



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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1 January 2017

## Greetings!

TriGulfCoast wishes you and yours a Happy New Year and appreciates the opportunity to share this great organization with you. As you spend time with your friends, family and significant others, make sure to thank them for all the support they provide. Whoever said triathlons is an individual activity, clearly didn't understand the sport.

Thanks to all of the hard work the 2016 board put forth. Running this group is certainly a labor of love and as the 2017 board continues to transition in, we look forward to another great year full of camaraderie, competition and shared experiences.

Speaking of the New Year, don't forget to [order](#) your TGC kit by midnight on January 9th. We are also offering a TGC [bike jersey](#) this year so be sure to check that out as well. Gary has done another awesome job of putting these together so don't procrastinate.

Quite a few of us get anxious about the swim leg so new for 2017 is the UWF Winter Swim Technique Series. Our friend, Coach Andrew Hancock, is offering a four week, 8 session clinic starting on January 10 to February 2. Registration information can be found [here](#).

Upcoming opportunities that will get you excited about the 2017 triathlon season include the Maritime De Luna youth duathlon and TGC spring social. These will be both be held on March 12<sup>th</sup>. Look for details in this newsletter and in upcoming Facebook posts and group e-mails. Lastly, the first ever [Pensacola Tri](#) (International distance) will be held on Sunday, April 30<sup>th</sup>.

Have a safe, active and fun holiday season and we hope Santa brought you all the gear you need to PR. Remember, this is YOUR club and please contact us on our Facebook page or at [www.trigulfcoast.org](http://www.trigulfcoast.org) if you would like to become more involved or have any suggestions or comments.

Sincerely,

John Fitzgerald, TGC President

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## TGC Sponsors & Supporters

Tri Gulf Coast events would not be possible without these supporters.

Please remember to show your appreciation by considering their products and services.



**OFFICIAL CLUB**



Free phone consultations



**\$6 Daily Meal Deal**  
**6" Sub-of-the-Day, Chips, and Drink**

## 2017 Tri Kits - ORDER NOW!

There is a narrow window to order the official 2017 Tri Gulf Coast Kit. If you want one or know someone who wants one [ACT NOW!](#)

The **only** window to order is open Dec. 14 - Jan.09.




[VIEW KIT DETAILS & PURCHASE](#)

New for this year is an optional TGC Bike Jersey!



[VIEW BIKE JERSEY & PURCHASE](#)

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15% discount for any new treatment or service



Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.



Pensacola's Locally-Owned Performance Swim Store

## Quantifying Your Swim Training & Performance by Coach John Murray

I have written several times in the past about varying our swim training as a means of becoming a more efficient and stronger swimmer. I encourage the use of drills to improve flaws in our technique. Incorporating open water swimming can help triathletes work through any areas of anxiety that may have as well as developing race day strategies.



Additionally, including a variety of swim sets that are appropriate for each athlete's level of swimming will keep their pool time challenging and interesting. In order to make swim sets customized for your own level of swimming, a "test set" can be performed. Test sets can be performed every 6-8 weeks to determine appropriate training paces and track improvement. Coaches may also use several different ways to test as means to solidifying the data or adjusting times and distances for all levels. My go to Test Set is 3 x 300 on :30 rest interval. This set may not be appropriate for our neophyte triathletes (unless they come from a competitive swim background). Our test set is done after a short warm-up, i.e., 1 x 400 easy swim, 8 x 25 kick, 4 x 25 descend 1-4, an easy 100 recovery. The pre-test set swimming will vary based on the swimming background. We want our swimmers adequately warmed up but not fatigued. Then the test set is done with the mindset that the athlete will hold the fastest pace they can maintain for the entire set. Variability between 300's should be less than 15 seconds. The data gleaned from this set will guide the coach and the athlete in creating 100 intervals for future swim training. Dividing each of the 300's by 3 and then averaging all 9 of those 100's will give you the data your desire.



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There are several other methods that can produce those training paces. The website [www.SwimSmooth.com](http://www.SwimSmooth.com) uses a 400 followed by a 200 at fastest sustainable speed to

determine Critical Swim Speed (CSS). Those times are then entered into a proprietary calculator to get your swim training pace.

For newer triathletes, we could consider sets such as 6 x 50 on 1:15(for example)-hold fastest sustainable pace or 6 x 100 on 2:00(for example).

Another method for discerning how hard an athlete is working is to check their heart rate after certain swims. A quick 10 second check of their pulse immediately after touching the wall can confirm that you swam easy and efficiently (as directed) or you gave it your all. Just place your forefinger and middle finger on the side of your neck, finding the carotid artery and count the beats that occur in ten seconds. Multiply by six to determine your heart rate. A regular collection of this data can track your fitness and technique improvements.

Test Sets will make your athletes smarter about their swimming fitness, pacing and abilities. They are very tough efforts that can create that love/hate relationship. They love to see improvement but they hate that they are so difficult to perform.

