



1 December 2017

Greetings!

Whoever said triathlon is an individual sport, clearly, has never participated in one. A triathlete seeks advice from friends that have competed about everything from what race to enter, to what wetsuit to buy, to the type of nutrition they should bring along. They need guidance from local shops about gear and equipment. Everyone needs a Sherpa to help with logistics and carry gear on race day. And, mostly, we need our family's support and understanding...not only to carry us through the long hours of training, but also to cheer us on along the course.

Keep this in mind as we celebrate the holidays. As I mentioned at the End-of-the-Year Party, if you are a member of Tri Gulf Coast just to train at Mere Mortals, you are missing out. This is a family and we do all of the above. You will not find a more compassionate group. I strongly encourage everyone to get involved and find a way to contribute. I promise you, it will return dividends and make you a better triathlete.

So thank your family, loved one, significant other and friends. We are all in this together.



John Fitzgerald
TGC President
& The TGC Board

Stay Connected



The What, Why, When, and How of Plyometric Training (Part 2 of 3)
By Coach Manuel Delgado Gaona

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Two free workouts and an unlimited rate of \$110/month for CrossFit classes. Check out the youth performance training as well.



This is a continuation of the three-part Plyometric Training Series.

If you incorporate plyometric training, how is your program designed? Is it always the same? It's important to understand that the success of a plyometric training program depends on the design, and should be based on mode, intensity, frequency, duration, recovery, and progression. And every session should begin with a proper warm-up.

The *Mode* of plyometrics can include lower body, upper body, or trunk, so the first step is to identify the parts of the body to target with the plyometric program. Lower body plyometrics usually benefit any athlete and any sport including running and triathlon because these sports require producing a maximal amount of muscular force in a short amount of time. There are six main groups of lower body plyometrics:

- Jumps in Place
- Standing Jumps
- Multiple Hops and Jumps
- Bounds
- Box Drills
- Deep Jumps

Within each group are exercises of varying grades of difficulty, requiring more ability and experience of the athlete to perform them safely.

Intensity of plyometrics is based in how much the muscles, connective tissue and joints involved are stressed which depends not only on speed but on how hard the body impacts the ground. For example, skipping is low intensity, while depth jumps are high intensity. Two other factors that affect intensity are points of contact and body weight. The intensity should be chosen based on your experience, training cycle, and age. Brand new athletes, youth athletes, those carrying excess weight, and athletes with a history of knee and ankle injuries should avoid high intensity, one point of contact plyometric drills like one leg depth jumps.

Frequency (sessions per week) depends on the time in the training cycle and the sport. There should be a higher number of session in the off-season than on-season, decreasing to 1-2 sessions per week when the season begins. Similar to workouts that are designed to improve anaerobic power, the goal of recovery in a plyometric workout is to gain a complete and adequate *recovery* during reps, sets and workouts. The specific recovery time depends on the intensity, frequency and volume.



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It's Who I Am.



How long should last the plyometric program? It depends again on your athletic experience, age, and part of the training cycle, but commonly it begins with your off-season program and last 8-14 weeks, with variations during the different stages of your training program.

Like other forms of resistance and aerobic training design, plyometric training design follows the principles of *progressive overload*. In general, as the intensity increases the volume decreases. The method of progressive overload is based on the athlete's background and goal of the training phase but generally the progression involves the intensity first and then the volume.

Every plyometric workout must begin with a general *warm-up*, stretching and low intensity dynamic movements (specific warm-up). This specific warm-up could include exercises like marching, jogging, skipping and lunging.

A qualified coach can prescribe appropriate frequency, volume (number of reps and set per plyometric workout), intensity, and recovery for the plyometric program.

To be continued....



- Coach Manuel,
manuel@teamMPI.com

GROUP TRAINING:



Pancakes & Bacon TGC Group Run

Dec. 3

For additional group training options,
check out the Facebook group
"TGC Trains."



10% off with code: TGCMC



Discount Code: C-TRIGULF

West Florida Wheelmen
Ride All Year!



