

Rocky Mountain *Sports*

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MAY 2007

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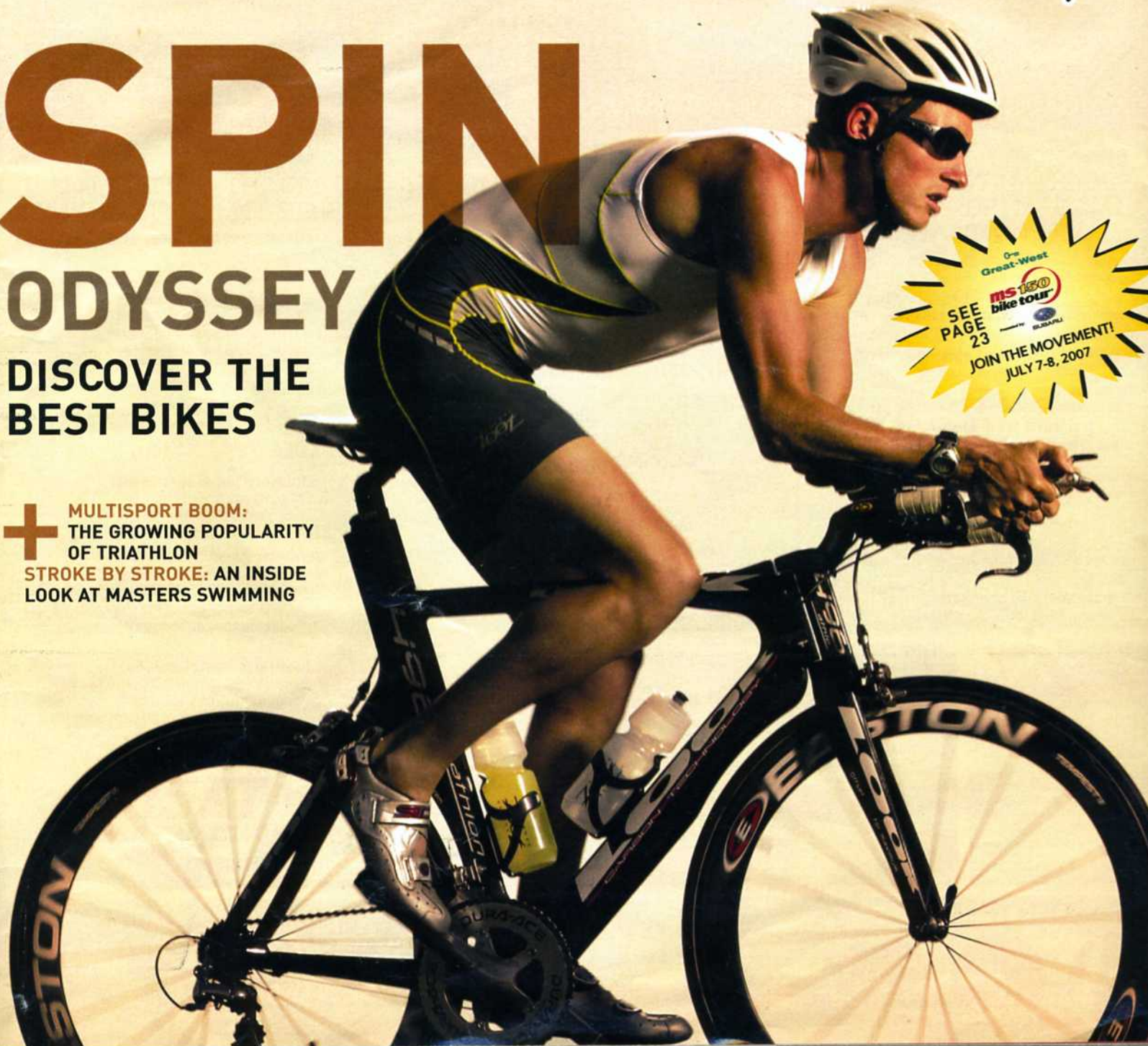
Presented by
KAISER PERMANENTE



SPIN ODYSSEY

DISCOVER THE
BEST BIKES

+ MULTISPORT BOOM:
THE GROWING POPULARITY
OF TRIATHLON
STROKE BY STROKE: AN INSIDE
LOOK AT MASTERS SWIMMING



Reach Your Threshold



lactic acid is produced. As your workout intensifies, so does your body's need for more energy from carbohydrates, and the lactic acid production increases. Eventually, the lactic acid accumulates in your blood, inhibiting your muscles' ability to contract and causing fatigue. This is your lactate threshold. If you know what your lactate threshold is, you can work out just below it, thereby sustaining longer endurance. It's also possible to train your body to be more efficient in dealing with lactic acid and raise your threshold.

