

# TRAIN WITH THE PROS!



Come train with triathlon's **Fastest American Female and 3-time Ironman Champion**, Pro Triathlete **Jessica Jacobs**. Experience a comprehensive weekend of fully-supported triathlon training and nutrition education. Lodge at Oak Mountain State Park as a group of 4 or more club members from **April 27th - 29, 2012** and be part of our unique E3 TRI XCAMP. See agenda on the next page.

Hurry! Early registration ends April 12th!

Register: <http://www.imathlete.com/events/EventDetails.aspx?fEID=12701>



**See page 3 for the agenda and more information!**

# TRAIN WITH THE TRIBE

## Catching Up With The Tribe



Gayle Reese in Portugal!



### Welcome to the Tribe!

We proudly recognize our new athletes joining us

**Kevin Tesseneer**

**Justin Carter**

**Jeremy Smith**

**David Avery**

First and foremost, GOOD LUCK to Tribe members racing this month:

**David Piper** – Boston Marathon, April 16

**Dana DeBardelaben** – New Orleans 70.3 – April 22

**Peter Stallo** – New Orleans 70.3 – April 22

Over the past month, we've had some great training! A super swim clinic with John Hanna at the Y and an opportunity to work with the Southeast Region collegiate kids down in Tuscaloosa prepare for Nationals which will be coming up in Tuscaloosa on April 21. We've witnessed many of you achieving personal bests and shared your victories – whether it is a big hill or a swim workout. YOU GUYS ROCK!

Congratulations to Dana DeBardelaben and Coach Eric! Both are now certified lifeguards. And Dana is a newly certified spin instructor.

We've got lots coming up! I hope that most of you will take advantage of the **TriX camp** – this will be a premier opportunity! Please refer newbies and those who are ready to take the next step from a sprint triathlon Fleet Feet's Tri 201 (Program Information in this newsletter!)

This month, we want to especially thank our friends, **Fleet Feet**, **Hot Yoga of Huntsville**, **Bicycle Cove**, **Podium Multisport**, and **Olsen Chiropractic** - without them we couldn't do all that we do.

Finally, if you are not already set up on **RaceDay**, we want you to do this asap. This makes the coach/athlete communication work. We give you your plans, you load your training – we all get to see results over time! Please go to [HTTP://WWW.PHYSFARM.COM/PHP-CLIENT](http://www.physfarm.com/php-client) and to buy a copy of the program using coupon code e325 to get a 25% discount.

As always, thank you for your incredible support, belief in us, and opportunity to work with such special people. You are the reason we do what we do!  
Coach Karen

# TRAIN WITH THE TRIBE

Friday	
9:00 - 11:00	Early Check In (Beach Area)
11:00 -11:30	Beachfront Welcome
11:30 - 12:15	OPEN WATER SWIM
12:30 - 1:30	Grab & Go Lunch/Showers available at Beach facilities
2:00 - 2:30	USAT Triathlon & Xterra History & Future at Gazebo
2:00 - 4:00	Afternoon Check In - Cabin check in begins @ 4 unless early check-in available
4:00 - 5:30	Nutritional Periodization & Metabolic Efficiency- featuring Bob Seebohar
5:30 - 6:15	TRAIL RUN - 3 - 5 miles
7:00	Cookout, Camp Overview, Debriefing with Coaches
Saturday	
5:00 - 5:45	Fuel Up - Breakfast
6:00 - 9:00	Open Water Swim clinic followed by RUN ANALYSIS & WORKOUT
10:00 - 12:00	FUNCTIONAL TRAINING - TRX & Yoga
12:30 - 2:00	Fuel Station - Benefits of First Endurance Products; Importance of Recovery
1:30 - 2:00	Jessica Jacobs - Benefits of Training with Power
2:30 - 5:30	Bike Ride - hilly terrain - 18, 36 or 50 miles
5:45 - 6:45	Showers - Rest - Ready for dinner
6:45-9	Dinner Plans - TBD
Sunday	
6:00-7:00	Open Water Swim
7:15 - 8:00	Fuel up - Breakfast
8:15 - 10:15	TRANSITION & BRICK CLINIC

Do you put too little effort into your nutrition plan? Bob Seebohar states what should be obvious..."The best training plan is worthless if the nutrition plan fails". Can't wait to learn outside the box at camp!

