

STRESS FOR SUCCESS | D4

Dealing with stress means first knowing how it can affect you

AGING GRACEFULLY | D5

Pay attention to and learn early warning signs of Alzheimer's

SPIRITUALITY | D8

Soldiers who fight war from half a world away face stress, too

Healthy Living

| BODY, MIND & SPIRIT

TUESDAY, JULY 19, 2011



Fitness:
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Commit to cross triathlon finish line

There's been a lot of buzz about the Inaugural Captiva Triathlon at South Seas Resort on Sept. 17-18. With all the excitement there has also been a fair bit of trepidation — "Can I do it? Can I be ready? Am I fit enough?"

I'm here to tell you a resounding yes! Remember, fitness doesn't come in a certain shape, size or age. With eight weeks to get ready, it's your concentration and dedication to improving your fitness that will decide who can or can't complete the event.

If you're willing to commit eight weeks to fitness, I'm here to help you across the finish line.

First keep in mind that this is going to be a fun experience, because if you're not having fun, why do it? While some training sessions may be a little uncomfortable at times (you are human), your overall feeling from any training session should be one of fulfillment.

Next, remember that triathlon is as much about lifestyle as it is about the actual race day itself. The goal is not only completing the triathlon but also in becoming a healthier person in the pursuit of that goal.

Having said that, there are a few base parameters for training.

- Always include a warm-up, cool-down and stretching in your workout
- Focus on perceived effort/exertion rather than pace and your paces will improve as your fitness improves
- What you put into your body is just as important as what you do for training. Eating a well-balanced diet and staying hydrated will help properly fuel workout sessions and improve fitness.
- Finally, attitude is the only thing you can control, so keep it positive.

FERGUSON

Continued from D1

Here is an eight-week

beginner's program to help you transition from the couch to the finish line. Each week builds on the previous week's accom-

plishments. It's OK to move workouts around to suit your schedule, just try not to do two hard workouts in the same day.

If you have any questions about the schedule or need help getting ready, please feel free to contact me. I look forward to cheering






























































you across the finish line.

— Angie Ferguson is an exercise physiologist from Fort Myers. She is a USA Triathlon Advanced Level 2

coach and USA Cycling coach. For more training tips, read her blog at triathlontrainingisfun.com or contact her at gearedup.biz.

Triathlon for beginners 101: From couch to Captiva in 8 weeks

 Bike  Swim  Run/Walk NOTE: All swim distances are in yards, "on: 15" =: 15 seconds rest between sets

	MON	TUE	WED	THURS	FRI	SAT	SUN		
July 18	OFF	 30 mins	 5 x 100 on: 15		 30 mins	OFF	 3 x 200 on: 20	 45 mins	 30 mins
July 25	OFF	 40 mins	 6 x 100 on: 15		 35 mins	OFF	 4 x 200 on: 20	 60 mins	 40 mins
Aug 1	OFF	 45 mins	 8 x 100 on: 15		 40 mins	OFF	 5 x 200 on: 20	 60 mins  15 mins	 60 mins
Aug 8	OFF	 45 mins	 8 x 100 on: 15		 30 mins	OFF	 3 x 300 on: 30	 60 mins  20 mins	 45 mins
Aug 15	OFF	 60 mins	 10 x 100 on: 25		 45 mins	OFF	 4 x 300 on: 30	 75 mins  20 mins	 60 mins
Aug 22	OFF	 60 mins	 10 x 100 on: 25		 60 mins	OFF	 3 x 400 on: 30	 90 mins  20 mins	 70 mins
Aug 29	OFF	 45 mins	 10 x 100 on: 30		 45 mins	OFF	 1 x 800 on: 30	 60 mins  30 mins	 60 mins
Sept 5	OFF	 75 mins	 10 x 100 on: 45		 60 mins	OFF	 5 x 300 on: 45	 90 mins  30 mins	 75 mins
Sept 12	OFF	 45 mins	 5 x 100 on: 45		 30 mins	OFF	 6 x 50, 10 x 25 on: 45	Rest	 400 yards  10 miles  5K

Race day!