

# GABRIELE

## FITNESS & PERFORMANCE



## MORE TIPS FROM ATHLETE, FITNESS EXPERTS

*By Don Norcross*

UNION-TRIBUNE STAFF WRITER

January 11, 2007

### **RUNNING**

“Don't run the same pace all the time. Even if you run just three times a week, twice a week stop in the middle of the run and do 10 repetitions of 20 seconds fast, maybe on a grass field. Do that twice a week and you'll keep up your leg turnover and speed, keep the tissues elastic and prevent a lot injuries, and allow yourself to get faster on other runs.”

– **Kevin McCarey**, running coach, former 2:13 marathoner

“When running hills, shorten your stride as you start uphill and try to keep the same turnover rhythm as on the flat. Your posture should be upright. Head, shoulders and hips should form a straight line over the feet. Keep your feet low to the ground and if your breathing begins to quicken, this means you're either going too fast, overstriding or bounding too far off the ground.”

- **Paul Greer**, head coach, San Diego Track Club

“One night years ago when I was baby-sitting (playing host to) Henry Rono in Boston over dinner, Henry stressed the importance of keeping a training log. And, according to Henry, when he was fit his entries were very detailed, and when he wasn't that almost didn't merit a mention. He'd simply note the mileage.

“Ditto for me in my 32 years as a runner.

“My point is, regardless of whether you're up or down, log it, even if it means writing a big fat zero. And perhaps later, reflect upon it.

“After all, consistency is key.”

– **Dave Dial**

“For every extra pound an age-grouper carries, you lose two seconds per mile off your running pace. So if you reduce even by one pound over your current weight, you can reduce your time by 55 seconds for a marathon.”

– **Chuck Pennell**, San Diego Track Club former president

“Running well is about doing it day in and day out. The great thing about running is people who work hard will improve. If you just run every day, even if it's beginning with a quarter mile, then half a mile, you will get better and you will get faster.”

– **Tamara Lave**, two-time marathon Olympic Trials qualifier

“If you don't have a heart-rate monitor, pay attention to your breathing. Aerobic runs should be done so neither the rate nor depth of breathing is elevated. A very slight amount of elevation is proper for tempo runs, but the breathing should return immediately to normal on cessation. Any rapid or increasingly deep breathing should be reserved for speed workouts.”

– **Peter Stern**, age-group runner

“I have heard this many times from different people, but I never trusted it. For marathon training, do the long runs slow and easy. I finally did it in training for the Orange County Marathon last year and I managed a personal record, at age 57. Long slow runs, not very sexy, but I do think it works.”

– **Mike Castaldi**, age-group runner

“Find a fun, supportive, friendly training group that travels as a group to marathons. The support and friendship keeps you motivated, disciplined and focused on the common goal. It makes all the difference for those often dreaded lonely 3- to 4-hour long runs. Training alone, my first marathon was 4:45 but by training with a group I shaved off 1 hour 32 minutes in three years and ran 3:13 to qualify for the Boston Marathon.”

– **Greg White**, veteran marathoner

## SWIMMING

“Have a professional help with your swimming. You'll have fewer mistakes to correct later.”

– **Ron Marcikic**, head coach, director/UCSD Masters Sports Program

“Think propeller, not paddles. A propeller moves laterally in the water by generating lift along an arc of circumference. That's what you want your hands to imitate. You don't want to imitate a paddle, like paddling a canoe.”

– **Kevin Eslinger**, swim coach

“Always wear swim goggles. You're dealing with a lot of chlorine and chemicals. You don't want blurry obscurity. If you can see, you can believe it and you can work with it.”

– **Alison Terry**, 2000 Olympic Trials qualifier

## CYCLING

“Don't just ride long and push a big gear. Learn to be efficient in all gears, at varied cadences, with accelerations and jumps and changes in speed. Mix it up. Try spinning on the flats in the small ring, powering up the climbs in the big ring, sprinting in a small gear, isolated leg training up a hill. Be responsive to the terrain and reactive with the bike, using multiple gear-shifts, riding in and out of the saddle, keeping your momentum rather than bogging down over the climbs. This will provide maximum muscular efficiency and translate to greater speed with less effort.”

