

*“What you get by achieving your goals is not as important as what you become by achieving your goals.”*

- Henry David Thoreau

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## **Goal setting to maintain your fitness during the fall...**

As we head into the fall you should keep in mind all of the hard work and improvements that you accomplished through your training over the course of the past year. Many athletes complete their race agenda during the late summer or early fall, and think that the fall is “off-season” where it’s now time to relax and recover from a long season of training. While some relaxation time is crucial, you don’t want to lose the major fitness gains that you accomplished this season. Instead, take this time to evaluate your season and ask yourself these important questions:

- 1– Were your goals this season realistic? If not, what can you change for next season?
- 2– Is there something that you’ve always dreamed about accomplishing athletically?
- 3– What do you want to improve on before next season?
- 4– What can your coach teach you during the fall?

Spend some time writing down your answers to these questions and let’s discuss them during our next phone call. The fall is a great time to get a “jump” on improving your weaknesses and setting your sights on new adventures in the coming season!



## **Some fun facts you may not know about me...**

- ♦ About a year ago I weighed in at 175 pounds...this was a week before the birth of my son, Ryder Jackson Miller.
- ♦ It took about three months to lose the weight and in the process I watched the documentary “Forks over Knives and was challenged to give up cooking and eating dairy and meat at home (I splurge about 10% of the time).
- ♦ I have a goal to do an Ironman every decade for the rest of my life. I did one in my twenties and I’m starting to think about my next one during my thirties.
- ♦ Pulling my son in a bike trailer is about the best workout I could ever prescribe...you should try it, borrow a kid if you need to. :)
- ♦ My favorite quote of the summer, “Moderation in everything, including moderation!” - Charlotte Smith, Visionary and Entrepreneur





### Upcoming CTS Events

- ◆ **October 3-6: Giro Women's Camp - Santa Ynez, CA**
- ◆ **November 13—17: Triathlon Camp— Phoenix, AZ**
- ◆ **November 18-23: El Tour Camp—Tucson, AZ**

**REGISTER NOW AT**  
[HTTP://  
 TRAINRIGHT.COM/](http://trainright.com/)

#### Did you know???

**Coconut water is a great hydration choice before exercise but it lacks the sodium content needed during or post exercise.**



STEP 1: NO, THIS IS NOT ME... :)



STEP 2: DON'T FORGET TO SMILE...

### Skills for the road: Eating to recover quicker!

We are all guilty of not eating after a workout, but there is really never a good excuse to miss the chance to aid your body in recovery. “If you’re skipping recovery nutrition, you’re skipping out on the ability to produce results from your training program.” - Craig David, Sports Nutritionist

#### Stick with these guidelines to help you eat to recover quicker:

- 1— Eat a small snack and/or drink a recovery drink within 30-45 minutes post exercise—the sooner the better! Science shows that we have a recovery window of about 45-60 minutes during which the body is primed to replenish depleted energy stores. The “doors” to our muscles are open and ready for much needed energy to return to them.
- 2— A recovery drink works well during this window, but be sure to examine what you are consuming to ensure that it is a good mixture of carbohydrates and protein, not just sugar. There are SO many recovery drinks on the market these days that are nothing but empty calories. The current recommended ratio of carbs to protein is 4 to 1. Eating more protein will slow down recovery rates so take a good look before you gulp.
- 3—Don’t overcompensate on your calories post workout! Chris Carmichael says, “An interval workout may feel really hard but it may not have cost you as many calories as you think!” Aim to eat a “real” meal with a small portion of carbs and protein as well as vegetables and/or fruit within an hour or two post workout.

### New Core Exercise to add to your routine...

Fall is a great time to start integrating strength training into your regular workout routines. I’m a big fan of body weight exercises that can be completed just about anywhere. The exercise of the month is side planks with hip lifts. I chose this exercise as it strengthens the core muscles that sometimes get weak on runners and cyclists, and weakness leads to overcompensation and potentially injury. Adding this exercise to your workout routine will build core strength that will translate to faster pace on the run and more power on the bike.

#### Try it by following these steps:

1. Lie on your right side, left foot crossed over right, right elbow under shoulder, and left hand on hip.
2. Press into right forearm and raise right hip and thigh off ground. Hold for 3 seconds and lower back towards the ground but don’t touch the ground, then lift again. Repeat this 5-8 times and then switch sides.
3. To add even more of a challenge, after you lift your hip up slowly lift your top leg up until it is even with your top shoulder. Slowly lower leg then hip towards the ground and repeat.

Picture and description adapted from: <http://www.fitbie.com/exercise/side-plank-hip-lift-women#nogo>



### Did you know???

**Pushing the lap button on your electronic device at the beginning of an interval will allow for easier analysis of your Heart Rate and Power files...**

*“Setting goals is the first step in turning the invisible into the visible.”*  
- Tony Robbins

### Other Variations to this recipe...

- ◆ Can substitute shrimp for tofu or any meat
- ◆ Put it on greens and make it a salad
- ◆ If you can't find pomegranates you could add any fruit such as blueberries
- ◆ You can substitute the black beans with garbanzo or another bean you prefer.

## Tech Tips: Using your electronic gadgets

The fall is a great time to perform necessary maintenance on your athletic equipment and this should include your electronic gadgets such as your heart rate or power meter computer. Below are a few tech tips to make using your electronic gadgets a breeze:

### 1– Simplify the data uploading process by using Device Agent:

Device Agent is a free software that allows you to quickly upload the data from your workouts into Training Peaks. It uploads multiple Heart Rate, Power, and GPS as well as any comments you have about your workouts. If you haven't downloaded Device Agent from the Training Peaks website, please do yourself a favor and do so today: <http://support.trainingpeaks.com/device-agent/v30-user-guide/installing-device-agent.aspx>

### 2– Don't forget to replace your Heart Rate monitor battery:

If you have noticed your heart rate monitor not reading accurately or not being acknowledged by your Garmin or computer, it might be time to replace your battery. Many times, this is easily performed by using a coin or a new battery to open the back of the battery cover. After replacing the battery, make sure that the sealing ring is fit snug into the cover groove to ensure that it remains water resistant.

## New recipe: Superfood salad

My husband, Jake, and I love to cook...actually, we LOVE to eat! This is one of my favorite recipes as it is bursting with flavor and incredible nutrients.

### **Ingredients (serves 6):**

- 1 pound shrimp, cooked with Cajun seasoning
- 2 cups dry quinoa
- 1/4 cup red onion, finely chopped
- 1.5 orange, peeled and segments chopped
- 1.5 avocado, chopped
- 1 cup canned black beans, rinsed and drained
- 1 cup pomegranate arils (about 1 pomegranate worth)
- 1 cup frozen corn, thawed
- 1/3 cup cilantro, chopped

**For the Lemon Vinaigrette:** combine all ingredients in a jar with a tight fitting lid, and shake to combine. Or, add lemon juice, garlic, sweetener, salt and pepper into a small bowl and whisk in oil.

- 2 lemons, juiced (need 1/4 cup juice)
- 2 garlic cloves, micro planed or finely minced
- 2 Tablespoons of sweetener (we prefer agave nectar or honey)
- Dash of salt & pepper
- 6 Tablespoons of extra virgin olive oil

### **Instructions:**

- Cook quinoa according to package directions. Set aside to cool.
- Cook the shrimp with butter and Cajun seasoning.
- Combine cooled quinoa with red onion, orange segments, avocado, beans, pomegranate arils, corn, cilantro, salt and pepper. Top with vinaigrette and enjoy!