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WOMEN'S TRIATHLON

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INFORMATION

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TRAINING AND RACING SEMINARS

presented by



FIRST-TIME TRIATHLON JITTERS?

This Rx will get you to the Finish Line!

We all have fears in life. I know I do. Wouldn't it be nice if there were a clinic where we could be cured of our fears? Well, in a way, there is. Let's call it the Urgent Care Fear Clinic, or "UCFC."

What would an imaginary counselor at the UCFC say about fear and courage? She would remind you that courage is not the absence of fear. Courage is taking action in the presence of it. While some women do the Danskinn Triathlon without fear, many others have to find the courage to overcome their fears. That's why I invented the UCFC: for all the women who are feeling fear or trepidation about training for and completing this Triathlon. Wouldn't it be great if you could walk in the front door fearful and come out the back door with a prescription for ways to overcome your fear and a real hope for a cure?

In a very real sense, there actually is a UCFC; it's called the Danskinn Women's Triathlon Series Official Training Programs. As the licensee of the Training Programs, Heart Zones offers a whole new way to cure yourself of the pre-race jitters, the fret about finishing the swim, the worry about the bike, and the concern about the run. After all, what is fondly called "Doing the Danskinn" is an incredible experience - it is one of the best ways I know to reduce stress, find joy, and lead a healthier life.

Let's take a look at the fears you might feel right now and see how a Heart Zones Training plan can help you find the courage that will carry you across the Danskinn Triathlon Finish Line.



Emotional Fitness: Working in Emotional Zone 1

Event	Description	Emotional Fitness Zone	Duration (min)	Distance
Safe Zone 1	Conscious Breathing	Z1	5-30	TBD
There are many ways for you to take yourself to Emotional Zone 1, the Safe Zone. You can experiment with several different approaches, such as meditation, visualization, and prayer, and use the one that works best for you. Here is one exercise—centered breathing:				
Conscious or centered breathing is an important part of most relaxation protocols. Centered breathing is a way of being conscious or aware of your breath. You want to focus on taking your breath deep within you to your diaphragm, which is a flat muscle between your lungs and your stomach. Your stomach will push out when you are inhaling during centered breathing. When you inhale, think of the oxygen going to all the cells of your body to give you energy, and when you exhale, imagine releasing all the toxins and stress from your body.				
Like all other types of exercise, centered breathing can take practice. Try it for 15 minutes, easing into and out of the exercise. Be patient with yourself and your environment—it's not always easy to quiet your mind in our busy world.				

MEET THE AUTHOR SALLY EDWARDS

Sally Edwards, MS, MBA, is founder and CEO ("Head Heart") of Heart Zones USA.

Sally is a former Master's World Record holder in the Ironman Triathlon, a World Record Holder in the Iditashoe 100-Mile Snowshoe Race, and a winner of the Western States 100-Mile Run. In fact, from the time she ran the 1984 Olympic Marathon Trials using her heart rate monitor, Sally has been at the forefront of a revolution in fitness training. Combining proven advances in the science of exercise physiology with her personal experience as a professional athlete, she created the Heart Zones Training System.



A founder of the sport of triathlon and a Triathlon Hall of Fame inductee, Sally is the National Spokeswoman for the Danskin Women's Triathlon Series. Sally is proud to have finished every Danskin Triathlon (as of 2005, sixteen years' worth) as the "Final Finisher," inspiring more than 200,000 women to make it across the finish line in front of her. The year 2005 marked her 100th consecutive last-place Danskin finish.

As a prolific author, motivational keynote speaker, and entrepreneur, Sally is committed to helping others improve their health, fitness, and finish by listening to their hearts.



