

West Suburban Multi-Sport Club

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INSIDE THIS ISSUE

- Message From the President
- Club Discounts
- Workout of the Month
- REI Bike Clinic
- Group Workouts
- Race Calendar Update
- Next Meeting
- Featured Article-Heart Rate Zones



Message From the President

Racing season is upon us with many of us doing running races of various distances in April and triathlons starting in May. Please check out the web site race tab to see who is racing where.

However, even if you don't see someone doing a race you're doing, let us know and I bet someone will join you. With Spring now here, the club workouts will also be blooming. Lou will continue sending out weekly email updates, but you can also check the web site calendar to see what's going on. If you have a regular workout you do, please let us know and we'll add it to the calendar. You don't have to train or race alone.

Club Discounts

Being part of a USAT club entitles members a number of discounts which can be found at [USAT Club discount](#). In addition to these discounts, members can also get a discount on [XTERRA](#) wetsuits using the discount code CO-DAVE. Finally, members interested in coached run training can take the run training classes that Judy and I coach out of [The Runner's Soul](#) for \$20 off the regular price. The next session is scheduled to start Monday April 6th.

Workout of the Month

April will find many of us starting to ride outside again and I caution you to not get too excited about overdoing it. I like to spend most of April on my small chainring working on cadence so here's a workout you can try.

You'll be staying on the small chainring the entire time during this 60 minute ride.

Warm up 10 minutes then do 5 x (1 minute high cadence + 1 minute easy spin), spin 5 minutes then do 2 x (10 minutes in aero position with cadence over 90 rpm and relaxed on bike + 5 minutes easy spin) work on shifting gears to maintain good cadence without bouncing. Cool down last few minutes.

Free REI Bike Clinic

April 14, 2015-7:00pm

Bike Maintenance Basics

Routine maintenance on your bike can keep you riding smooth and prolong the life of your bike. Join an introductory class designed to help you take care of your bike. Register at <http://www.rei.com/stores/oakbrook-terrace.html>

Group Workouts

Please check the calendar <http://www.wsmultisport.org/Calendar.html> to see who is doing what workouts. Once things start warming up, we will be adding more and more to the calendar. If you have a workout you'd like to invite others to join you in, please let us know and we can get it listed.

Race Calendar Update

The race calendar has been updated again. Check it out at <http://www.wsmultisport.org/Races.html>. As you sign up for races, please let a board member know and we will add you to the roll call.

Next Meeting

Sunday April 12, 2015. 3pm at Elmhurst Public Library, 125 South Prospect Avenue, Elmhurst, IL 60126

Featured Guest Article-Heart Rate Training

Heart rate training can be confusing due to all the terminology used and the many opinions on how to determine your threshold zone. Additionally, there are a number of different charts that offer a variety of ranges which adds to the confusion. This is an example of information overload, and to a beginner triathlete this can seem incredibly confusing. The goal for this article is to give you a good understanding of how and why to test for heart rate zones, which training zones you should spend the most time in, and how to make this a simple process.

Definition of Training Zones

Zone 1 is a super easy effort, probably a 4/10 on the Rate of Perceived Exertion (RPE) chart (at end of article). It's so easy that you should feel 'guilty' when you are done. You don't think you went hard enough; it didn't feel like a workout; you don't think there was any benefit because it felt too easy. If you have these types of thoughts after a Zone 1 workout, then congratulations, you are doing it right. I call this the "Guilty Zone."

Zone 2 should feel pretty easy as well, at least in the beginning. But you should feel as though you have to work if you've been doing this several hours. You may even see cardiac drift towards the end of this workout. How easy is easy for Zone 2? I would recommend somewhere around 5-6/10 on the RPE scale. You should be able to hold a conversation for the duration of this workout, and I mean being able to talk in full sentences, not one- or two-word gasps. This is what I call the "Conversation Zone."

Zone 3 gets a little gray, and literally it is a 'gray zone'. You typically aren't going easy enough to get the benefits of a nice easy effort and you aren't going hard enough to get the benefits of a 'Race Pace' workout. This is an effort of about 7/10 on the RPE scale, and you can talk in one- to two-word answers. I actually call this zone the NBZ - "No Benefit Zone."

Zone 4 is your "Race Pace" zone - this is where you have burning legs and lungs and you can't keep the effort up for much more than an hour. And yes, you have to be pretty fit to keep this effort up for an hour, but by definition, [your threshold](#) is an effort you can manage for one hour. You know when you are in Zone 4 as your breathing is labored, your arms and legs get very heavy and all you want to do is stop. This effort is 8-9+ on the RPE scale.

Zone 5 and up are for shorter efforts and these are usually 9+ to 10 effort levels on the RPE scale. These efforts may last from a few seconds to maybe five or six minutes. This zone is beneficial if you are doing a lot of racing that has hard but very short efforts, such as bike racing or racing short events on the track in running.

Since this article is geared toward endurance athletes, and your races are typically one hour or more, I'll explain how your training should be set up: Consider that a 400M race around the track that takes world class runners about 40 seconds to complete is around 86 percent aerobic. Now, if you are running a 5K, how much of that race do you think is aerobic? The answer is probably somewhere around 97 to 99 percent.

For the average endurance athlete, the percentage of time you should spend training in each zone is roughly as follows:

- Zone 1 and 2: 80 to 85 percent
- Zone 4: 10 to 15 percent
- Zone 5: 2 to 5 percent

For those of us you are training for half distances and above, there should be a percentage of Zone 3 training as well, but still that percentage may only be 15 to 20 percent each week.

The Importance of Zone 1 and Zone 2 Training

Zone 1 and Zone 2 training help you build endurance, durability and strength. In addition, these easy training sessions help build capillary pathways that transport oxygen to your muscles and carry waste (lactate) away from your muscles. The more capillary pathways that you can build, the more efficient you will be. Efficiency is equal to free speed.

If at first you can't keep your HR under Zone 2, then you need to slow down. If that means you run for three minutes and walk for two minutes to keep your HR down then, by all means, do it. For a fit athlete getting back into training, I recommend training without a heart rate monitor for two weeks. Put it back on once you have a sense of fitness coming back. You may feel that training in Zone 2 and under is a step back, but you will see the progress over time and you will be thankful you were patient during this important phase.

Adaptation for everyone will be different. Some people will see changes right away, and for others it may take months. Just this year I had an athlete drop about 40 seconds a mile on his long runs after two months of Zone 2 training, and he's been racing and training for over 20 years. So, at any level, improvement is possible. You just need to have faith in the philosophy and, above all else, be patient.