

# USA TRIATHLON LIFE

FUELING THE MULTISPORT LIFESTYLE



## KONA: RECAPS

**PLUS:**  
INTERVIEWS WITH  
ANDY POTTS AND  
ELLEN HART

**YOUR BODY:**  
SHIN SPLINTS AND  
LOWER LEG PAIN

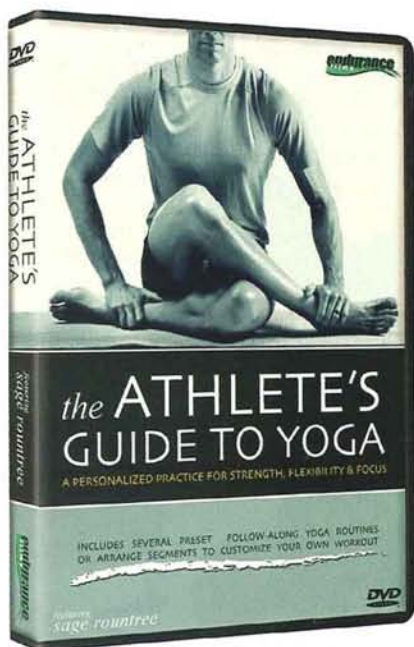
EXPANDED  
YOUTH SECTION

## TRAINING

EVALUATING YOUR SEASON  
TREADMILL TRAINING  
MULTISPORT MEALS  
AND MORE...

WHAT'S GOING ON  
IN YOUR REGION





**THE ATHLETE'S GUIDE TO YOGA** (\$30; endurancefilms.com)

Premise: A home yoga session, led by USAT certified coach and yoga instructor Sage Rountree, guaranteed to unkink tight hamstrings, loosen lower backs and generally bring on flexibility – and breath-induced bliss. With 20 chapters of asanas, you can flow through them all (a two-hour practice), choose a prearranged sequence that hits on a problem area, pick one associated with your current training state (strength for base period, flexibility for building, focus for peaking) or create your own class by piecing together segments. Three options (beginner, intermediate and challenging) are shown with each of the 100 poses. **TESTERS SAY:** “An excellent yoga video,” says Sherri, who, for the past eight years, has downward dogged at least once a week to supplement her triathlon training. “I think yoga can prevent injury and increase range of motion, which can lead to greater power and speed.” She really liked the different structuring options. She notes that she wished the chapters had their running time listed so when she went the DIY route, she knew how long the routine would be. Briana was equally as psyched with the overall package: the calming narration, athlete-specific focus (“I loved that there were specific poses for opening my hips and stretching my IT bands,” she says) and ability to customize it. In just three sessions, “I could already see improvement in my flexibility and core strength,” she says. The only negative: the instruction is moderate, not overly detailed, notes Sherri. For somebody brand new to yoga, it would be advantageous to go to a live class with an instructor a few times to become familiar with the postures.

**RATING: 4.5**

**AVI-TRAIL SHOES** (\$90; avia.com)

Premise: A shoe that lets your feet flow into four-wheel drive without slowing you down. An aggressive solid-rubber outsole lets you travel over wet roots and rocks without losing your footing, while a lightweight mesh upper keeps scree and other potential blister-causers out. That said, with the shoe's cushioning from toe to heel and shock-absorption in the heel and forefoot, your feet might not even know you hit the dirt. **TESTERS SAY:** “Pretty sleek for a trail shoe,” says Kathleen, who appreciated the moderate flex in the mid-foot and shape of the shoe. She tested them on dry, hard trails, and found the upper (material part) adequate protection, but worried that they may be a little light for more severe trails or weather. Similarly, Dave, whose narrow feet swam in the medium width, thought they could handle, “small streams and light rain,” but probably aren't beefy enough for true winter running. Both thought the cushioning was spot-on.

**RATING: 4**



MALE



FEMALE



**TRX SUSPENSION TRAINER HOME TRAINING BUNDLE**

(\$200; fitnessanywhere.com) Premise: A home gym far beyond a set of dusty dumbbells. The bands, which can be adapted to all fitness levels and easily anchored to a stable object, combine with body weight to provide appropriate resistance and a workout that leaves no muscle behind. Two DVDs and laminated workout guides are included.

**TESTER SAYS:** Time to chop up the gym membership card. “I was able to get in a challenging workout in less than 45 minutes at home – without hiring a baby sitter,” says Marc. The setup was, “quite easy and the products of high quality,” and both the DVD and illustrated instructions were easy to follow and informative. Because most of the moves require stabilization from the core, the recommended exercises were all quite helpful for triathletes; a strong core is what makes the last miles on the bike and run (relatively) less painful. One minor drawback Marc noted was that, “it can be difficult to achieve a high level of resistance with the TRX gym.”

**RATING: 5**