

## **Training Cozumel, Qroo., Monday, October 12, 2009.**

We are a team of 15 triathletes representing Quintana Roo 11 from Cancun and 4 from Cozumel; we are the host Iron team "I'Aak" (The Iron brothers). Everyone is going to compete in the Cozumel's Ironman. Our training began with the year and we have already done the route, where the event will take place next November 29<sup>th</sup>, several times.

We have the experience that we've gotten through the previous recognition routes that we have been doing as a team. Here you have the review of our last training from last weekend; also you'll find some tips that will help to your preparation for the last 7 weeks before the event, and to take the necessary measures for the kind of weather and terrain conditions of the three routes of the event.

Sunday 11 October:

**Swimming:** 8:00 a.m. The water temperature was ideal for swimming, approx 26°C. We swam the first half of the route to check the temperature and currents for and against.

Just seeing the beauty of the place, where the Ironman will take place, is a great motivation to start, you have to see it to believe. Throughout the route you see the bottom of the sea; it's completely transparent and crystalline. That day, at the start of the route, we had to swim against the current about 500 meters, starting from the Pier through the north. As a point of reference, through the Fiesta Americana, we found nothing significant, but once we got to the point of return, back to the south we enjoyed the benefits of not swimming against the current.

**Cycling:** 9:00 a.m. We should take in count that to complete the 180 km we have to make three laps of 60 km. Now I'll only describe how the first lap was. We started at km 0 at Chankanaab Park through Punta Sur km 20, the temperature was around 26°C/79°F, 80% humidity and winds of 5 to 10kms per hour / 3 to 6 miles per hour . Everything was ok. Arriving at Punta Sur (km 20) and up to the return of Punta Norte (km 40) the temperature was 31 °C/87° F, humidity at 90% and the wind speed increase to 22 km per hour / 14 miles per hour. The sight is impressive during this part of the trail, all the time beside the beautiful turquoise sea. Sometimes in this part of the course (km 20 to km 40) you can find some crosswind so in this case it would not be recommended to use blades or very deep wheels.

Once we reached the North end return (km 40) to the center of Cozumel (km 55) the temperature remained the same but now were not against the wind so you can reach top

speeds of 40 km per hour without much effort. From km 55 to km 63, just about to complete our first lap, the wind dropped again to 5 miles per hour / 3 miles per hour, and the temperature and humidity remained the same.

**Running:** 1:30 p.m. We started running after completing two rounds of recognition, we made the second round of the bike as we will do the third one in the Event from km 0 to km 55.3 (Center for Cozumel in the City Square) where it will be the second transition and the goal.

We decided not to do the whole third lap because at that time of the day the humidity was 100% and it was not worth the physical effort for a recognition session, some of the group ran up to km 5 and back for a total of 10 km, and some others to km 3 and back for a total of 6 km. It's important to note that there is a big difference in what is the physical performance in a competition with an environment as demanding as Cozumel's is.

My first and most important recommendation for facing the challenge of competing in an environment as demanding as it will be the Cozumel's Ironman is to pay attention to nutrition and hydration during competition.

Many athletes become obsessed with the "peak performance" by undergoing rigorous training programs without paying attention to other factors such as rest, nutrition and hydration, compromising their health in the short or long term, which paradoxically restrict their ability to perform at maximum.

Proper hydration is one of the basic strategies to prevent deterioration of health and performance in triathletes, who must be attentive to it. If blood volume is reduced at the expense of sweat losses, heart rate increases with the perception of effort, although the workload is the same. The effects on performance are magnified when the exercise takes place with heat. A 2% loss of body mass and is significant.

The recommendations of fluid intake during training or competition between 500 and 1000 cc per hour, depending on climatic factors and the intensity of exercise. If the duration of the competition will take longer than one hour, is recommended the consumption of beverages designed for rehydration that contains a 4.8 g% carbohydrates and 40-50 mg% sodium. The adding of sodium to drinks helps to avoid excessive dilution of the blood, which keeps the urge to drink and minimizes losses in urine.

It is important to mention that hyponatremia (low blood sodium) is a potentially serious problem but triathletes rarely tend to suffer this in extreme endurance events like the Ironman in Hawaii. Also known as "water intoxication", just make sure to have enough hydration during the competition with fluids that contains some sodium.

The general recommendations are to take 500-1000cc of fluid per hour and 30 to 60 grams of carbohydrate per hour.

If you are interested in doing a route recognition prior to the Ironman with the host team of Quintana Roo, Iron L'aak, Nelly Becerra, Technical Director and spokeswoman of the Ironman will lead another departure on Saturday October 30 .

### **Training Agenda:**

#### **Friday 29 October**

During the day: Arrival of participants at the Wyndham Hotel, located at 5kms to Chankanaab Park through Punta Sur.

7:00 p.m. Registration and Welcome at Wyndham Hotel Room

7:30 p.m. Talking about next day recognition training, and the importance of hydration and nutrition during training and competition.

#### **Saturday, October 30**

6:00 a.m. Departure of the Official Transport to Chankanaab Park, includes entrance to the park for swimming from the starting point.

6:30 a.m. Once you're located at the starting point the swimming course will be explained to the athletes. 2km swim. Starting of the swimming journey, we will have a boat to ensure the safety of athletes.

7:30 a.m. to 12:00 pm Check out at the starting point of cycling km 0, inside the Chankanaab Park we will explain to the athletes how will be the transition area.

(1) There will be two laps of the bicycle course (120kms). There will be vehicle and mechanic support if necessary. The second round will be completed in the transition (2) and it'll be explained to the athletes, where the goal will be.

12:00 to 12:30 Transition of 20 to 30 minutes of jogging immediately after finishing the bike route, starting from km 0 of the race at km 2.5 and back, making a total of 5km.

1:00 PM Return to the hotel in an official vehicle for food and rest.

5:00 p.m. Pep talk and route concerns.

## **Sunday November 1**

5:30a.m. Departure in the Official Transport through Km0 on the race route.

6:00 a.m. Starting of the Career Training, depending on level and experience of each participant it will be made of 14kms career training (1 lap) or 28kms race (2 laps) to finish both at the goal of the event. The maximum time will be of 3 hours of running.

9:00 a.m. Return to hotel in Official transport.

9:30 a.m. Breakfast. Questions and answers. End of activities.

\*\*\* It is important to note that this is not a clinical skills training triathlon. This camp is designed for those athletes enrolled in the Ironman Cozumel who have been preparing all year long to compete and who want to join us to make a prior training on the route of the Event.

Cost: \$ 2,500.00. Includes 2 nights hotel accommodation, all meals, entrance to the park Chankaanab for swimming training, support and transport vehicle during training, guidance, advice and tips from the technical director.

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