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What's New @TriOntario

Roots Orders

We had a very successful first batch of orders for our warm, Triathlon Ontario styled, Roots hoodies. Thank you to all of those who put an order in. We will be putting in another batch next month. Stay tuned for the full details



2014 Memberships

Membership for the 2014 season has been open for a few weeks now. Don't forget, that in order to sign up for a 2014 race you will need to sign up to become a 2014 member.

Wondering what all of the great benefits of membership are? [Click here](#) to find out.



Con Ed Coaching Program

The Con Ed Coaching program is in Beta testing with a select group of coaches at the moment. Expect it to be rolled out sometime next month. If you haven't already, check out the teaser (below).

Upcoming Events

NCCP Certified
Community Level
Coaching Course (2 Days)
- Ottawa

LPC Winter Triathlon
Clinic - Windsor

NCCP Certified
Community Level
Coaching Course (2 Days)
- Toronto

Training Days -
Peterborough

Provincial Official (PTO)
Level 1 Course –
Muskoka

NCCP Certified
Community Level
Coaching Course (2 Days)
- Muskoka

Inaugural Indoor
Provincial Championships

PDP North American
Sarasota Prep Camp

90 Minute Indoor Cycling
Class (23 weeks) -
Oshawa

Click to view event
calendars:

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Provincial Championship Logo

Introducing our new Provincial Championship logo. Where ever you see this logo next to a race, expect that race to be a Provincial Championship.

The 2014 Provincial Championship races are set to be announced on Wednesday January 22, 2014.



[Like it on Facebook](#) (you will have to log in first)

Q&A with Coach Greg and Tara's Nutrition Analysis

The 2014 triathlon training season is in full swing. If you would like Tara to look at your Nutrition or you would like to get a review please contact developmentprog@triathlonontario.com and/or if you have a triathlon question for Coach Greg send it into developmentprog@triathlonontario.com and receive some FREE triathlon swag. OR click on the apple below ☺.



2013-2014 Quest for Gold Draft List of Ontario Card Nominations

We are pleased to announce a draft list of athletes who have been nominated for Ontario Cards under the 2013-2014 [Quest for Gold](#) - Ontario Athlete Assistance Program (OAAP). The athletes nominated were

selected using the sport specific selection criteria developed by Triathlon Ontario, approved by its Board of Directors and applied by the Selection Committee.

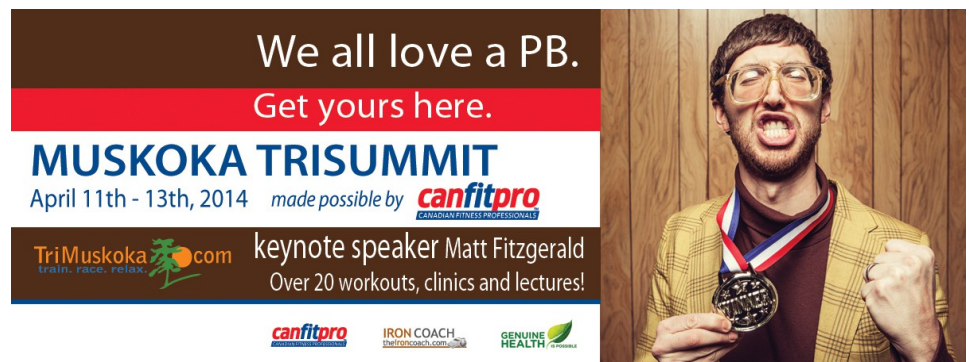
The list of athletes include: Taylor Reid, Myles Zagar, Austen Forbes, John Erik Rasmussen, Samantha Klus, Kirsten Vergara, and Dominika Jamnicky.

QUEST FOR GOLD

Please note that this list is unofficial and is subject to change pending the outcome of any appeals and/or any re-selection decisions made by the Selection Committee or the *Quest for Gold* Appeals Committee. As a consequence, this list should not be seen as final.

Athletes who have not been nominated and who wish to appeal this decision can do so by following the process set out in the [Selction Criteria](#) document.