Training Programs for the Danskin Women's Triathlon Series

Product	Features	Why
E-mail Training \$20 Our best value!	<ul style="list-style-type: none"> 8-week Heart Zones triathlon training plan designed by Sally Edwards Get 4 emails each week with workouts, ways to stay motivated, and skills and tips to achieve your goals If you feel you can train on your own with guidance and a plan from us, this is your best choice 	Have completed one or more triathlons & need motivation to stay on training plan
Web Training \$44 For self-motivated athletes who want to track their progress online	<ul style="list-style-type: none"> 8 week interactive training plan and program Ability to track your progress - up to 12 weeks of online workout logs Full access to the Heart Zones Training Center online activities Motivating stories from women athletes across the country 	Have completed one or more triathlons & want tools to help you train better
Skills Clinics \$55 or less, depending on the clinic Boost your skills and confidence with a clinic	<ul style="list-style-type: none"> Available in selected cities; visit www.heartzones.com/trainingcenter for more information Clinics include Open Water Swim Clinics, Bike Clinics, Mini-Triathlon Clinics, and others Athletes of all levels are welcome! 	Want help to improve in one of the disciplines
Crunch Time Training \$149 – 5 weeks or \$199 – 8 weeks For athletes who seek customized training and flexible scheduling with a coach	<ul style="list-style-type: none"> Personalized for you and your fitness level and goals 2 programs available – 8 weeks for all levels OR 5 weeks for intermediate or advanced level athletes Track your progress, get effective feedback and get motivated with your own triathlon coach 	Anyone who needs personal help
Team Danskin® Training \$259 Our premier training program! Get \$20 off if registering within 72 hours of Sally's talk—use discount code PRS2006 when registering at www.heartzones.com/trainingcenter	<ul style="list-style-type: none"> Optimized 8-week training plan and program 2 coached workouts per week for 8 weeks Valuable information sessions: skills, transitions, open water swims, instructions on heart rate monitor training Get special perks for being a team member Fun, motivating, and supportive group experience with our best coaches 	First Timers

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URGENT CARE FEAR CLINIC

Welcome to your personal "UCFC" where you learn the cure for jitters and how to train for the Danskin Triathlon the Heart Zones Training way.

STEP 1: LET'S IDENTIFY YOUR "SYMPTOMS."

Have you experienced any of these symptoms recently?

Statement	Yes	No
I can't swim more than 100 yards without stopping.		
I am afraid of swimming in open water.		
I get winded after 15 minutes on my bike.		
I don't like to run because it is uncomfortable or it hurts.		
I have never run 5K or 3.1 miles before.		
I am worried that I'll be too tired at the end of the bike to finish the run.		
I don't know how to use a heart rate monitor.		
I'm afraid I won't have time to do the training.		
I don't have a training program or a training plan.		

If you checked two or more of the statements above, you definitely have a case of the first-time jitters. Can it be cured? Read on...

STEP 2: WHAT'S YOUR PROGNOSIS FOR RECOVERY?

Now that we have diagnosed your condition — a case of the first-time jitters — let's find out if there is hope for a full recovery.

Answer True or False to the following questions:

Statement	True	False
I don't think of myself as an athlete.		
I admire women who are strong and fit.		
I know my family and friends would be really proud of me for doing the Danskin Triathlon.		
Deep inside, I would really like to do the Danskin Triathlon.		
I'm afraid that I'm too old or too heavy or too out of shape, but I still want to try.		
I remember how much fun it was to play as a kid, and I want to feel like that again.		

Did you mark "True" to two or more of the statements above? If so, you have come down with a recently discovered condition called AOA — Adult Onset of Athleticism. This condition typically occurs in those who have recently discovered the possibility that they just might have an inner athlete, a triathlete, who is ready for the challenge. Now that you have been diagnosed with AOA, Adult Onset of Athleticism, what should you do?

STEP 3: RECOMMENDED TREATMENT OPTIONS

1. Register immediately for the Danskin Women's Triathlon at www.danskin.com. Do it today.
2. Review this Triathlon Training Rx and write your workouts in your calendar or training log.
3. Go right now to the Heart Zones Training Center (www.heartzones.com), and sign up for one of the five different training programs we developed to help you get ready for the Danskin Triathlon.
4. Read a book about training for the Danskin so you can educate yourself about what you need, and keep a training diary to stay motivated and on track. Recommended books include *Triathlons for Women* and the *Triathlon Log*, both by Sally Edwards, available through www.danskin.com or www.heartzones.com.

STEP 4: GET STARTED—FIND YOUR MAXIMUM HEART RATE!

Want to get started training the Heart Zones way? Strap on a heart rate monitor and determine your maximum heart rate for each triathlon discipline with this simple test:

A SUB-MAX TEST TO DETERMINE YOUR MAXIMUM HEART RATE: THE "CAN YOU SPEAK COMFORTABLY?" TEST

- Step 1.** Warm up adequately for 3 to 5 minutes.
- Step 2.** Each stage of the test is 2 minutes. Starting at a heart rate of 120 bpm, increase your effort or intensity by bpm for each 2-minute stage.
- Step 3.** Ninety seconds into each 2-minute exercise stage, recite the Pledge of Allegiance or other text of similar length out loud.
- Step 4.** At the final moments of each stage and after reciting the text, ask this one question:
Can you speak comfortably?
- Step 5.** There are only three allowable answers that you may select: Yes Uncertain No
- Step 6.** Record in Column C below your heart rate number when you reach "Uncertain," then stop the test.
(DO NOT keep going until you reach "no.")

