



► **Upcoming Races**

IM USA, Lake Placid, NY July 20  
Door County Triathlon July 20  
Cycling Super Week July 13-27  
Wausau Triathlon Aug. 2  
Oshkosh Triathlon Aug. 10



► **Other Events at:**

Trifind.com  
Midwestsportsevents.com  
wicycling.org



► **Thursday Night Runs**

6:00 sharp at Neenah Light House  
5-8 mile aerobic zone 1 training run,  
lead by YTZ coaches. All are wel-  
come, come socialize and enjoy the  
prettiest city east of the Fox River!

The

# Your Training Zone

○ July 2008 | ○ Issue 3

Newsletter

Your Training Zone.com

- USATriathlon, USA Cycling and USA Track and Field certified coaches
- Official training partner of: Attitude Sports Cycling Team and Gear N Up
- Computrainer Power Coach
- Pacesetter Medical Consultant

## Helping you achieve your Training goals

### Fall Marathon Running Special

Looking to run a PR in a Fall Race?, We can help for \$300 you will receive 2 lactate blood profile tests and an individualized training plan for up to 16 weeks to get you through your race as well as expert guidance along the way. The earlier you start the faster and better results you will have. Look at the testimonial page and results page, you too can reach your peak performance. Valid Only for New Clients.

### YTZ Athletes Focus of the Month

Sam Sigler, working as a financial planner for Ameriprise, this 30 something took a whopping 45 minutes off his ½ Ironman time last fall finishing just over 5 hours. He followed that up with an 8 minute PR at the Fox Cities half marathon. With another year of training under his belt, this dark horse athlete will surely change colors. Sam results are from dedication, persistence and hard work. All of us at YTZ wish Sam the best as he prepares for IM WI. We at YTZ are still waiting for the great stock tips!

## Tips

### Power Tip

Got stuck in the rain with your Powertap? The old Powertap hubs were quite susceptible to inclement weather and frequently would stop working. The new and improved casing is vastly improved and essentially prevents water entering the hub. Yet, I would recommend removing the cover if you have ridden in the rain and remove any moisture, at the same time consider replacing the battery as they last about 500 miles or 1 year. I have ridden in down pours this spring and summer and the newer hubs work great! The tool to remove the hub is found in the Powertap case when it was purchased.

### Hydration Tip

Getting cramps on those long rides? If you have not been using salt supplements you should try them. Each one of us has our own unique sweat rate and sodium excretion rate. If you are a salty sweater try Endurolytes, Succeed or Thermolytes. Start with 2 per hour, still cramping, double the dose until they go away. Just make sure you take them with water only as you do not want to over do the load to your gut.

## News & Notes

### YTZ Louis Garneau Clothing

Clothing is in; if you have not picked up your gear, email us. There are a few pieces left over.

### YTZ Ongoing Swim Clinic

Receive excellent drill and instruction from the best swim instructor in the valley, Curt Beutler. Curt is a certified USA swimming instructor and triathlete. He has coached multitudes of age group swimmers to the national level, let Curt help you conquer the swim.

Monday and Wednesday nights at Neenah High School 7 -8:15 pm. Curt also provides individual lessons as well. Ask about our special Friday night lake group swims.

### Results

Please go to our website, yourtrainingzone.com weekly as we will post results of our clients and you can follow their progress.

## Can water really affect your performance?

By Jenna Wreiden M.S.

Absolutely. Even the pros have demonstrated the dangers of not staying properly hydrated. Running great, Alberto Salazar is a prime example of a dangerous case of dehydration (on more than one occasion). The 1978 Falmouth 7.1 mile road race was the cite of his first collapse where he finished the race, passed out with 108 degree F core temperature, and was read the last rites, prematurely. Four years later after winning the Boston Marathon in 2:08:52 his core temperature dropped to 88° F and he was taken to the hospital to receive six liters of saline solution after not taking in any nutrients throughout the entire course. And who can forget the infamous Gatorade commercial of Chris Legh collapsing meters before the finish line at the 1997 World Ironman Championship in Hawaii because his muscles would not contract anymore? Hydration is just as much a part of training as running interval workouts or building a large aerobic base. Especially now, in the heat of the summer.