2014 Muskoka TriSummit



The banner for the Muskoka TriSummit features a man with glasses and a beard, wearing a medal around his neck and holding a medal in his hand. The text on the banner reads: "We all love a PB. Get yours here. MUSKOKA TRISUMMIT April 11th - 13th, 2014 made possible by canfitpro CANADIAN FITNESS PROFESSIONALS keynote speaker Matt Fitzgerald Over 20 workouts, clinics and lectures! TriMuskoka.com IRON COACH theironcoach.com GENUINE HEALTH".

The Muskoka TriSummit is **Canada's only endurance sports conference put on by endurance athletes for endurance athletes.**

What the TriSummit is

The Muskoka TriSummit is an educational opportunity to make endurance athletes, from try-a-triers to experienced, to:

1. Become smarter about their training, their racing, and nutrition strategies
2. Train better with improved technique to improve your efficiency and power, and
3. To learn from some of the best in the sport including our keynote speaker Matt Fitzgerald
4. Attend hands on technique clinics with low instructor to attendee ratio so you can get some personal tips on how to improve your technique

What's new this year

We have Matt Fitzgerald coming as our keynote speaker and there are a number of professional coaches and athletes who are leading the rest of the seminars and clinics.

- A full day CEC accredited preconference on "Coaching the Endurance Athlete" made possible by canfitpro.
- New daily format: early morning workout, morning keynote and seminars, and then technical hands on clinics in the afternoon.
- Social events: we will be having a Saturday dine around followed by a social event that will allow you to mingle with the speakers and sponsors in a relaxed setting
- Demo Power Hour: sponsors will give athletes the low down on their company and what is new and the latest and greatest from their side of the sport.
- Expo: different from a race expo where athletes don't have time to actually talk to businesses about their products, this will provide them with a relaxed opportunity to chat to companies that

only want to make them smarter, faster, and stronger.

Where can I find all the details

On our website, www.trimuskoka.com. Registration is \$199 for Friday evening/Saturday/Sunday, and \$99 for the Friday pre-conference** on “Coaching the Endurance Athlete” (**\$49 for canfitpro members). Contact muskokatrisummit@triathlonmuskoka.com with any questions or partnership inquiries.



Inaugural Indoor Provincial Championship

Winter is Boring! Now it doesn't have to be. Introducing the Inaugural Indoor Provincial Championship, taking place Saturday, February 1, 2014 at McMaster University.



The format will consist of 15 minutes of indoor swimming in a 25 metre pool, an eight minute transition window to get from the pool to the bikes, 15 minutes of indoor cycling on electronic stationary bikes (provided), a two minute transition window to get from the bikes to the 200 metre indoor track, and finally, 15 minutes of indoor running. Participants will score points based on their performance in each event.

[Read More](#)



Training Days

Our provincial development program training days are a big hit. If you haven't signed up for them yet there are a few coming up in Peterborough and Guelph.



Training Days will be supplied, complimentary, by [INFINIT Nutrition](#)

Triathlon Ontario Partners with Lisa Bentley to Offer Additional Age Group Training Camps

In an effort to build additional membership value, we have partnered with recently announced Triathlon Canada Hall of Fame inductee Lisa Bentley, to offer a series of training camps for age groupers.

All Triathlon Ontario members will receive a 15% discount off the cost of the camps.

The series of camps and details are as follows:

4-days-20-hours Florida Training Camp - February 14-17th (Friday to Monday) inclusive - \$379 USD (or \$379 CAD plus HST) includes all coaching, training and technique sessions, Friday night dinner, entry into the National Training Centre (pool time, gym, track), PowerBar Nutrition welcome kit and fuel, finisher t-shirt. Details can be found at <http://lisabentley.com/success-camps/4-day-20-hours-powerbar-lbt-family-day-long-weekend-florida-camp/>.

March Break Camp - March 8/9 - 15/16 - \$699 CAD plus HST or \$699 USD - a longer camp with more technique - includes all coaching, training and technique sessions, Friday night dinner, entry into the National Training Centre (pool time, gym, track), PowerBar Nutrition welcome kit - further details can be found at <http://lisabentley.com/success-camps/clermont-success-camps-2013/>.