E3 Tri X Camp (April 27-29, 2012) will feature distinctively accomplished Bob Seebohar, Board Certified Sports Dietitian and USAT Level III Elite Coach. You will not want to miss being educated on the benefits of sports nutrition for racing and training, supplementation, and efficiency. Read more and find out why he wants to "EXCEED ATHLETE'S EXPECTATIONS" at [www.fuel4mance.com](http://www.fuel4mance.com).



**SAVE  
10%**

Club Members who register and request each other as roommates (must be 4 or more participants to a cabin) will receive a 10% discount off the price of registration per person. Enter Discount Code HAPPY10. Proof of membership status will be required by camp check-in on Friday, April 27, 2012.

More details & Registration at <http://www.imathlete.com/events/E3TriXCamp>

Offer Expires: APRIL 25, 2012

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[www.e3multisport.com](http://www.e3multisport.com)

# TRAIN WITH THE TRIBE



Athletes on bike ride for Triathlon Training Camp



Coach Eric and Marathon Camp participant on Coastal Run



Coach Eric conducting a Natural Form Running Clinic



Early morning swim with the Triathlon Holiday group.

## Portugal

We were thrilled to, once again, partner with Embrace Sports for a few weeks of training holidays. I can't tell you what a treat it is to work with the Embrace coaches. Neil Aitken and Graeme Buscke have perfected the art of combining a great vacation with some serious training for those that are so inclined. They have put their hearts and souls into this venture and it shows.

The training is designed to help you take your racing to the next level. We usually work out twice a day, rest twice a day and eat a lot. You would be amazed at how well your body adapts to a heavier training load when you are well rested, fed and relaxed. If you are ready to really challenge yourself and grow as an athlete, these holidays are for you.

Saturday's are our first nights as a group in our respective villas. A big part of a training holiday, besides training, is eating and getting to know other athletes from all over. When you are feeding 14 – 45 people at a time, teamwork is essential.

Food is a very important part of training holiday. The pantry is fully stocked and if you go hungry it is only because you didn't go into the kitchen or living room. We shop everyday and always pick the best looking produce. (100 lbs of bananas a week). I really love supper time. Everyone gets together, pitches in and tells stories while getting the evenings meal prepared.

Some of the highlights of the week for me:

- Running barefoot on the beach with "Chariots of Fire" theme playing in my mind
- Sunrise Swims
- Aquathon
- Duathlon
- Plate of Meat at dinner (Surf and Turf platter at restaurant)
- Cooking with everyone
- Home Made Pizzas
- Nutella and Banana Pizzas
- Monchique Hundy
- Running technique class
- "Slap Yo Momma"
- Slide Show
- Hugs
- Lagos Long Run
- Monument Run
- Oranges off the tree

This will give you an idea of what our weeks looked like:

[http://www.embracesports.co.uk/upcoming\\_holidays/pre\\_marathon.html](http://www.embracesports.co.uk/upcoming_holidays/pre_marathon.html)

[http://www.embracesports.co.uk/upcoming\\_holidays/algarve\\_tri\\_march.html](http://www.embracesports.co.uk/upcoming_holidays/algarve_tri_march.html)

*Don't worry – we'll go back! Stay tuned for dates!*

*Coach Eric*

**EMBRACE  
SPORTS**

# TRAIN WITH THE TRIBE



## USAT SE Regional Collegiate Triathlon Camp

What's one of the best ways to give back to the sport? Try working with the youth that compete at the collegiate level for a weekend. That's just what Coaches Eric, John, and Karen did March 23-25 down in Tuscaloosa.

E3TRI was honored to have the opportunity to work with this group of great athletes and respectful, grateful young adults.

Coach John introduced the collegiate to the importance of Mental Skills in triathlon and Coach Eric presented on Nutrition, giving them some simple, practical tips to eat well and race using sound principles. We made some great new friends. And, we learned a lot ourselves about draft legal racing and the direction of triathlon for the Youth Elite and Olympic USAT future.

Fantastic to help Kathleen Johnson, Southeast Regional Athlete Development Coordinator and head coach for the Southeast Region Junior High Performance Team, work magic with these kids on the draft legal bike skills.

The afternoon was a treat to be introduced to Megan Melgaard, the US Open Water Champion and Olympic team member. Megan there presenting open water swim skills with Steven Munatones, an open water swim coach from Huntington Beach, CA.

One thing that was a big takeaway from the weekend, working with youth is very rewarding. So what's next? We are exploring ways to start building and growing the youth of our area!