CTS coach Nick White says, "Lactate threshold defines the upper limit of how fast you can run, ride, row, etc. for a prolonged period of time. Of all the markers of performance, it's also the most responsive to training. If you work out at a higher intensity, and stay at that intensity longer, you make greater fitness gains more quickly."

The difference in a VO₂ Max test is that it analyzes the relative concentrations of oxygen and carbon dioxide in inspired and expired air and therefore is only an estimate of exercise intensity. Lactate buildups are measured by blood samples that your trainer takes at various levels of intensity during your test, so it's a direct measure of maximal sustainable effort and thus an accurate indicator of your fitness level.

Sign Me Up

How do you know if you're ready to go through testing and maybe hire a coach? To excel in any sport, it comes down to proper training, good diet combined with healthy habits and mental strength. But not all of us know what kind of training we need. At times, repetitive routines can become tedious and downright boring. The same injuries seem to plague us. We sometimes set impossible goals for ourselves and yet become frustrated when we fail. A coach will get to know the real you, recognize your special needs, and set up a program that not only helps you work toward your goals but also provides more success in achieving them.

"A coach will adjust your training

program depending on the results of your current and past workouts, your perceived exertion level, the quality of your recovery, and will make sure that all works by incorporating it into the rest of your life," explains White. "In other words, your time to exercise is already precious enough, why waste it on workouts that don't produce results?"

Craig Cohn, a 34-year-old mountain bike racer from Vail, works with CTS coach Andy Lapkass out of the Vail Athletic Club. Cohn doesn't consider himself to be super competitive, but he still has goals of placing fifth in his local town series. He takes his training seriously and rides, lifts weights or does yoga 5-6 days a week—all around his 60-hour work load. Cohn took a lactate test.

"I wanted to see where I was physically and learn how to be more efficient with my available training time," Cohn says. "I train with a heart-rate monitor already, my lactate threshold was about where I thought it would be and my recovery times were fast, but my power output was less than I had hoped." Based on his test results, Lapkass was able to set up a program directed at maximizing shorter workouts for Cohn at the end of a long work day as well as making the best use of longer weekend rides.

"I feel that as a result of the changes in my training I have more power longer, which is my primary goal," Cohn says.

Hiring a coach holds many advantages for any level of athlete. You'll most likely stick with an exercise program longer if you're coached. Once you've met with your trainer and performed various tests, the advantage is that he can then set up a personalized online program, allowing you to be coached from virtually anywhere.

For more on Carmichael Training Systems, go to www.trainright.com or call 866-355-0645. ■

Read about author Rebecca Kane's testing experience at the Vail Athletic Club at www.rockymountainports.com in the full version of this story.

Why Lance's training methods can work for you

By Rebecca Kane

More than likely, you don't ride in the same league as Lance Armstrong. But that doesn't mean you couldn't benefit from the training, testing and coaching strategies developed by his coach, Chris Carmichael. With the help of a training program, you can get a jumpstart on the competition this season.

In the early 1990s, before Lance was diagnosed with cancer, Carmichael's training methods were based solely on the theory "no pain, no gain." Needless to say, many talented cyclists were sacrificed with injuries and burnouts. When Lance returned to cycling after winning his battle with cancer, Carmichael knew the extreme training tactics would be too much for his promising protégé. He then developed a new program, Carmichael Training Systems (CTS) based on the premise that increasing an athlete's aerobic system would allow him to perform at higher intensities with fewer physical demands.

The Tests

One of the most successful tests CTS utilizes determines an athlete's lactate acid threshold. When you exercise, your body burns carbohydrates and