– **Marci Mauro**, triathlon coach, personal trainer

“My advice for all cyclists – get a fixed-gear bike, with front and rearbrakes, and spend at least 30 percent of training time riding it. The constant pedaling helps all forms of cycling to create and build a fuller and rounder pedaling stroke as well as stretching all the leg muscles.”

– **Daniel Frank**, recreational cyclist

## **TRIATHLON**

“Never use anything in a race, that you have not used in training. This includes nutrition, clothing, and shoes.”

– **Emilio De Soto**, former pro triathlete

“Be realistic with your goals, and then realistically train for them. Once a week, for each of the three disciplines, you should train within 10 percent of your goal pace for up to 90 percent of the distance. For instance, if you want to hold 22 mph on the bike portion of a half-Ironman, then once a week you should train at a minimum of 20.8 mph for up to 50 miles.”

– **Marci Mauro**, triathlon coach, personal trainer

## **GENERAL FITNESS**

“Set fitness goals with dates attached to them for extra motivation. Whether you want to bench 200 pounds by St. Patrick's Day, run for 30 minutes straight by Easter or complete an Ironman triathlon on August 26th, having a date circled on your calendar that will give you the extra push to go to the gym.”

– **Jessica Motyl**, age-group triathlete

“Give back to your body as your fitness increases and you keep demanding more and more from it. Nourish it with non-processed, close-to-the-ground food; lengthen it by stretching after hours of training and muscular contraction; baby it with rest and relaxation – and it will give back to you 100-fold.”

– **Marci Mauro**

“Get out of the house, by foot.”

– **Steve Elbogen**, personal trainer

“Schedule everything else around your exercise instead of your exercise around everything else;

“Keep most workouts one hour or less;

“Realize setbacks are a normal part of exercise. If you schedule three workouts each week and only make it to one, that's still 50 workouts this year.”

“Adopt a this-shall-be-no-matter-what attitude. No matter how busy you are, you make time to shower and brush your teeth. See exercise the same way.”

– **Jerry Hoskey**, personal trainer

“Try something new. Do you swim? Try paddleboarding. All the fitness and non-impact benefit of swimming with the social and sensory benefits of cycling in a car-free environment. Do you ride a bike? Try mountain biking. Do you run? Get off road for a trail run.”

– **Paul Huddle**, triathlon coach

“Get a dog. Rescue shelters are full and you'll not only get unconditional love and emotional support, but the world's most committed and consistent walking/running partner.”

– **Huddle**

“Misery loves company. Recruit (coerce) a friend who lives nearby to join you. Committing yourself to training is one thing. Committing yourself to training with someone else is an obligation, not to mention a support system.”

– **Huddle**

“Don't sabotage an aerobic workout by planning a duration that is unrealistic from an endurance or schedule standpoint. Plan on 20 minutes and increase the time if your energy and/or time permits.”

– **Tony Ordas**, personal trainer

“Make good use of your rest periods in between weightlifting sets. Take 30 or 60 seconds to stretch muscle groups such as the hamstrings, quadriceps, shoulders or lower back.”

– **Ordas**

“Optimal performance is enhanced by optimal breathing; use the diaphragm both to initiate the breath and to empty the lungs fully.”

– **Dr. Neil Treister**, medical director, Sharp Cushman Wellness Center

“Listen to your body, if you are injured, rest!”

– **Corinne Theile**, age-group triathlete

“Use your resting heart rate as a guideline to how your body is responding to training and day-to-day stress. If you are more than 10 beats elevated per minute as compared to norm, take the day off completely from any scheduled physical activity. If you are 5-10 beats elevated per minute as compared to norm, any scheduled high intensity activity should be changed to a recovery-based workout. If you are within 5 beats per minute as compared to norm, go ahead with your scheduled workout for the day. Stressing your body with physical activity when resting heart rate is significantly elevated can depress immune function, triggering colds and flus as well as overall staleness in training.”