**Things to remember:**

- Record your data. Athletes love to track progress and coaches must track progress.
- Learn which test set is appropriate for your athlete.
- Account for fitness level fluctuations that can occur in different training cycles.
- Watch the character-building effects that happen as your athletes learn to dominate their test sets.

~ Coach John



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**2017 Maritime De Luna Youth Duathlon (RUN - BIKE - RUN)**

Tri Gulf Coast (TGC) is proud to announce the 2017 Youth Multisport Series. The Maritime De Luna Youth Duathlon will take place on Sunday, March 12, 2017. Kids from 6-15 years old are encouraged to join in this fun event. Please tell others about this event and consider volunteering with your fellow TGC members. You will not regret the commitment!

DATE: Sunday March 12, 2017

LOCATION: Community Maritime Park, Pensacola

TIME: First race starts at 8:30 am

LONG COURSE: 10-15 years old  
(Run .6 miles, Ride 3.2 miles, Run 1 mile)

SHORT COURSE: 6-9 years old  
(Run .4 miles, Ride 2 miles, Run .5 miles)

For more information and to register, click here:

[Maritime De Luna Youth Duathlon](#)

Volunteers sign up here:

[Volunteer Sign Up](#)

### Tell Your Story

Do you have a story you would like to share with your fellow TGC Triathletes?  
Do you have an article you would like to have published in the Newsletter?

We're always looking for submissions. Email your story/idea/experience to:  
[Sheila@TriGulfCoast.org](mailto:Sheila@TriGulfCoast.org).

### WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!

Check the [Wheelmen calendar](#)  
for the FULL schedule and additional  
rides in the area.

### GROUP TRAINING

There are no official TGC Training Rides or Runs during the month of January.  
See you all soon!

- Facebook - [TGCTrains](#)

### Weekly Free Gear Drawings

During each weekend TGC creates a Facebook post to check in and see what everyone is doing. We hope it gives members the opportunity to share their adventures, PRs, bumps and bruises, or whatever.

Simply look, like, COMMENT, and share on Facebook for a chance to win some free tri gear or race entries.



Find us on:  
**facebook**

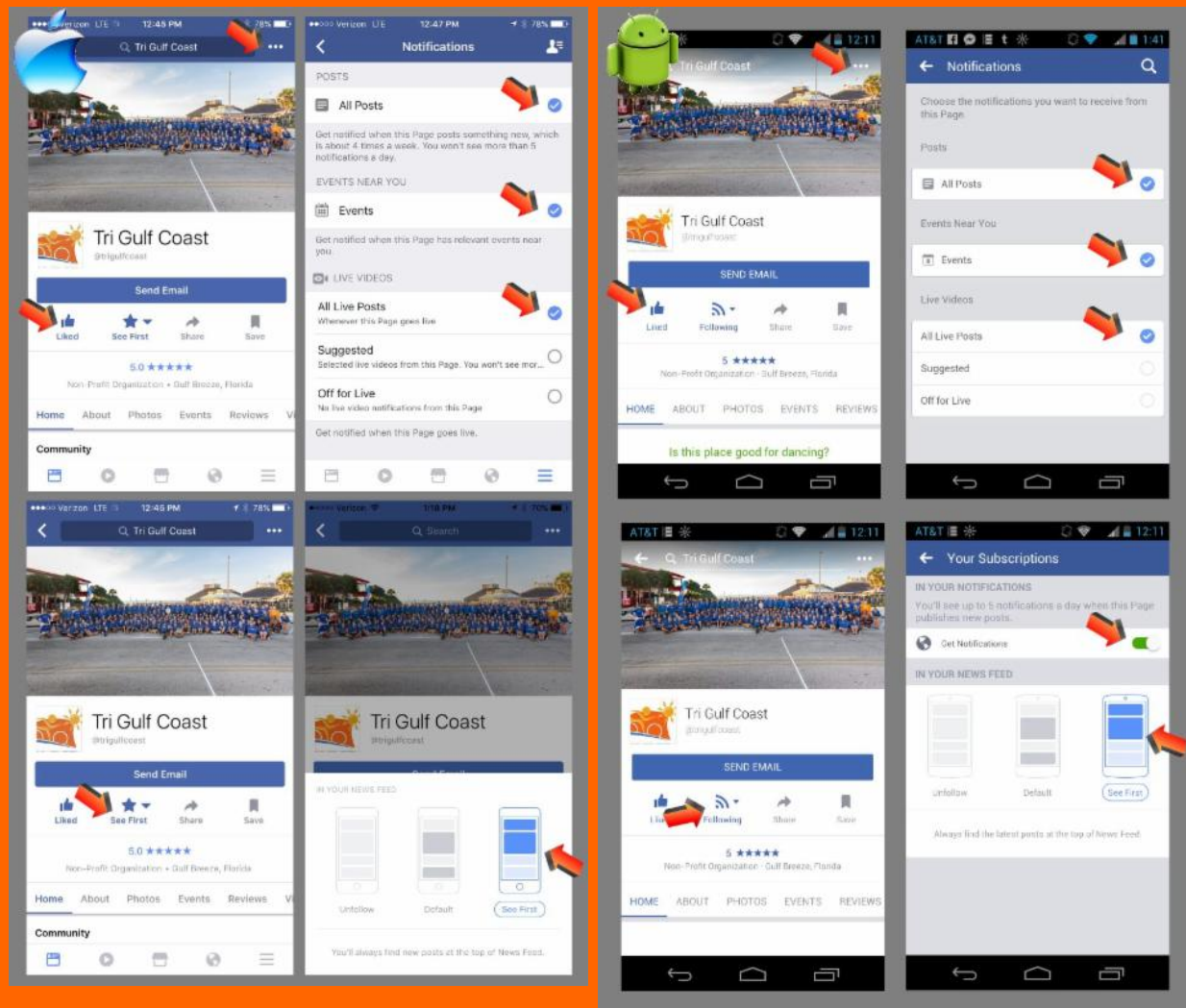
## FACEBOOK NOTIFICATIONS - ARE YOU MISSING OUT?