Open Water Skills



Bike handling Skills



# TRAIN WITH THE TRIBE

## SPOTLIGHT ON OUR PARTNERS



Jon, Parker, Chris and Jessica

**Bicycle Cove** are the go-to guys for your biking needs. They carry the products that we need. They understand triathletes – they ask us what we would like to see carried and they listen! They carry Trek and Cervelo lines along with SRAM, Quarq and Zipp. We have been so impressed with the quality of work and customer service from our friends at **Bicycle Cove**!

**Stay tuned – we will be holding some joint workshops in the near future! Such as . . . Bicycle Cove, along with Coach Eric, will be hosting a Triathlon Transition Clinic and Practice Night!**

5575 Highway 431 South, Brownsboro, AL 35741

Mon - Fri: 10:00 am - 6:00 pm

Sat: 10:00 am - 5:00 pm

Phone 1 256.533.2300

Email [info@bicycle-cove.com](mailto:info@bicycle-cove.com)

Website <http://www.bicyclecove.com>

No one does it better than **Fleet Feet Sports**! E3 been sending clients and anyone who asks about running to **Fleet Feet** since the beginning. In fact, we would even venture to say that Fleet Feet has always been a major part of who we are. And we would be lost without them! Once again, we are coaching the super successful Tri201 program; many of our athletes have been through!

“Fleet Feet has been setting the standards in group training for runs and triathlons. **We have once again partnered with E3 Multisport to provide coaching services to help you be successful!** Their entire staff is dedicated & excited about helping you reach your Olympic Triathlon Goal!”

The TRI 201 training program is geared towards athletes that are trying to complete their first Olympic distance triathlon or to improve their current Olympic distance training. The distances will be 1500m swim, 40k bike, and a 10k run.

**Prerequisites:** Must have completed a sprint triathlon, can currently run a 5k, can swim 500 yards continuously, and can bike 10 miles.

Register ASAP:

<https://www.signmeup.com/site/online-event-registration/81893>

**Kick-Off:** Monday, April 30th at 7pm in Fleet Feet Sports



Suzanne and Dink Taylor



2722 Carl T. Jones, Suite 2B, Huntsville, AL 35802

Monday – Friday 10am to 7 pm

Saturday 10 am to 6 pm

Sunday 1 pm to 5 pm

Phone 1 256.650.7063 Website

<http://www.fleetfeethuntsville.com>

**Multisport**



[www.e3multisport.com](http://www.e3multisport.com)

# TRAIN WITH THE TRIBE

## SPOTLIGHT ON OUR PARTNERS

### Go Team Podium!

Coach Karen and Coach Eric were honored to be asked to be on this incredible team last summer and are looking forward to racing again for the Team Podium— racing hard and getting on the podium! They are sponsoring the [Mountain Madness Half Distance, May 6](#) – Coach Eric’s first race of the season. Heather Haney will be there too!

Let Podium Multisport, Atlanta, GA, **Mat Cole** fit you and then you know more about what bike is going to best suit your needs.

Here’s what they have to say: “Simply put, we’re passionate about fitting. That’s why all of our bike fitters are Serotta Fit School- and Slowtwitch-trained and certified using the F.I.S.T. System. We continue to educate our team to utilize the finest and most current methods in bicycle fitting, continuously refining our process and our product knowledge base, so we can help you select the components and the positioning that will enhance your ride, your power output and efficiency, and your overall experience on the bike.”

[www.goteampodium.com](http://www.goteampodium.com)  
404-892-3400



We would be remiss to not give a standing ovation to Olsen Chiropractic Dr. Olsen is a certified ART (Active Release Technique) Provider. We are grateful to Dr. Olsen for getting you guys healthy and back into the game as soon as possible.

256-270-8700  
[www.olsendc.com](http://www.olsendc.com)



Nothing has brought us more fulfillment and enjoyment than being at **Hot Yoga of Huntsville** with Robyn! Our Hot Yoga For Athletes has been wildly successful and packed. Because yoga is so important for athletes to incorporate into their training for strength, flexibility and mental training, we encourage you to find time to make it part of your life.

The Hot Yoga studio is beautiful! Come join us Sundays, beginning in May for **Hot Yoga for Athletes class, taught by Coach Karen**. Please visit the Hot Yoga of Huntsville’s website to register and for times.

