

The tragedy of life doesn't lie in NOT reaching your goals. The tragedy lies in having NO goal to reach.

-Benjamin Mays

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## Why wait?

Another year is almost in the record books and it leaves me wondering where the heck did it go? I'm not sure about you, but the old adage - "the older I get the faster time flies" is quickly becoming true of my life! Somewhere between writing workout programs, analyzing power files, and sending another email the week quickly goes from Monday to Friday and from spring to fall. As I take some time to reflect on all of the amazing experiences that I've had this year it reminds me to not wait another day on accomplishing my dreams, desires, and goals.

A popular term for many people's lifelong dreams and accomplishments is a "bucket list", and the term has become so common these days that it has almost lost its' punch. I mean really, have you taken time to think about what you hope to accomplish in life—both personally and athletically? If not, you really should spend some time this month thinking and creating your own bucket list. Do you want to see Paris someday, ride your bike across the U.S., climb a mountain, race an Ironman? My question to you is why wait? You will never be strong enough, rich enough, or have enough time. Waiting for the stars to align before you check something off of your bucket list is a dangerous game to play.

I challenge you this fall to not only make a bucket list for your athletic dreams, but to start moving in the direction of accomplishing them! Once you have something in mind to accomplish in 2015, let me work with you to create a plan of attack. It was such a pleasure of mine to witness multiple people checking off items from their bucket list in 2014, and I'm looking forward to seeing even more items checked off come 2015! So why wait?!

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

My second son, Levi, was born twelve weeks ago and he's been a wonderful addition to our family. We are extremely thankful that he is a great sleeper and a very mellow baby thus far! I've been working hard to lose the baby weight and recently competed in the Silverman 70.3 race just outside of Las Vegas. Consistent training is definitely more challenging with two kiddos, but with prior planning and a supportive husband I've been able to make it happen. My next goal is in January when I will compete in my first 12-hour mountain bike race with a team of three other women! Oh, and quickly returning to my pre-baby weight and shape. :)



## It's not "off-season"...it's get the weight off season!

### Upcoming CTS Events

- ◆ **Oct 9-12: Giro Women's Camp**—Santa Ynez, CA
- ◆ **Oct 15-18: Fall Mileage Camp**—Santa Ynez, CA
- ◆ **Nov 17-22: El Tour Endurance Camp**—Tucson, AZ
- ◆ **Jan 28-31: Climbing Camp**—Santa Ynez, CA
- ◆ **Feb 16-21: Spring Training Camp**—Tucson, AZ
- ◆ **Mar 9-14: Spring Training Camp**—Santa Ynez, CA

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"For athletes that are trying to lose or maintain their weight, hydration is REALLY important during and especially after a workout...as our brain sends us only one signal post workout...FOOD! When in fact we probably need WATER!"

*Feed Zone Portables by Biju Thomas & Allen Lim*

Most athletes have completed their "A" race for 2014, and for many it's time for a break from the routine of training. Some think that it's "off-season" right now, but as many professional coaches agree, most amateurs don't train enough hours in the week to warrant a true "off-season". However, it is good to change up your routine by adding in some variety such as strength training, visiting the yoga class more often, or recreational activities like hiking. These activities can help you avoid burnout and also enjoy yourself in a new setting. At the same time, it's important to maintain your fitness in your specific sport so you don't have large gains to re-make come 2015. This time of year is also a great time to lose the extra weight that you may be carrying around and weren't able to focus on losing during your peak training.

Weight loss and maintenance doesn't require you to make a massive overhaul of your current eating habits, but rather recognize a few areas that need improving and make the small changes that will have big results. For example, I love ice cream and have a sweet tooth after dinner. Instead of buying a carton of ice cream so I can have a bowl each night, I purchase a box of small dark chocolates and have just one or two to quench my desire. Not purchasing something that is tempting and full of empty calories helps me to have better self-control. What small change can you make in your nutrition habits to see big results with weight loss?

With the holidays looming around the corner, come the inevitable holiday potlucks and parties. Here are some tips on weight loss (or at least not weight gain) during this festive time of year. First off, make sure to make time for yourself and that includes getting your workouts in. They don't have to be long workouts—even a 20 minute run is better than a 0 minute run, right!?! At the same time, don't eat like you did an hour run if you only get 20 minutes in.

At many of the holiday parties come lots of tempting treats that you only see once a year. Going to a dinner party on an empty stomach is similar to going grocery shopping when you are hungry. You will make poor food selections and usually end up eating more than you desire. Instead of showing up to a party hungry try eating a big green salad or another healthy option beforehand so that you are full and don't overeat a lot of calorie dense foods just to fill your stomach up. Once at the party, you can enjoy the foods and treats that you like, but limit yourself to small servings. Small servings allow you to avoid "food amnesia"—which means that by the second or third mouthful you've tasted all that you will taste and your taste buds are bored.