One of the best ways to keep up with everything going in Tri Gulf Coast & Mere Mortals is to connect with our Facebook page. Everything we put out to members hits Facebook, including: Give-Aways, Photos, Events, Schedules, Changes, Gear, etc.

Make sure you see Tri Gulf Coast posts with these steps:

1. LIKE the official TGC Facebook page. (<https://www.facebook.com/trigulfcoast/>)
2. Adjust your "Notification" settings to ALL POSTS, EVENTS, and ALL LIVE POSTS.
3. Adjust your "Following" settings to SEE FIRST and activate GET NOTIFICATIONS if available.

We don't want you to miss anything!



## LET TGC KNOW ABOUT YOUR EVENTS:

Your fellow TGC members love to know what you are up to when it comes to participation and accomplishment in any scored road races or triathlons!



Post to the Facebook Page so you can stay connected and celebrate everyone's accomplishments.

This list focuses on events that are within a 3-hour driving distance, mostly.

### MULTISPORT EVENTS

[HITS Naples Multisport Weekend](#)  
Half & Full; Sprint & Oly; Aquabike  
Jan. 7 & 8  
Naples, FL

[Chilly Willy Duathlon & 5K](#)  
Jan. 29  
Fort De Soto, FL

[Winter Challenge Off-Road Triathlon](#)  
Trail Run, Kayak, Mountain Bike  
Feb. 18  
Springfield, SC

### CYCLING EVENTS

[NXNW Cyclocross](#)  
Feb. 5  
Pensacola, FL

West Florida Wheelmen Cycling Club  
[Ride Schedule](#)

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

[Gulf Coast Cycle and Tri - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Girlz Only Sunset Rides](#)  
**Winter Break**

### LOCAL RUNS

[First Light Marathon, Half & Relay](#)  
Jan. 8  
Mobile, AL

[Heroes VS Villains 5k Fun Run](#)  
Jan. 14  
Ft. Walton Beach, FL

[Bear Bait Ultra \(50 Miler, 50K, 25K\)](#)  
Jan. 14  
Bear Lake (Milton), FL

[Pensacola Beach Half Marathon](#)  
Jan. 14  
Pensacola Beach, FL

[Destin's Bayou Bay and Beach 5K, 10K, 15K](#)  
Jan. 28  
Destin, FL

[Big Beach Marathon and Half Marathon](#)  
Jan. 29  
Gulf Shores, AL

[Double Bridge Run 15K & 5K](#)  
Feb. 4  
Pensacola, FL

### TGC EVENTS

**Paradise Bar & Grill Polar Bear Plunge**  
Jan. 1 (Sunday) - 2:00 PM  
Pensacola Beach, FL

**Board Meeting**  
Jan. 11 (Wednesday)  
Contact: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

Each month, we curate the above list of local races that span our membership area and beyond. Unfortunately, we cannot list EVERY race. Peruse these resources for additional events:

[Tri Gulf Coast Calendar](#)  
[Running Wild - Running Events](#)  
[Run Pensacola](#)  
[Running Pensacola](#)  
[Pensacola Runners Association - Race Calendar](#)  
[TriFind](#)  
[USA Swimming](#)

## TGC Merchandise - EVERYTHING MUST GO!

All head gear: One size fits all (or most) adults.  
Limited QTY on most items.

# \$10.00

**\* Cash or Check (payable to Tri Gulf Coast) \***

Merchandise Questions or Ideas? Contact [Kirwan](#)



The TCG 2016  
Headsweats Visor



The "Kirwan" 2016  
Headsweats Trucker

Stay Connected



Tri Gulf Coast | [president@trigulfcoast.org](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

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