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AUGUST
2010

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TRIATHLON CLUB OF SAN DIEGO

Tri News



AUGUST CLUB MEETING

Wednesday, August 11th
 5:00pm

SPECIAL GUEST:
USA Triathlon

Location:

Rehab United: Carmel Valley
 3323 Carmel Mountain Rd
 San Diego, CA 92121

*Complete details available
 on the Club's website.*

AUGUST TCS D AQUATHON

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Thursday, August 12th
 5:00 pm check-in begins
 5:45 pm course talk
 6:00 pm race start

Location: La Jolla Shores

Suffering on a Wednesday Morning Convention Center Stairs Workout

By Michelle Panik

It's a little before 6:30 on a Wednesday morning when I'm standing outside the Convention Center with TCS D's open water swim coach, Nikee Pomper. For over a year, in addition to helping out with club swims, she's also been leading a cross-training workout outside the Convention Center. It's a combination of plyometrics, resistance band work, lunges, burpees, sprints, and repeats up the center's 75-step stair-case.

It started out, though, as simply stair repeats. After doing them solo for two weeks, Pomper lost motivation and sent an email about it out to the club. Five people showed up the next week. Since then, attendance has fluctuated with the race season (there are fewer participants in the summer and more in the winter, which has seen as many as 25 attendees).

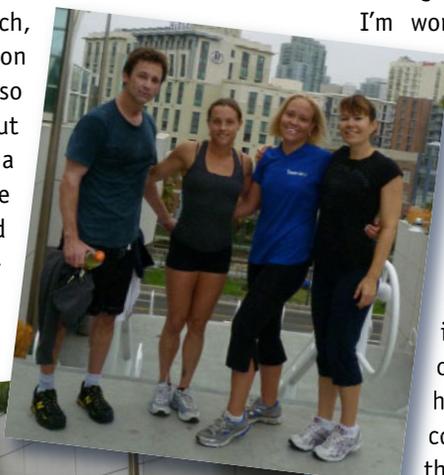
The workout sounds like a killer and, combined with a drizzle coming out of grey skies, I'm worried that I'll be the only one suffering through the workout.

And then Pomper compounds my trepidation after ending her workout overview with, "I haven't had anyone come and say 'Eh, this is kinda easy.'"

Luckily, Virginia Patterson, Chris Schoein, and Michelle Ward show up.

They're chatting casually when Patterson says to Pomper, "You look amazing, by the way."

Pomper is six weeks out from a figure contest, and has seen big gains in muscle recently. She smiles and says, "Wait 'til I show you the gun show," and then explains the morning's punishment.



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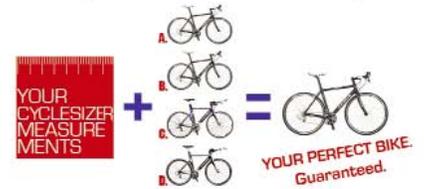
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Convention Center Stairs Workout, continued

On the first and third Wednesday of each month, the workout focuses on strength and the upper body, and includes staircase repeats. The second and fourth weeks consist of sprints, legwork, cardio, and more stairs. Since this is July 7, they'll warm up with three repeats up the staircase prior to upper body work with resistance bands. But before they begin their first flight, Patterson tells Pomper, "I want to see the gun show."

Pomper removes her long-sleeve shirt to reveal a sculpted V-back. Figure training is entirely unlike triathlon, but it shares the same work ethic and focus on long-range goals. Women in her age group who are signed for the next triathlon she does should be worried.

As they start up the stairs, the conversation turns from sport to ordinary life. There's the next book club selection the three women will be reading, and Pomper's plan for a cupcake party post-figure contest.

With the warm up complete, Pomper pulls out her resistance bands and demonstrates each exercise: shoulder press, side raises, front raises, and reverse fly done one hand at a time. With a leaf blower in the background, they each pick a station and begin.

This is Schoein's second time at the workout. When I ask if it's what he'd expected, he says, "It's much better. I thought it would just be stairs."

The stairs, it seems, have become an extra cardio kick done when you could be resting and letting your upper body recover.

When Pomper calls time, everyone rotates to their next station.

Patterson and Ward are both targeting the Ironman 70.3 Austin in October. They've been coming downtown on Wednesday mornings for the last eight months.

"Just for the record," Ward says, while pulling a green resistance band out from the sides of her body, "it's not getting any easier."

Last winter, the group did test workouts every four weeks to gauge progress. They would see how many stair repeats, pushups, and sprints they could do in one minute, and wall squats to exhaustion. (In case you're wondering, this record is held by Judy Seid, and comes in at four-plus minutes.)

When I ask Patterson what her least favorite part of these workouts is, she says, in the middle of shoulder presses, "This right now." And then, after another rep, "No, it's all really fun."

Pomper says that, while Tri Club members are really disciplined with swimming, biking, and running, they don't incorporate other types of cross-training. "You still need to keep your muscles guessing," she says. She believes that whether you're training for a sprint or full Ironman, these morning workouts will help.

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Convention Center Stairs Workout, continued

Occasionally, other people trot up and down the stairs as part of a run or their own cross-training. Whatever they're doing, it isn't half as hard as this Tri Club workout.

After finishing their first resistance band circuit, the group hits the staircase again for some monster stairs (which consist of

jumping, two footed, up every other stair. Yes, it's as hard as it sounds). Then they'll return for more resistance band work, add in some sprints, lunges, and ab work, and call it a day. Or call it 7:45AM, and time for the rest of the city to wake up.

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