As my Exercise Physiology professor taught me, who by the way is a Wisconsin native; your performance and training will suffer if you are not properly hydrated before a training session or race and do not properly rehydrate afterwards. As an endurance athlete, hydration plays a vital role in your performance and here's why:

Water is a very functional nutrient that is responsible for regulating body temperature. Water, as well as electrolytes, is lost when you exercise, via sweat. The whole idea behind sweating is not to smell bad and look like you just got out of a swimming pool; it is a body function that cools the core temperature through evaporation of sweat from the surface of the skin, which cools it. The blood cools passing the peripheral layer of the body and is then transported to the core where the temperature is lowered. Evaporative cooling is the BEST way to dissipate heat. In a humid environment, let's say July and August in Wisconsin, for example, since the air is much more saturated, sweat beads roll off the skin and do not evaporate. This leaves you in danger of dehydration and overheating. Your body must rely on other forms of heat dissipation which include: radiation, convection, and conduction. During exercise you can lose anywhere from 0.5 to 2 liters of sweat per hour depending on intensity, and of course, genetics. Every person has different sweat rates and the highest recorded was by none other than Alberto Salazar who lost 3.8 liters/ hour! It is up to you to regulate your own sweat loss. A simple way to do this is to weigh yourself before and after a run, preferably with no clothes on. The weight you lose on a run is "water weight" and needs to be replenished. You also need to account for water lost via urination. The general rule of thumb is for every two pounds lost, one liter of fluid must be consumed to replenish your lost goods. Here are a few pointers on how to hydrate before, during, and after exercise.

**Before:** A technique called hyperhydration has proved to reduce water loss during exercise. One way to stay hydrated is to consume 500 ml of water before going to bed and 500 ml of water upon awakening. That's about 16 oz or two glasses of water. (It's worth getting up in the middle of the night to use the bathroom). Taking in 250-500 ml of fluids 30-60 minutes before exercise will also keep you prepared to exercise in the heat.

**During:** Contrary to popular belief, it is ok to stop on a run to take in fluids. The "I didn't stop once on my run" tough mentality may actually be hindering your performance, especially during longer bouts of exercise. Most importantly, if your training session is over an hour, than you should be including carbohydrate and electrolyte intake as well. Electrolytes include sodium, potassium, calcium, and magnesium, all of which are lost in your sweat along with water. Electrolytes help retain water and decrease your risk of hyponatremia\*. Anywhere from 600-1200 ml/hr of 4-8% carbohydrate in fluid should be consumed. Gatorade is a perfect example of 4-8% carbohydrate solution. Believe it or not, it is based on science! A drink with 4-8% carbohydrate has been proven to be absorbed the most efficiently by your cells.

**After:** Rehydration is probably the most ignored task in an athletes' training regime (even more than core!). Rehydrating after a hard workout does not include grabbing a beer or soda and relaxing the rest of the night. Alcohol and caffeine both act as diuretics so your cells are not retaining the water and electrolytes they need. In order to recover from a workout and feel better the next day you must replenish what you have lost, and then some. Consuming at least 20 oz of fluids containing electrolytes and carbohydrates per pound of weight lost during exercise will help you rehydrate effectively for your next run, bike, or swim. Electrolytes help your body retain and restore water more rapidly and sustain thirst. You could also consume some protein after exercise (a 4:1 carbohydrate: protein ratio) to help your cells replenish glucose and repair muscle damage.

*Continued on next page...*

## Can water really affect your performance?

More Tips for exercise in the humid heat:

- Take small sips at regular intervals rather than big gulps a few times a day
- Exposing more skin to the air when exercising will increase the surface area of sweat exposed to the air, hence increasing evaporative cooling
- Wear light clothing (in weight and color)
- Clothing that wicks water away from the skin is more effective than clothing that absorbs water or traps it between your skin and the clothes
- Drinking fluids that are flavored and cooler than air temperature will promote hydration
- Each liter of water lost from the skin extracts 580 kcals calories from your body, so do not forget to replenish carbohydrates and electrolytes

\* Hyponatremia: There is such a thing as drinking too much water. The majority of people are not in danger of hyponatremia, but it does become an issue when athletes have abnormally low sodium levels (less than 135 mmol/L), or they are exercising for long periods of time and taking in only large amounts of water. Since they are losing sodium in their sweat, taking in just water will dilute the sodium content in their body even more. In marathons and ultra distance events, rare cases of athletes have had such severe dilution of sodium content in their bodies that they have died from water toxicity and loss of brain function.

Remember, if you are feeling sluggish, tired and run down, the answer may be as simple as good ole' H<sub>2</sub>O.  
**DRINK MORE WATER!**

*Jenna Wreiden is an intern coach working at Your Training Zone, an endurance sports performance company located in Appleton, WI. Jenna received her M.S. degree from Appalachian State University where she was a standout cross country and track athlete.*