A	B	C
Answer to Question: Can you speak comfortably?	Verbal Descriptor	Heart Rate (bpm)
Yes	Speaking is comfortable	-----
Uncertain	Not sure if speaking is comfortable	bpm
Stop the Test Now		

- Step 7.** Cool down adequately.
- Step 8.** Divide the heart rate number that corresponds to "uncertain" (also called your Threshold) by 80% or .80 to get your estimated maximum heart rate.
Example: Threshold is measured at 160 bpm. Estimated maximum heart rate is $160 \div 0.8 = 200$ bpm.

STEP 5: SET YOUR HEART ZONES

A heart rate zone is a range of heart beats per minute, and in the Heart Zones system, each zone represents a 10% range of your maximum heart rate. See the following chart:

Heart Zone	% of Max Heart Rate
5	90% - 100%
4	80% - 89%
3	70% - 79%
2	60% - 69%
1	50% - 59%

HEART ZONE TRAINING® CHART

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	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
ZONE 5 RED LINE	135	140	144	149	153	158	162	167	171	176	180	185	189	194	198
90-100% MHR	135	140	144	149	153	158	162	167	171	176	180	185	189	194	198
ZONE 4 THRESHOLD	120	124	128	132	136	140	144	148	152	156	160	164	168	172	176
80-90% MHR	120	124	128	132	136	140	144	148	152	156	160	164	168	172	176
ZONE 3 AEROBIC	105	109	112	116	119	123	126	130	133	137	140	144	147	151	154
70-80% MHR	105	109	112	116	119	123	126	130	133	137	140	144	147	151	154
ZONE 2 TEMPERATE	90	93	96	99	102	105	108	111	114	117	120	123	126	129	132
60-70% MHR	90	93	96	99	102	105	108	111	114	117	120	123	126	129	132
ZONE 1 HEALTHY HEART	75	78	80	83	85	88	90	93	95	98	100	103	105	108	110
50-60% MHR	75	78	80	83	85	88	90	93	95	98	100	103	105	108	110

5 STEPS TO BETTER FITNESS AND PERFORMANCE

- 1. Choose Your Heart Zone:** Select one of the five training zones that fits your workout goals.
- 2. Set Your Maximum Heart Rate (MHR):** Find the column with your MHR at the top.
- 3. Determine Your Training Zone:** Where the training zone you selected intersects your MHR column.
- 4. Set Your Zones:** The lower number is the floor or your training zone, the upper the ceiling of your zone.
- 5. Stay in Zones During Each Workout:** Maintain your heart rate between floor and ceiling, excluding warmup/down.

Danskin Women's Triathlon Series Heart Zones Prescription for Fitness[®]

ESSENTIAL GEAR LIST

GENERAL RACE DAY ITEMS

Gear Bag marked with your race #
 Sunscreen
 Warm clothes
 Hair gel
 Pre-race snacks
 Optional
 Camera
 Vaseline or BodyGlide
 Baby powder

SWIM

Goggles
 Danskin swim cap
 Swim suit or Danskin triuit
 Timing chip & strap
 Optional
 Wetsuit
 Goggles defogger
 Heart rate monitor or chronograph

T1*

Towel
 Race number pinned to front of shirt with safety pins or secured with Race belt
 Energy food

Optional

Race belt
 Sunglasses

BIKE

Bike with bike frame number
 Helmet with helmet number affixed to front
 Shoes or cleats
 Bike tools in saddle bag
 Frame pump
 Water bottles filled with water

Optional

Cycling gloves
 Fanny pack
 Warm clothes
 Transition hood
 Bike Computer/Monitor

T2*

Water/drinks
 Energy food

RUN

Shoes
 Optional
 Lace locks
 Socks
 Bands/leaps
 GASH monitor
 Hat or visor

POST RACE

Warm clothes
 Personal items: comb, sunscreen, etc.
 A plan to meet up with your friends & family
 post-race
 Some cash
 Optional
 Cooler for the post-race picnic
 Camera
 Gels/pluies

* T1 is the swim-to-bike transition
 * T2 is the bike-to-run, or second, transition

WORKOUT TYPES

SS = Steady State
 C = Combination
 R = Recovery
 I = Interval
 Δ = Weight Workouts
 D = Stretching or flexibility session
 O = Other sport activity
 E = Emotional fitness training
 □ = No workout day
 * = Heart Zones each 10% of your maximum heart rate

Brick = two or more workouts (usually bike & run) in one training session

Urgent Care Fear Clinic
 Name of Athlete: _____
 Age of Athlete: _____

1. Train according to Rx plan
 2. Cross the Finish Line!

WEEK 1

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	21-3	15-25	SS	Swim
MON	21-3	20-40	SS	Bike
TUES	21-3	20-40	SS	Bike
WED	21-3	25-30	SS	Run
THURS	21-3	15-25	SS	Swim
FRI	21-3	15-25	SS	Swim
SAT				

