



USC
NEWS

MAY 2017

ULTIMATE Sports Coaching

SUPERIOR ATTITUDE. SUPERIOR STATE OF MIND.

WWW.ULTIMATESPORTSCOACHING.NET

WINTER! How to Stay Committed!

by Coach

Training doesn't take a break during the winter especially if you want to stay ahead of the game. Training for multi-sport competitions is never easy, things get even tougher during the winter months. The cold and the dark— it all creates extra obstacles. But that doesn't mean you should just take time off until the sun starts to shine again. Doing so will just ruin your progress and mean that you'll have to start from scratch for your next race. You want to be able to maintain your fitness level and stay strong for the next season ahead. In order to overcome winter training obstacles and to keep your gains follow the following steps:

1. Invest in proper gear and get outdoors –

Buy yourself some warm, thermal clothing, wind gilets or jackets, the right footwear, a headlight for running, a light for your bike and some reflective gear and get outside when the weather allows.

Take your bike out on trails if mountain biking and hit the roads cycling and running on warmer days. It'll feel refreshing after being cooped up indoors.

2. Focus on fine tuning –

When you're in the heart of race season, you're spending all of your time building endurance for faster cycling, swimming and running. You don't have time to worry about any of your weaknesses. So during the winter months, you have the opportunity to tone it down and focus on fine tuning the aspects of your triathlon training that need improvement. This will make you a better competitor come race season.

3. Include Strength Training –

When you have to spend hours on a bike, running, or swimming during your training, you can't afford to be sore. And for this reason, you probably avoid strength training during race season. But now is the time to work with weights so you can be strong all year around. Strength training can help correct imbalances and build the muscle you need to run, bike, and swim faster and better!

If you struggle staying motivated during Winter, follow this link for a good read

[7 ways your mindset can make or break your triathlon](#)

Winter Group Sessions 2017

Tuesday – Strength/running drill session

Randburg Sports Complex 5:20am (near Randburg Virgin Active)

1 – 1h15 which incl a warm up, core/strength, running drills/training, cooldown

Thursday – Swim session

Constantia Virgin Active 5am

1 – 1h15 which incl a warm up, drills, main set, cool down

Saturday – Long ride & brick run

Cedar Square 7:45am meet – start 8am

Session min 2hr up to 4hrs depending on programme prescribed by coach or how many athletes arrive to divide groups

*session will be followed by a 20min brick run or as prescribed on programme

*meet in front of Kauai along with the Troisport Titan Club who ride out to Sterkfontein Caves and back

*Cedar Virgin Active available to shower afterwards

**final call will be made by coach on morning of session regarding weather*

Upcoming Races!

Follow the links below for upcoming races -

[CYCLING EVENTS](#)

[TRIATHLON EVENTS](#)

[RUNNING EVENTS](#)

What's News!

BIORACER ~ USC LONG SLEEVE & SHORT SLEEVE SPEED TRISUITS!!!

Who is Bioracer? Sky and Dimension Data kit ring a bell?!

Long Sleeve – R2750 incl vat

Aerodynamic and versatile triathlon suit. Aquaracer main material is light and water repellent. It combines a maximum freedom of movement with optimal support and compression. Airstripe half-length sleeves provide optimal aerodynamics during the cycling leg, saving you 8-10W (the equivalent of a disc wheel). A sturdy YKK zipper is placed in the front or in the back. Active seam stitching are stretchable in every direction ensuring maximum freedom of movement. Outer stash pocket on the back to stow away food and small items. Wide elastic leg gripper stitched onto the trouser ends keeps the shorts comfortably into place.

Short Sleeve – R2250 incl vat

The best of the best for shorter distances when no neoprene suits are used for swimming. Aqua racer main material, a 100% hydrophobic material that improves swimming times. Dry as well as wet, this suit is 40% lighter than a normal suit in this category. Active seam stitching are stretchable in every direction ensuring maximum freedom of movement. The suit, with a YKK zipper on the back, is cut very tight in bands parallel to the direction of swimming in order to reach a hydrodynamic shape. Wide elastic leg gripper stitched onto the trouser ends keeps the shorts comfortably into place.

USC DESIGNS TO FOLLOW

6 WK PRODUCTION TIME

KIT EXAMPLES –



USC Arm Warmers - R600 incl vat

USC Leg Warmers - R760 incl vat

USC Gillets - R1700 incl vat

Sizing Chart - send orders to Lynette@ultimatesportscoaching.zo.za

Sport Massage & Recovery Boots!

We all know how important recovery is but yet neglect this too often! Sport Massages & Muscle Mend Recovery Boots are a great way to speed up the recovery process.

1hr Sport Massages - R450

30min Recovery Boots - R150

45min Recovery Boots - R190

60min Recovery Boots - R250

*includes a coffee while relaxing in boots

To book contact 082 494 1994

Happy Training!!!!