April Camp - April 5th-12/13th - \$699 CAD plus HST or \$699 USD - longer camp with more technique - includes all coaching, training and technique sessions, Friday night dinner, entry into the National Training Centre (pool time, gym, track), PowerBar Nutrition welcome kit - further details can be found at <http://lisabentley.com/success-camps/clermont-success-camps-2013/>.

Each of the above camps are Triathlon Ontario sanctioned camps.



Triathlon
ONTARIO
Sanctioned by Triathlon Ontario

LPC Florida Training Camp

We have partnered with Loaring Personal Coaching to offer a triathlon training camp in Orlando, Florida during March Break (March 8th to 15th, 2014). This week-long camp is ideal for adult triathletes of all abilities (beginner to advanced).

TRIATHLON ONTARIO MEMBERS GET 20% IF REGISTERED BY FEB. 1

Campers will enjoy the spacious accommodations, and neighbouring surroundings, of Emerald Island Resort, scenic rolling roads for cycling, and beautiful orange grove running trails. The National Training Center, and the 350 meter River Island Pool at Orange Lake Resort, will be home to technical swims that will feature stroke correction, above water and underwater video analysis, and open water simulations. [Read More](#)

Coming Soon...

Triathlon Ontario is planning **something special for age groupers** in recognition of World Championships being in Canada this year. Stay tuned for a special announcement in the coming weeks to find out how you could compete for a **\$500 cash prize** when we issue our “Triple Crown Challenge”!



Nutritional Analysis

Triathlon Ontario Profile:



Name: Irene Rey

Age: 36

Occupation: Manager, Risk Management

Hometown / Place of Residence: Toronto

Years in Triathlon: 1 (technically, from my first race – 6 mos)

2013 Triathlon Goal: ITU Worlds Sprint Distance

Dream Triathlon Goal: Ironman (something crazy and exotic like Lanzarotte, maybe Kona?)

Nutritional / Training Concerns:

5. Balance of food at meals
6. Type of food available in my freezer or fridge (i.e. ready to go, prepared)
7. Food Ideas! (I get bored easily)
8. During racing season I need more food and get tired of the same thing – need ideas for variety
9. I'm not a fan of breakfast... ugh oatmeal, etc

My Day

Training - at least 1-2 hours of swim or bike or run, 3x/wk 45 min weight workout, weekends are 2-4 hours of training/day

Food

Breakfast – coffee & cliff bar – usually hungry/starving by 10am.

Lunch (main meal) – 4-6oz. chicken, ½-1C veggies, ¼-1/3 cup grain (quinoa, rice). I eat turkey chili a lot too

Dinner – pizza pops, frozen dinner (like lean cuisine) whatever is in the fridge or freezer and easy, whatever I have time for

Snacks – crackers and hummus or apple or protein bar

My biggest weaknesses are Breakfast and Dinner!

Registered Nutritional Consultant, Triathlon Coach and Personal trainer, Tara Postnikoff, assesses an athlete's food journal and offers advice for improved athletic performance and health.

Tara's Tips

Congratulations on qualifying for the ITU Worlds in Edmonton, Irene!

Since Breakfast is your weakness let's start there. For starters you are hungry two hours after breakfast because you didn't eat breakfast. A sports bar is not a healthy balanced breakfast. You're getting around 200 calories of mostly sugar, and while bars can be used to tie you over from workout to meal occasionally they should not be used as replacements for meals. Why not try a smoothie. They take minutes to make and you can pack them full of nutritious goodness and take it with you if you are short on time. My suggestion for a balanced smoothie is:

- 1 scoop high-quality unflavoured protein powder or ¼ cup Greek yogurt
- 1 cup berries or other favourite fruit
- 1 handful of spinach
- ½ avocado or 1tbsp coconut oil
- 1 tbsp chia or ground flax seeds
- 2 cups water



Toss it all in a blender and puree for 30 seconds or until smooth. Heck you can even add a shot of espresso to this if you want. (tastes great with a banana, 1 tbsp cacao powder and 1 tbsp almond butter)

Snacks- While this meal should hold you over for at least 3 hours, if you are hungry eat. Keep your office loaded with fresh cut veggies and have some raw nuts on hand. 24 raw almonds and a cup of veggies is a great snack for someone as active as you. Alternatively try a couple hard boiled eggs with some veggies, or ½ an avocado with some veggies, or a bowl of Greek yogurt with berries. These are great as morning and afternoon snacks. If you are training in the afternoon, add a piece of fruit to this snack and have it about 2-3 hours before your workout starts.