Phone 1 256.585.6380  
Email [robyn@hotyogaofhuntsville.com](mailto:robyn@hotyogaofhuntsville.com)  
Website <http://www.hotyogaofhuntsville.com>



[www.e3multisport.com](http://www.e3multisport.com)

## Brick by Brick

By Coach Eric

### Practice Makes Perfect

Every triathlete spends a good deal of time swimming, biking and running. That is why they call it a triathlon isn't it? You swim, bike and run. Three sports and whoever is the fastest wins, right?

Wrong!

Triathlon will always be triathlon but there is another element of triathlon that is often ignored in training. Transition is the cruel, cruel mistress of triathlon. You get two shots at her during every race and she can make or break your day. A successful transition can make your race, while a less than successful transition can cost valuable time.

Let's examine this one just a little bit. We will take two athletes that are remarkably similar in SBR. The differential will be that Athlete A does very little transition training. Athlete B works for at least 45 minutes a week on transition during the season.

The chart shows that the extra time taken for transition training can make a huge difference.

You work hard training for triathlon, so why would you not train an area that can give you a significant time advantage over your opponents.

Let's make this real easy. Carbon Aero Wheels will save you around 40 secs per 40K and cost around \$2,000. Transition training takes about 3 hours a month, doesn't cost anything and can save you upwards of 30 seconds per transition.

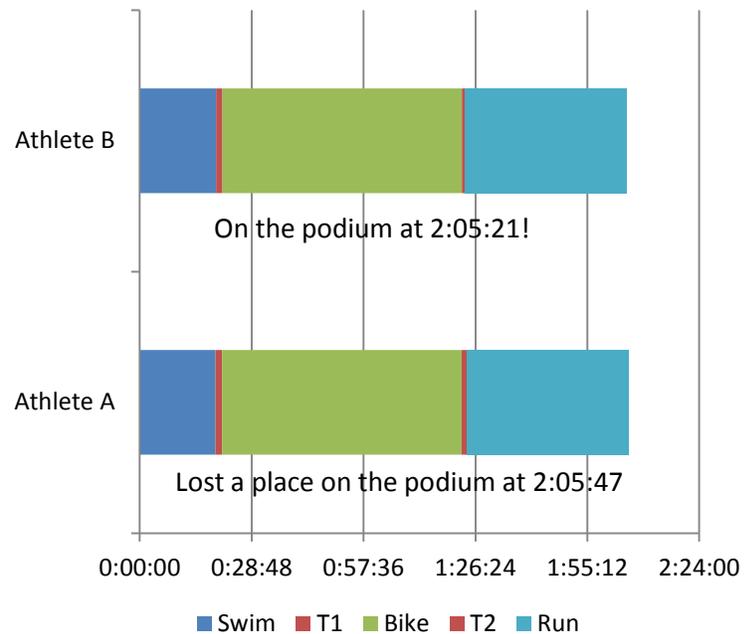
#### Tips for transition training.

- Smooth is fast and fast is deadly. Repetition of an act makes its replication smoother and faster. Be prepared to take your helmet on and off multiple times every session. Get used to putting on your shoes standing up. Learn how to mount and dismount your bike quickly and safely.
- Think through every step. Everything that you do should have a distinct purpose.
- Be methodical. Practice every sequence over and over until it becomes automatic

**Multisport**



**Coaching**



- Know exactly what you are going to do every time. This means that if you are racing wetsuit legal races, be sure to practice stripping a WET wetsuit off.
- Be prepared to adjust for different types of transition areas. Know your turf. You need to examine all aspects of transition area. Where is swim in, bike in and out, run in and out. Is transition area on a hill? Do you need to adjust your gearing before the race.

This is a very basic breakdown on why you should rehearse your transitions. Next time we will talk about some techniques to help you get even faster.

Coach Eric



CERTIFIED COACH



## TRAIN YOUR BRAIN!

The following is an excerpt from a USAT article that I thought was worth passing on! The article is: ["Turn Negative Thoughts to Positive Results", by Dr. Michelle Cleere.](#)

Have you heard the term self-fulfilling prophecy? Self-fulfilling prophecy means that what we think, say and feel about ourselves will actually to some extent come true. My triathlete, for example, was saying to herself [and others] **running is hard and I hate it** and the effects were that running was hard and she did hate it.