WEEK 2

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	21-3	20-30	SS	Swim
MON	21-3	20-30	SS	Swim
TUES	21-3	20-30	SS	Bike
WED	21-3	20-30	SS	Bike
THURS	21-3	20-40	SS	Run
FRI	21-3	25-35	C	Bike
SAT				

WEEK 3

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	21-3	20-30	SS	Swim
MON	21-3	25-30	I	Bike
TUES	21-4	25-30	I	Bike
WED	21-3	25-30	SS	Swim
THURS	21-3	25-30	SS	Swim
FRI	21-3	25-30	C	Bike
SAT	21-3	30-45	R	Run

WEEK 4

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	22-3	25-40	I	Swim
MON	22-3	25-40	I	Swim
TUES	21-4	30-40	I	Bike
WED	21-3	30-40	I	Bike
THURS	22-3	20-30	SS	Swim
FRI	22-4	20-30	C	Brick
SAT	22-3	30-45	R	Run

WEEK 5

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	22-3	30-45	I	Swim
MON	22-3	30-45	I	Swim
TUES	21-4	30-60	SS	Bike
WED	21-3	30-60	SS	Bike
THURS	22-3	25-40	SS	Run
FRI	22-4	45-60	C	Brick
SAT	22-3	40-50	R	Run

WEEK 6

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	22-3	30-45	I	Swim
MON	22-3	30-45	I	Swim
TUES	22-3	30-45	R	Bike
WED	22-3	30-45	R	Bike
THURS	22-3	20-30	SS	Run
FRI	22-4	25-30	SS	Swim
SAT	22-4	60-75	C	Brick
SAT	22-4	40-50	I	Run

WEEK 7

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	22-3	30-45	I	Swim
MON	22-3	30-45	R	Bike
TUES	22-3	30-45	R	Bike
WED	24	Time Trial 12 miles	SS	Swim
THURS	22-3	20-30	R	Swim
FRI	22-4	60-75	C	Brick
SAT	24	Time Trial 16 miles	SS	Run

TAPER WEEK WEEK 8

Day	Zone*	Time (hr:min)	Type (SS, C, R, I, Δ, D, O, E, □)	Sports (Swim, Bike, Run)
SUN	22-3	30-45	R	Swim
MON	22-3	30-45	R	Swim
TUES	22-3	30-45	R	Bike
WED	22-3	20-30	R	Bike
THURS	□	□	□	□
FRI	□	□	□	□
SAT	□	□	□	□

Go to Danskin Expo Packet Pick Up First-Timers Clinic & Course Talk

IMPORTANT NOTICE:
 This is NOT an actual prescription. It is used for illustration purposes only. Each person should consult their physician before undertaking training programs, fitness regimens and participation in sporting events.

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SAMPLE WORKOUTS

Steady State: Zone 3 Run

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy to very fast walk	21-2	5	-
10% Skill Set	Biomechanics: work on running tall	22	5	-
70% Main Set	Run at 75-80% of your run maximum heart rate	23	15-30	2-4 miles
10% Cool Down	Easy walk or slog	21	5	-
Summary: 30-45 min 2-4 miles				

* Percentage of total training time that you should spend in each of the 4 parts of each workout

Interval: Zig-Zag Zone 2-3 Swim

Training Time*	Description	Zones	Duration (min)	Distance (yd)
10% Warm-up	Easy swim and stretch	21-2	5	-
10% Skill Set	Stroke mechanic drills	22	5	-
70% Main Set	2 lengths swim fast reaching 80% 1 length swim recovery down to 60%	22-3	15-30	500-1000 yds
10% Cool Down	Easy swim and stretch	21-2	5	-
Summary: 30-45 min 500-1000 yds				

Recovery: Easy Rider

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy ride	21	5	1-2
10% Skill Set	Cadence Drill: 100 rpm for 5 min.	22	5	1-2
70% Main Set	Ride comfortably without breathing hard at 65%-70% maximum heart rate	Midpoint 22	15-30	3-6 miles
10% Cool Down	Easy ride	21	5	1-2
Summary: 30-40 min 6-12 miles				

Combination: The 6 by 1.5 Brick

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy ride	21	5	1-2
70% Main Set	Ride 6 miles at 80-85% maximum heart rate. Transition to run. Run 1.5 miles at maximum sustainable heart rate.	Midpoint 24	Bike: 20-35 min Run: 12-20 min	Bike: 6 Run: 1.5
10% Cool Down	Easy walk and cool down	21	5	1-2
Summary: 45-65 min 6-12 miles				