Team USA Newsletter

May 2010

Hello Team USA athletes!

I can't believe the summer is peeking around the corner. Here in Colorado, we are finally getting some spring like temperatures and boy are the triathletes out and about around here. It is so refreshing to see. Before you know it, the World Championships will be upon us. Please be aware that as we get into June, everyone will be receiving a lot more emails from the Team USA department with updates on uniforms, entry fee payments, medical insurance, etc. Stay tuned to your email inbox.

To find out information about Team please visit www.teamusatriathlon.org or www.teamusaduathlon.org.

"Great effort springs naturally from a great attitude."
-Pat Riley

Train Safe and Smart!

Amanda Duke
Team USA Department

Short Course (Olympic) Triathlon, Sprint Triathlon, and Aquathlon Worlds- Budapest, Hungary

Team Hotel
The Team USA hotel is filling up quickly. Make sure to book your room as soon as possible so you do not risk having to find your own accommodations. To book your travel arrangements, follow this link: http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=c262c2ab-ba05-4a34-a549-1991d810dfd1

Entry Fees
I expect to be asking for the entry fee in June. The fee should be around $250 USD. This will be communicated via email.

Uniforms
In late-June, the Team USA Department will be sending out an email from instructions on how to order your Team USA uniform and gear.

ITU Event Schedule
ITU has updated their event schedule, so please check it out by following this link:
http://www.usatriathlon.org/resources/for-athletes/team-usa/2010-short-course-olympic-triathlon

The Power of the Brick (from the Team USA Coach)
In our sport, one of the most coveted workouts is "The Brick". I have read many different explanations describing the so called origin of this term, but no matter what it is, all I know is done properly these workouts can seriously hurt and bring your fitness to the next level.

So what's the key to a good quality brick workout? In one word, specificity. A good brick workout should have prescribed effort, speed and purpose. Choose the event you are preparing for and design the brick around it. If you were preparing for a race like Escape from Alcatraz, you would incorporate a cold water swim, long transition run and short hilly bike. By doing multiple cycles of this brick in a single workout you begin to prepare and adapt for the conditions which make your key event challenging.

For Budapest I have to be honest, I have only studied the course from the comfort of my office. The swim will be average in temperature and water clarity seems to be average also. Transition seems to be normal in size and the bike doesn't have too many climbs. Finally the run winds back along the river and back into town. With this in mind, I suggest focusing on a strong bike to run brick to make sure the USA (this means you!) places as high as possible. Here is a workout you can use repeatedly and progressively as you build through the summer.

Start off with a lower number of reps and a slightly easier average speed/watts along with a softer pace. In the beginning focus on quick, smooth and accurate transitions. Get this part of the workout mastered first then work on the speed. There is nothing more defeating to a fellow athlete than to enter transition with a competitor only to see them 100 meters ahead of you as you head out of T2.

Start with 5 reps of this cycle
6 minutes at CP30 (critical power 30 or the hardest effort you can hold for 30 minutes)
Transition
1 mile at goal 5k pace
2 minute recovery
repeat

Make your next brick count. Challenge yourself and raise your game to the next level. The world will be watching.

TTFN,

Kris Swarthout
Team USA Coach
www.optumhealthperformance.com

For more information about these three World Championship races, please visit the Team USA website www.teamusatriathlon.org.

Long Course Triathlon Worlds- Immenstadt, Germany

Team Hotel
The Team USA hotel is filling up quickly. Make sure to book your room as soon as possible so you do not risk having to find your own accommodations. To book your travel arrangements, follow this link: http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=fcb5bfa7-fada-45cd-9edc-875dd0fdc8eb

Uniforms
This week, the Team USA department will be sending an email to everyone competing in the long distance race with instructions on how to order your Team USA TYR uniform. Stay tuned to an email with these instructions.

Team USA Event Schedule
We are finalizing the Team USA event schedule in accordance to the ITU event schedule and will be releasing this information in the next newsletter.

Medex Insurance
Does your current health coverage cover you for international trips or sporting events? If not, USA Triathlon is here to help. For only $3/ day per person you can get health coverage for you and any family members traveling with you. More information about this program to be released in the next two weeks. Stay tuned.

Keep checking the Team USA site for new information about 2010 Worlds in Germany. www.teamusatriathlon.org.

Short Course Duathlon Worlds- Edinburgh, Scotland

Team Hotel
The Team USA hotel is filling up quickly. Make sure to book your room as soon as possible so you do not risk having to find your own accommodations. To book your travel arrangements, follow this link: http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=dada96bd-fa62-4357-b9c8-41d27b7d2158

Uniforms
In June, the Team USA Department will be sending out an email from instructions on how to order your Team USA uniform and gear.

Entry Fees
I expect to be asking for the entry fee in June. The fee should be around $200 USD. This will be communicated via email.

More information to follow as the weeks roll on. If you have any questions, please let us know. Teamusa@usatriathlon.org

2010 Team USA Reunion-Kona, Hawaii

Team USA is going to KONA and the 2010 IRONMAN World Championships!! Don't miss out on your chance to mingle with Ironman Legends, Mark Allen and Paula Newby-Fraser!

What is the Team USA Reunion all about?

- It runs from October 6th- October 11 in Kona, Hawaii in conjunction with the Ironman World Championships.
- The Reunion will take place at the Royal Kona Resort which is walking distance to the Ironman race venue.
- It is a chance to reconnect with fellow Team USA alumni and experience the Ford Ironman World Championship atmosphere.
- Mark Allen and Paula Newby-Fraser, Ironman Legends, are going to mingle with all Team USA reunion members during a private reception.
- You will attend the Official Ironman Pasta Party and the Official Ironman Awards Dinner
- There is a private sunset cocktail cruise with your fellow Team USA alumni.
- Exclusive Ironman volunteer opportunities available.

To find out the schedule and price and to register for the event, click here **www.seeuthere.com/Elite_Reunion_Event_Ironman_Championship.**

Questions about the travel package or event? Contact Julie Buchenau at RPMC at (818) 223-2646 or jbuchenau@rpmc.com OR you can contact Amanda Duke at USA Triathlon teamusa@usatriathlon.org or (719) 955-2674.

Additional News:

Bike Rentals
So far, none of the 2010 World Championships are offering bike rentals. This means all athletes must take their bikes with them overseas to compete. We recommend you take the bike with you on the airplane, however if you wish to ship your bike, we recommend Luggage Forward. www.luggageforward.com.

Team USA Arm Warmers
If you wish to purchase a commemorative pair of Team USA arm warmers, please contact the Team USA department for more information. Teamusa@usatriathlon.org.

2011 ITU Cross Triathlon
ITU has announced in 2011 they will have their inaugural Cross Triathlon World Championship, which is also known as off-road triathlon. The World Championship will take place in Extemadura, Spain. To find out how to qualify, follow this link: http://www.usatriathlon.org/resources/about-events/team-usa-qualifying-events/2011-qualifying

2010 Team USA Patches
The 2010 Team USA Patches are here. In addition to the yearly banner patch, I have also updated the circle patches to reflect the new USA Triathlon logo. If you wish to order some, please contact the Team USA department and we can send you the order form. The cost is $5 each.

Have anything you want to add to this newsletter in the future? Let us know! teamusa@usatriathlon.org.