Next time you are on a run (or swim or bike), say the above phrase to yourself a few times and see how your body responds. Just off the top of my head without getting too psychologically sophisticated I envision muscle tension, increased heart rate and rapid breathing, all of which occurs from negative thinking. It also slows you down and makes it difficult to act, move or run. Second time out try consciously saying positive, supporting things to yourself and see if your body feels or responds differently.

Negative thinking is not something that you can change overnight. It takes time and practice just like everything in life. Do you remember when you started participating in triathlons? Remember how difficult it was initially but how much better it got and easier it became with practice? Mental preparation is similar.

### Boat Pose

Start seated on your mat with your knees bent and your feet flat. Slowly lean back, slightly rolling your tail bone under so it does not grind into the floor. As you lean back lift your legs off the floor so that you are now balancing on your butt. Lengthen and flatten your back, trying to eliminate any roundness or arching. Lift through your sternum or upper chest.



For a complete article on how to use yoga to supplement your triathlon training, please send me an email. And, join us starting again in May, for Hot Yoga For Athletes at [www.hotyogaofhuntsville.com](http://www.hotyogaofhuntsville.com).



Coach Karen



## THE YOGA POSE

### YOU NEED

### THIS MONTH:

### Core Work



Yoga can be your secret weapon to prevent injury, recover quicker, and increase your strength and flexibility for improved performance.

#### Why you should do it

Core yoga poses to aid in strengthening the "stabilizers" in our bodies. A strong core is essential to correct form to prevent injuries. Here are three core poses that you should do several times a week.

#### Tabletop or Crab (Pictured above):

Strengthens abs and back. Sit with your knees bent, feet on the floor, hands directly under your shoulders with fingers spread wide. Push up through your hands and feet until your torso and thighs are parallel to the floor.

#### Plank Pose

Plank Pose tones all of the core muscles of the body, including the abdomen, chest, and low back. It strengthens the arms, wrists, and shoulders, and is often used to prepare the body for more challenging arm balances. Plank also strengthens the muscles surrounding the spine, which improves posture. Practicing Plank Pose for several minutes builds endurance and stamina

1. With your shoulders over your elbows, elbows over your wrists, gaze down between your hands, lengthening the back of your neck and drawing your abdominal muscles toward your spine.
2. Tuck your toes and step back with your feet, bringing your body and head into one straight line.
3. Keep your thighs lifted and take care not to let your hips sink too low. If your butt sticks up in the air, realign your body so your shoulders are directly above your wrists.
4. Draw your pelvic floor muscles toward your spine as you contract your abdominal muscles. Keep your head in line with your spine. Broaden across your shoulder blades and across your collarbones.



# TRAIN WITH THE TRIBE



**Amy Hanna, E3 TRI,**  
USAT Certified Race  
Director



**John Hanna, E3 TRI,**  
USAT Certified Coach  
USAT Youth & Junior  
Coach US Swimming  
Coach



**Karen Doehrman**  
USAT Certified Coach, Certified  
yoga instructor



**Eric Doehrman**  
USAT Certified Coach  
Newton Natural Running Coach  
Certified Personal Trainer

## Who is the Tribe?

We are . . .

Athletes with an indomitable spirit.

Athletes of all ability levels.

Athletes who will always strive to improve.

Athletes who enjoys competition no matter  
the results.

Athletes who looks to get the most out of life.

Athletes who believe that there is no  
substitute for hard work and consistent  
training.



Please support our friends and relationships!



## Upcoming Events 2012

- [Mountain Madness Half Distance, May 6](#)
- [Gulf Coast Half Distance, May 12](#)
- [Rev3 Knoxville, May 6 \(Oley and Half\)](#)
- [Mach Ten 6/2](#)
- [Buster Britton 6/9](#)
- [Heel and Crank 6/23](#)
- [Chattanooga 7/8](#)
- [Wet Dog 7/21](#)
- :
- [Music City 7/22](#)
- [Summer Sizzler Metric Century 8/4](#)
- [Mountain Lakes 8/11](#)
- [Rocketman Oly 8/26](#)
- [IM Louisville 8/26](#)
- [Frantic Frog 9/8](#)
- [All You Can Eat Century 9/15](#)
- [Atomic Man 1/2 9/30](#)
- [IM Florida 11/3](#)
- [IM Arizona 11/18](#)

## Opportunities to Train With The Tribe

Always check the calendar at  
[www.e3multisport.com](http://www.e3multisport.com) for updates!