– **Kim Mueller**, sports nutritionist and age-group triathlete

“When first beginning, gradually increase time instead of speed or intensity;

“Turn off the radio, TV and the iPod to clear your head and your soul.”

– **Richard Cotton**, executive wellness coach

“Try to get out there and do something active each and every day. Even if it's unrelated to your sport or if you don't feel like doing it, do it anyway. You always feel better afterwards and are glad you went.”

– **Cory Osth**, age-group triathlete

“Too many people are intimidated by the effort, intensity or duration of the exercise plans or training session for the day. They come home tired from a long day, or if they are an early-morning exerciser, they're addicted to the snooze button.

“They feel they're too tired to possibly get the workout completed. Therefore, they feel failure is imminent, and don't bother to even start or try the workout.

“Instead, people should focus on just getting out the door. When they come home tired, or struggle with getting out of bed, focus on just getting out the door. Don't think about anything beyond that.

“You won't finish 100 percent of the workouts you don't start. Most people, when it comes to exercise, they get out and realize it's not as hard to complete the workout as they originally thought.”

- **Jim Vance**, pro triathlete and coach

“In terms of the weight room, one of the most underused aspects is unilateral training. This means training one limb at a time. Instead of always doing double leg squats or deadlifts, try single-leg squats or single-leg deadlifts.

“These exercises will not only strengthen the hip muscles of the adductors and abductors, but also train the proprioceptive system, which tells the body where it is in space. This will improve balance and coordination, provide a greater challenge to the core muscles and strengthen all the muscles of the feet and ankles to help prevent injury.”

– **Vincent Gabriele**, personal trainer

“Set a specific time to get out the door or you'll run late and possibly bag your workout. I head out the door at 5:10 a.m. for a weight and spin workout and at 6:30 for a run before traffic picks up too much.”

– **Patrice Malloy**, age-group runner

## **DIET**

“It is not so much the percentage of calories from fat and carbohydrates as eating the right kinds of fat and carbohydrates. The right kinds of fat are high in omega-3 fatty acids (fish oils, walnuts, flax seed oil and soy) or monounsaturated fatty acids (peanuts, olives, avocado, soybeans). The right kind of carbs are 'unsugarlike,' that is, they are metabolized slowly and do not lead to peaks and valleys in blood-sugar levels. Such carbs are found in legumes, unrefined wheat products, brown rice, whole grain pasta, soy-based foods, and high-fiber foods.”

– **Dr. Neil Treister**, medical director, Sharp Cushman Wellness Center

“Make grocery-shopping lists to avoid purchasing highly processed foods containing excess sugar, fat and calories.”

“Keep food records that include time and place of eating, type and amount of food and how you feel after eating.”

“Eat a healthy snack before attending an event.”

“Don't lower caloric intake too far. As the adage says 'It takes calories to burn calories.' Keep calories slightly below initial maintenance so metabolism and energy levels remain high during exercise and daily activities.”

“Take daily multivitamin supplements to ensure the nutrients necessary to sustain lean tissue without adding calories. ”

- **Giuseppe Virzi**, 24 Hour Fitness manager

“Set weekly weight-management 'training' goals and make sure they are measurable. (For example, number of exercise sessions and number of daily fruits and vegetables.) Aim for a minimum of five fruits and vegetables daily.”

– **Sheri Leiter**, health educator

“The best competing behavior for eating is eating. Find lower-calorie alternatives to higher-calorie foods. For example: Shrimp with cocktail sauce, shelled edamame (soybeans) or low-fat popcorn are great low-calorie alternatives for the football playoffs.”

– **Leiter**

“Work on controlling your environment to support your goals instead of focusing on self-control. There's higher chance of success. Keep low-calorie foods in reach. Keep high-calorie foods out of sight.”

– **Leiter**

“Include protein in your breakfast. It will help you keep your energy the entire morning. And stay hydrated!”

– **Corinne Theile**, age-group triathlete

▪ Don Norcross: (619) 293-1803; [don.norcross@uniontrib.com](mailto:don.norcross@uniontrib.com)