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1 January 2018

Greetings!

WELCOME TO 2018!!!

Your incoming Tri Gulf Coast Board is excited to begin planning another exciting, supportive, educational, and high-fiving year. We have jump started the year and in the weeks to come we are reviling the 2018 TGC kit and visor deigns, planning our spring social, and scheduling the Mere Mortals season!

As we enter into a new year it is a great time to establish some goals- maybe you want to complete a longer triathlon, take up mountain biking, or run a marathon. This year is a clean slate ready for your adventures. Remember to share with your fellow athletes your goals. Through the Tri Gulf Coast athletic community there is support in building your goals and people ready to help each other to achieve their goals. It is wonderful to have a built in team to help you conquer your goals.

Let's jump into 2018 with both feet and hand in hand to achieve our goals together!!!

Remember we are here to help along the way so please feel free to reach out to your TGC Board members if you have questions or needs during the year. We are here to support you and encourage you through your training and as you cross the finish line.

Happy swimming, biking, and running!!!

Teresa J. Hess
TGC President
& The TGC Board

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

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

Now that we have reviewed the fundamentals of

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plyometrics and the factors that affect it, let's begin with a sample of a basic plyometric program. An off-season plyometric program could be 3 days per week for beginners and 4 days per week for advanced athletes. The sessions should be on non-consecutive days alternating low intensity plyometrics exercises with high intensity plyometrics exercises.

If you already are performing resistance training in your off-season, like weights, Cross Fit, or body weight exercises, you can include plyometrics on the same day but don't target the same areas of the body. For example, you can perform high intensity upper body resistance training with low intensity lower body plyometrics and vice-versa. This avoids overloading any particular portion of the body and avoids overloading the whole body with two high-intensity types of resistance training. Remember that plyometrics is a form of resistance training.

Set your total plyometric volume according to your experience, remembering that every time your foot contacts the ground, it counts as a repetition:

Beginner	80 to 100 reps.
Intermediate	100 to 120 reps.
Advance	120 to 140 reps.

In upper body plyometrics, repetitions are each time your hands contact the medicine ball or the ground if you are performing a variation of pushups with jumps; and the volume corresponds to the levels given above.

No matter what type of athlete you are, everyone should include a warm-up of exercises from a very low intensity and low complexity exercise to a little higher intensity (but still low intensity) and higher complexity. For example:

- 2 x 20-yard Marching drill
- 2 x 20-yard Jogging include toe jogging, straight, leg jogging and butt-kickers.
- 2 x 20-yard Skipping.
- 2 x 20-yard Footwork. You can perform shuttle and stride drills by example.
- 2 x 20-yard Lunging, it is better if this drill is performed multidirectional.

As you can see, the drills increase in complexity and intensity in that order, beginning with the ones that mimic running movements and emphasize technique to the ones that prepare the body for impact and prepare the legs for faster exercises.

The main portion of the plyometric work out should include a maximum of two drills or exercises, the warm up reps should be counted, and the main portion will be the difference between the total volume less the reps of the warm up.

Again, the first exercise should be a drill with less intensity and less complexity; in part 2 we included the common lower body plyometrics exercises:

- Jumps in place (Two-Foot Ankle Hop, Squat Jump, Jump and Reach, Single and Double-Leg Tuck Junmp, etc)
- Standing Jumps (Single and Double Leg Vertical Jump, Jump over Barrier)
- Multiple hops and jumps (Double-Leg Zigzag Hop, Front Barrier Hop, Lateral Barrier Hop)
- Bounds (Skip, Power Skip, Backward Skip)
- Box drills (Single, Alternate, Lateral and Side to Side Push-Offs, Squat and Lateral Box Jump)
- Depth drills (Single and Double-Leg Depth Jump and variations)

The exercises are listed in increasing intensity and complexity, so the athlete's experience should dictate the main portion plyometric drills. For example:

Beginner

- 2 x 10 squat jump, rest max 40 secs between sets. This exercise should be performed without recovery between reps
- 2 x 10 Split Squat Jump, rest 50 secs between exercise and between sets.

Intermediate

- 1 x 10 Jump and Reach. No recovery between reps.
- 1 x 10 Jump over some kind of a barrier no greater than 10 inches in height and no wider



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than 4 inches.

These exercises are performed as maximal efforts with 8-12 secs of recovery between reps and 1-minute rest minute between sets.

- 1 x 50-yard single-leg bound (25-yard each leg)
- 1 x 50-yard double-leg bound
- 1 x 50-yard alternate-leg bound

These exercises are performed as maximal efforts with 1-minute rest between sets.

Advanced

- 2 x 8 double-leg Tuck Jump without recovery between reps.
- 2 x 10 single-leg vertical jump.
- 1 x 5 depth jump to second box (box between 12 and 15 inches max)
- 1 x 10 side to side push-off.

This is only an example of a plyometric workout, you can switch same level of intensity exercises week to week.

Remember that progression is required. You can increase the reps per week by a maximum of 10% during the first two weeks, then include a week of recovery at 50% of the volume of the last week, or you can keep or slightly less the volume but increase the intensity week to week.

After the main sets it is important to perform some low to medium intensity aerobic exercise for at least 20 minutes to help the body to recover from the anaerobic work just performed. Keep it aerobic, because the body has already performed anaerobic work!