Check the Wheelmen calendar for the FULL schedule and additional rides in the area.

TGC Out & About (Photos)

WE LOVE PHOTOS.

We have close to 500 members. It's hard to keep track of everyone. Tag your Facebook photos with @TriGulfCoast and use #TriGulfCoast, so we can see them.

Post to our Facebook Page - @TriGulfCoast
Instagram - #TriGulfCoast



Danika leading a charge up Texar Drive bridge during Pensacola Marathon



Ali, Andrea, & Stephanie at IMFL start



Tony pacing the 3:30 marathon group



Michele toward the end of her Pensacola Marathon



John running toward his podium spot



An appearance by a tall Tom Selleck at Pensacola Marathon



Gary and Gaby finishing the 3-day Florida Extreme Triathlon

on both up and down strokes of the pedaling movement.

Crankset - The combination of your chainring and crankarms.

Crankarms - Connects your pedals to the chainring.

Stem - Connects your handlebars to your frame.

Wheels - A large majority of wheels will have a combination of hub, spokes, and tire. You'll also see various degrees of Disc Wheels which are typically more aerodynamic and faster. The most common type of wheel you see are Clinchers and require an inner tube that you inflate. These tubes can be replaced quickly and easily during a race if necessary. I've seen it done by children ([Talk to Robbie at Trek](#)) and [amputee athletes](#). Some athletes run tubular wheels/tires which require gluing and aren't as easily repaired if you get a flat.

Tire - Where the rubber meets the road.

Tube - Used in clincher wheels/tire sets. Holds the air in your tire. Always have a spare and know how to use it.

Skewers - The rods that connect each wheel to your bicycle. Always check that these are tight.

UPCOMING EVENTS

TGC EVENTS

[Pancakes & Bacon TGC Group Run](#)

Dec. 3

Board Meeting

Dec. 13 (Wednesday)

CONTACT: President@TriGulfCoast.org

Polar Bear Plunge

Jan. 1

Paradise Bar & Grill

Pensacola Beach, FL

MULTISPORT EVENTS

If you want Triathlon in Winter, you must go SOUTH...

[HITS Naples Triathlon](#)

Super/Sprint/Olympic/Half/Full

Dec. 6-7

Naples, FL

[2017 Mack Cycle Tri Key West Triathlon](#)

Sprint/Olympic - Tri - Du - Aquabike

Dec. 9

Key West, FL

CYCLING EVENTS

West Florida Wheelmen Cycling Club

[Ride Schedule](#)

[Trek Store - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Ride More Bicycles - Events](#)

[Girlz Only Sunset Rides](#) (On Hiatus)

RUN EVENTS

[Pensacola International Airport Runway 5K](#)

Dec. 2

Pensacola, FL

[Ho Ho Hustle](#)

Dec. 9

Pensacola, FL

[PRA Christmas Dash Mile - Evening](#)

Dec. 9

Pensacola, FL

[Mississippi Gulf Coast Marathon](#)

(26.2, 13.1, 5K, or Kids Fun Run)

Dec. 8-10

Biloxi, MS

[Make it to the Line \(4 miles\)](#)

Dec. 30

Flora-Bama

Gulf Coast Back to Back Challenge

Pensacola Beach Run

(13.1, 10K, or 5K)

Jan. 13

Pensacola Beach, FL



First Light Marathon

Jan. 14

Mobile, AL



Each month, we curate the above list of local events 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](#)

[Pensacola Runners Association - Calendar](#)

[TriFind](#)

[USA Swimming](#)

TGC Merchandise - Headsweats Visors & Hats

All head gear: One size fits all (or most) adults. * Cash or Check (payable to Tri Gulf Coast)

We now take Credit Cards!!! Merchandise Questions or Ideas? Contact [John](#)

\$15.00



The TCG 2017
Headsweats Visor



The TGC 2017 Trucker Hat

Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

P.O. Box 544
Gulf Breeze, FL 32562

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