

IT'S TIME!

It is official, the year 2010 is upon us and for those of us who enjoy participating in the sport of triathlon, it's time to start thinking about your training and racing for this upcoming season! I find it to be a very exciting time of year because after taking a much needed break from a structured training program, I am anxious to get started again.

When thinking about a training program, you must take into account what's going to be the best training plan for your individual needs. It's important to keep in mind however, there is no one training program out there which is going to benefit everyone the same. What may be the best program for me, will not necessarily be the best program for you. Fortunately for those of us living in the Wichita and surrounding area, you have some different options depending on your needs. When I started coaching triathletes in the Wichita area 8 years ago, I was about your only choice. Today however, there are other options available via the YMCA with the Try a Tri group, as well as the Genesis Multisport Group, not to mention all the possibilities via the web. It all depends on what you're looking for in a training program. If you are new to the sport and wanting the "group" or more "social" type of program, then the YMCA or Genesis program is the way to go. If you want to be more competitive and improve your performance over previous years, then you would benefit more from a specific, individual program which takes into account your ability, needs and goals.

So don't think about it too long, as the first race of the Spring will be here before you know it. Get your races picked out then get started with a training program. If you need a custom program specific to your needs or are looking for a race specific program including all the domestic full Ironman races as well as Ironman 70.3 races please visit my website www.morrowfit.com for more information. If you have any questions concerning training or training programs please feel free to contact me at morrowfit@cox.net.

Take care,
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