Many times when we think we are hungry we are in fact thirsty. Try this trick next time you finish a meal and want dessert—drink 8 ounces of water then have a small treat. If you are tempted to eat another treat then do it only after you drink another 8 ounces of water. Small changes will help you to make a big dent in weight loss. If true weight loss is a goal of yours, make sure to contact me so we can make it happen as now is the BEST time of the year to lose the extra pounds!



### **DYNAMIC STRETCHES:**

- *Jumping jacks*
- *Butt “kickers”*
- *Knee hugs*
- *Toe touches*
- *Shoulder rolls*
- *Arm circles (forward and backwards)*
- *Reach up to sky*

*Repeat each exercise for 10-15 seconds.*



**Wrap Rice cakes in Reynolds Non-Stick Pan Lining Paper (found at Target). Store in fridge for 3 days and then freeze.**

## **How to avoid injury AND increase recovery...**

I can't believe that the cool weather of fall is here already! Whether you are exercising outdoors or indoors it's really important to warm your body up properly to get the most from your training session and avoid injury. Recent research recommends avoiding static stretching during a warm up as it actually decreases the power that your muscles can produce. The best way to warm up for exercise is to do 5 minutes of easy spinning or jogging at about 30-50% of your normal pace and then spend the next 5 minutes increasing your intensity to match the intensity of your workout. For example, if you are about to complete Steady State intervals on your bike you want to increase your effort during your warm up to match similar power or intensity for a 30-60 seconds with easy recovery between efforts. If you are planning to do a run or strength training session you would want to do DYNAMIC movements to warm up your muscles and joints. (See list on the left)

Recovery from a workout is paramount to your success as an athlete. One easy way to increase recovery post workout is to properly cool your body down by doing an easy 5 minute walk. After about 5 minutes you should be breathing normally and not sweating. Now it is time to spend 5 minutes and stretch your muscles out with a static stretching routine. Make sure not to stretch to a point of pain but rather “gentle tension” and hold the stretch for 30-60 seconds. Ice any sore muscles or joints and take ibuprofen (if permitted by your doctor) to reduce inflammation.

Check out this video for a dynamic warm up routine: <http://youtu.be/GvRmBVQzCdc>

## **New recipe: Blueberry & Chocolate Coconut Cakes**

My new favorite cookbook is call Feedzone Portables by Biju Thomas and Allen Lim (owner of Skratch Labs), and this is one of my favorite recipes for fueling longer bike rides and runs.

- 3 cups uncooked sticky rice (white rice only as it will fuel your workout)
- 4.5 cups of water
- 3/4 cup canned coconut milk
- 1/4 ADD 'cup' raw sugar (or honey)
- 1 lemon juiced (~ 3 tablespoons juice)
- 1.5 teaspoons course salt (or to taste)
- 6 oz. semisweet chocolate chips
- 1 pint of blueberries

Cook rice in rice cooker, and transfer it to a bowl to cool. Add Coconut milk and sugar to the rice so the mixture is sweet. Add lemon juice and salt gradually to your preferred taste.

Once the rice has mostly cooled, spread half of the mixture on a 9 x 12 non-stick pan with edges and press flat with a rice paddle. Sprinkle with chocolate chips and blueberries. Press the remaining rice on top of the berries and chocolate to create a second layer. Let set for a few, then cut into squares and wrap.

**Per serving:** Energy 249 cal, Fat 6 g, Sodium 194 mg, Carbs 45 g, Fiber 2 g, Protein 4 g, Water 65%



## Bio: Jeana Miller, M.S. and Level 3 USA Cycling Coach

I've always enjoyed competing and being outdoors and after a successful collegiate soccer career, I quenched my desire for competition through triathlons and bike races. After completing my master's degree in Kinesiology I coordinated two wellness programs at a local university for ten years. This experience gave me the opportunity to share my passion for health and well-being with people from the age of 20 to 100 years old. I believe that exercise and movement is the key to a happy and healthy life! While competing in every distance of triathlon including the Ironman and Xterra I was constantly approached by friends seeking my help with the various aspects of training and racing. My interest in working with friends and family continued to grow until I decided to join CTS and transition my passion with sports and wellness into a coaching career. In my free time I enjoy sharing the outdoors with my husband and two sons. We enjoy surfing, snowboarding, riding bikes, camping, laughing, and eating great food!

## About Carmichael Training Systems

Carmichael Training Systems (CTS) is a personal coaching company offering proven cycling coaching, triathlon coaching, training camps, training with power, nutrition services, and much more to athletes of all ability levels. We place the highest value on strong coaching relationships, effective sports science, professional customer service, and frank and frequent communication. That's how we've improved the performance of more than 10,000 athletes since 2000. For more information visit CTS's website at: [www.trainright.com](http://www.trainright.com)

**Picture:** CTS 2014  
Tour of California team.

Join CTS on a bucket list event in 2015. For more information check out the list at [www.trainright.com](http://www.trainright.com)