What about water? You don't mention any fluids, so if you are not already consuming 2.5-3L litres of water per day, start working on increasing that.

Lunch- it's looking great, but triple up those veggies to 3 cups!

Dinner- Draw inspiration from your lunch. If you are preparing lunch, then prepare extra for dinner. If you are not making your own lunch then don't buy convenience foods like pizza pops and frozen dinners. Instead batch cook on nights that you are home or weekends so you have healthy options to choose from when you come home late, tired and hungry.

Make a big pot of brown rice, quinoa or beans for example and this will keep all week. Portion it out into 5 dishes so it's ready to go. You can also pre-cook chicken breast, fish or any meat and freeze it for use at the end of the week (just take it out of the freezer in the morning so it is thawed by the end of the day. Cooked meats will keep safely for 3 days.

If you are not fueling your body properly then what is the point of training.

Roasted vegetables are also great. Chop up some yams, squash, beets and carrots and bake them in large batches on the weekend so they are ready to go. Add some salad greens and you've got a great tasting meal at your fingertips. Make your fridge your healthy buffet. You can change things up weekly to prevent boredom. And herbs and spices can change the outlook of any meal!

Alternatively invest in a slow cooker. You can plunk a chicken, or roast in there with a variety of veggies in the morning and it will be ready for you 10 hours later when you come home. Get one with a timer and a stay warm function.

I hope that helps. Remember you invest a lot of time and energy into your training but you really need to prioritize your nutrition too. If you are not fueling your body properly then what is the point of training. Proper nutrition will help you reach those dream goals and keep you healthy too!

Good luck with your training and racing!

For more information, Tara can be reached at tara@heal-nutrition.com

New Coaching Course and Officials Course Added in Muskoka

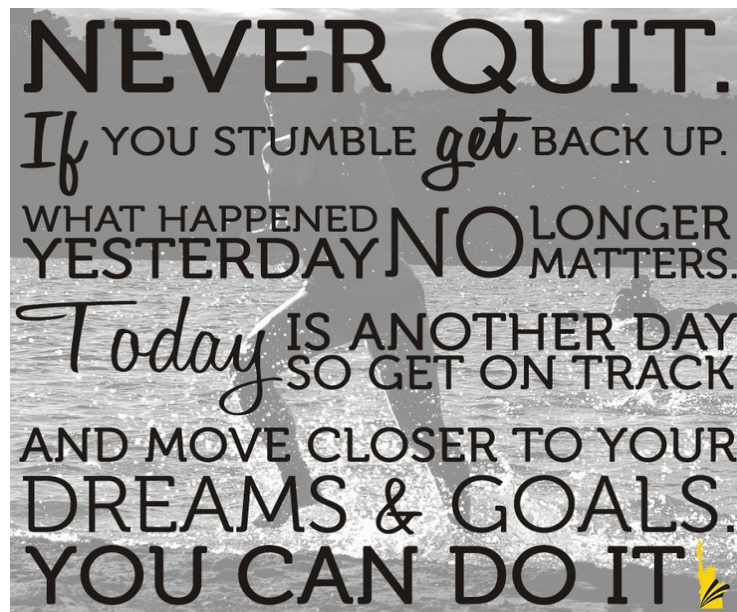
We have two new Official's courses in Ottawa & Windsor on March 22, 2014 & March 1, 2014. There is also a new NCCP Community Level coaching course in Toronto in creation. Details and registration for the coaching course can be found [here](#) and details and registration for the official's course can be found [here](#). Space is filling up.



[Sign Up Now!](#)

[Stay Tuned](#) for more courses.

TRInspiration



Visit TriathlonOntario.com for the latest triathlon news, events, camps, and clinics

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