

## **One + Du = Tri – MultiSport Canada Blog Post #6 – August 12, 2010**

The summer is flying by and I feel like I have been watching from the sidelines for a majority of this multisport season. A lot of this is due to the switch over to triathlon and the need to work on my swimming to prepare for the longer events I picked in the middle of the schedule.

Leading up to my “A” race on August 22nd, I have only raced twice in the past two months. One of those being the Welland Half Iron Distance event (which I could not complete the bike portion due to tightness in my back) and the other was a challenging long course triathlon which I completed, but not as strongly as I was hoping. Usually, over the course of two months, I would have competed at least four times so it has been tempting to jump into a race at the last moment but “wisdom” has prevailed and I have been able to put aside those silly ideas.

This does not mean I have been sitting at home, twiddling my thumbs during my lighter than normal race schedule. I have used the lessons learned in Welland to place a lot more focus on my training. With the help of local pro triathlete, Tyler Lord, I have added structure to my post-Welland routine using a lot of the techniques he has adopted to climb through the ranks of this demanding sport.

With Tyler’s many adventures at the half iron distance, he has created a great program that has taken my old “bomb the bike and run” mentality out of the game plan and has me more in tune with the pace I need to maintain to allow for a successful race. This is very important as I believe the extra stress I put on my body following the swim in Welland (to make up time for an average swim split) may have been a factor (along with bike fit) in my DNF.

To be honest, I entered the 2010 year expecting to be competitive in my Age Group and this put a lot of pressure on my body early in the spring as I tried to hammer out workout after workout. I knew learning to swim was going to be difficult but thought my duathlon background would bridge the gap in time lost in the water to at least make it close by the end of the run. It took a few races to understand that swimming (for me) zaps a lot more out of the rest of the race than a quick, opening run. This is even more prevalent during the longer events so it was good to have a few proven athletes recently help me re-evaluate my 2010 goals. With my new vision for this season in place, I hope to gain as much valuable experience as possible in my final races and just enjoy the sport for what it is, a fun and healthy hobby.

This attitude adjustment was important as I really was ready to hang up the swimming trunks and return to the duathlon. As I was brought to a walk during the run portion of my last race (due to my back, again), I questioned my future in triathlon and my competitive side was winning the fight trying to

push me back to just running and biking. Thankfully, after the race I had several friends remind me that it's going to take time to get up to speed in the water and that there are very few people that can master swimming so quickly (not to mention adding it before a bike and run).

Now, I look forward to making the trip to New Hampshire next week to enjoy my first destination race along with several members of the Falcons' triathlon club. My original goal that I set last winter (when I signed up for the event) is well behind me and I will be very happy to finish the race staying as close to my new strategy as possible.

Thanks to my Multisport Canada blog, and a few other online outlets, I have been able to draw a lot of positive feedback from other amazing athletes from many stretches of the country. The support I have received from everyone has been a huge lift to my confidence so I must thank you all. It is really neat to meet so many of you at the events and out on the open roads while training (such a small world!).

Talk soon,  
Larry Bradley

PS – Don't forget to encourage as many people out on the course as possible! You never know when you may need the support to pull you through a tough spot!