nation. We are proud to be involved in just about every area of triathlon with the Triangle Multisport/Swim for Smiles Youth Triathlon Team, being a tour sponsor for the Ramblin' Rose women's only triathlon tour, having organized women's training groups, the TMS-IOS elite team, and a Professional Triathlete Squad and practices. In addition to the above and hosting several clinics and camps each year, we do the bulk of our work by creating individualized written workouts for our clients. Each athlete is different with an endless variety of backgrounds, skills, and psychological motivations. We take all of that into account to design the best training program for every client. There is no cut-and-paste programming. Instead, we work each and every week on the client's program in order to take every factor into account from work schedules, recent training, quality of recovery, and so on. This has allowed us to have success that is second to none. We also take great pride in our community involvement and efforts to give back to the community. Please contact Dave Williams with any inquiries at trimultisport@yahoo.com.





LabCorp operates a sophisticated laboratory network with the highest quality diagnostic testing, with corporate headquarters in Burlington, NC.
www.labcorp.com/wps/portal