Now that you know more about plyometrics, include it in your off-season and in-season program to become stronger and faster!



Have a happy and productive off-season.

- Coach Manuel,
manuel@teamMPI.com

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



Presenting donation to Junior Lifeguard Program



TGC Bacon and Pancake group run



...at the COLD Ho Ho Hustle

More photographic proof of TGC in the community on the official



10% off with code: TGCMC



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West Florida Wheelmen Ride All Year!



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

Member's Races Interactive Calendar

We wanted to implement some technology and try to track who in the group is doing what in 2018. [If you are interested, this is a shared Google Document.](#)

List your name under the events (or add new events) you are going to attend so it's easier to connect with other TGC members at races.

A TGC Board Member Speaks... Rethink Your New Year's Resolution



It's that time again. We're all thinking about the year that was, the year that will be, and what we'd like to accomplish in the coming 12 months. For many of us, that means writing down some resolutions for 2018. Also for many of us, it means we have to look back at the resolutions of 2017, and deal with the fact that we didn't keep them.

Don't feel like the lone ranger! According to a US News article in 2015, about 80% of New Year's resolutions fail. Whether your resolution is Triathlon related, work related, or some other aspect of self improvement, they all suffer the same rate of failure. But why? What keeps us from goals that seemed so important at the beginning of the year?

Resolutions are nothing more than goals. Antoine de Saint-Exupéry once said that a goal without a plan is just a wish. So it is with resolutions. If your resolution consists of a single line of text on a piece of paper, the odds are already against you. In order to succeed, you need more than a goal. You need a plan.

So let's take a look at what's wrong with most resolutions...

Unrealistic objectives

"I want to weigh what I did when I graduated high school." Great goal! But if you weigh 150 pounds more than that today, there's really no healthy path to get there in just 12 months.

Want to do an Ironman? Great! But if you've never ridden your bike more than 5 miles and can't swim, perhaps the goals for this year should be a bit more modest.

No clearly defined goal

While some resolutions have well defined goals, many don't.

"I want to achieve work/life balance." Sounds like an admirable goal, but what exactly has to happen? Does it mean you spend a specific number of hours a week away from work with friends and family? Is it defined by achieving personal goals that have nothing to do with your job? In order to fulfill a resolution like this, your goal needs to include the specific things you will do that get you to the goal of work/life balance.



Lack of milestones/steps

"I want to become a Triathlete!" Clearly, this is a goal that can be accomplished, or nobody would be reading this article! But it takes a lot of steps to become a triathlete, and if you haven't thought about what those steps need to be, odds are you won't reach your goal. Where are you relative to your goal today? Can you swim, bike, and run? Do you have the equipment you'll need? If you're a great runner, but only swim and bike occasionally, figure out what it will take to be able to swim and bike the distances you need to. Since you already picked a specific race because you read the section above about clearly defined goals, you know how far you need to go in each segment of the race, and you know what you can do today. Set yourself reasonable distance goals that you need to be able to achieve in order to be ready on race day. Find training programs and guides to help you understand how long it will take. Sometimes the work you do setting milestones will be the way you figure out that your goal wasn't realistic, and you'll have the opportunity to set a more reasonable one.



Planning in a vacuum

One of the problems with resolutions is that they set a goal that we don't know enough about. Going back to the example of becoming a triathlete, if you've never done it before, you may not know enough about it to even set those realistic milestones we just described above. In other words, you don't know what you don't know.

Odds are that your goal was inspired by someone else. You saw what they had done and how much enjoyment/happiness/fulfillment it brought them, and you decided it was a worthy goal. Why not take advantage of their experience? Don't be bashful! Tell them how much you admire their accomplishment and ask their advice for how you might reach the same goal. Odds are they will be honored by your admiration and happy to share their advice. Also remember that there are plenty of publications and online resources written by experts specifically to help beginners.

The bottom line

So here's the hard truth: You don't need a New Year's Resolution. **You need a New Years PLAN.** Resolutions are single lines scribbled on scraps of paper or bar napkins.

Plans are often pages long, have clearly defined, achievable steps that can be measured along the way and allow for course corrections, and are often based on advice from experts in the subject you are trying to improve on. They take a lot more work, and as a result, they are far more likely to succeed.

I wish you all the best in achieving your New Year's Plans! Get to work on them!

I'll do the same. So far all I have is a napkin with "End world hunger" written on it :-)



Tom Henderson,
TGC Vice
President

UPCOMING EVENTS

TGC EVENTS

[Polar Bear Plunge](#)

Jan. 1
Paradise Bar & Grill 2:00 PM Splash
Pensacola Beach, FL

Board Meeting
Jan. 10 (Wednesday)
CONTACT: President@TriGulfCoast.org

MULTISPORT EVENTS

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

[HITS Triathlon Series Naples](#)

Jan. 6
Naples, FL

[Chilly Willy Duathlon](#)

Jan. 28
St. Petersburg, FL

CYCLING EVENTS

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

[Trek Store - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Ride More Bicycles - Events](#)

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

RUN EVENTS

[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



[Casino Bridge Run](#)

Jan. 27
Biloxi, MS

[Big Beach Marathon](#)

Jan. 28
Orange Beach, AL

[Double Bridge Run](#)

(15K, 5K)
Feb. 3
Pensacola, FL



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

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**2016
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2016 Trucker Hat

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