



# Hello All!



## Have a Heart, a Healthy One!

By: Laurie Bishop

When it comes to matters of the heart, our Coach Jackie is on task this eBlast, finding several important sources for us all to take in. To begin with, The American Heart Association has an easy 7-step goal to good heart health

1. Get active
2. Eat better
3. Lose weight/maintain healthy weight
4. Control cholesterol
5. Manage blood pressure
6. Reduce blood sugar
7. Stop smoking



With those goals in mind, let's explore five heart facts from an article that Jackie found by Richard Krasuski, MD, director of Adult Congenital Heart

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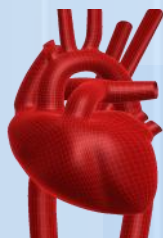


*"Unless you test yourself, you stagnate.  
Unless you try to go beyond what you've been able to do before,  
you won't develop & grow.  
When you go for it 100%, when you don't have the fear of 'what if I fail,'  
that's when you learn.  
That's when you're really living."  
Mark Allen six time Iron Man World Triathlon Champion*



Disease Services and a staff cardiologist at the Cleveland Clinic.

In the article on WebMD, Dr. Krasuski explains five little known facts about your heart.



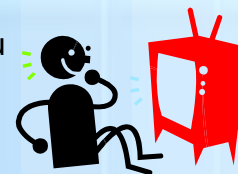
1-The first fact he discusses is that the heart functions as an amazing pump. “Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body” (Krasuski). When you stop to think about the fact that “your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues” (Krasuski), you can’t help but be in awe. 60,000 miles...

2- We all know men and women think about matters of the heart differently, but did you know that our physical heart is also different from one another? “A man’s heart weighs about 10 ounces, while a woman’s heart weighs approximately 8 ounces” (Krasuski). Now there is something you men can tell your significant other when she says you haven’t got a heart. Now you can say, “Well, actually I have 2 ounces more than you do.” On second thought, maybe you should keep that gem to yourself in times of a disagreement. Not only are men and women’s hearts different, the signs of a heart attack differ from men to women.



“When women have a heart attack -- and more than a half million do each year -- they’re more likely to have nausea, indigestion, and shoulder aches rather than the hallmark chest pain” (Krasuski). Unfortunately, one thing we do have in common is that heart disease is the biggest killer of both men and women.

3- We have all heard it before: laughter is the best medicine. But, did you know that “a good belly laugh can send 20% more blood flowing through your entire body” (Krasuski). Watching that comedy tonight could do you some good. In fact, “when you laugh, the lining of your blood vessel walls relaxes and expands” (Krasuski). So, laugh it up!



4- Not only are Monday mornings awful, “you’re more likely to have a heart attack on Monday morning than at any other time of the week” (Krasuski). That sounds like a good reason to take a late start to your Monday to me! This is how Dr. Krasuski explains it in case you need to use this excuse with your boss when you are late to work: “levels of a stress hormone called cortisol peak early in the day. When this happens, cholesterol plaque that



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has built up in the arteries can rupture and block the flow of blood to the heart. Add in the rise in blood pressure and increased heart rate from the stress of returning to work after the weekend, and you have the perfect recipe for a Monday morning heart attack.”



5– The last thing Dr. Krasuski discusses is a topic I am not including a clip art picture for because it is... you see it is about...well, it concerns...sex! The good doctor says studies have shown that “having an active sex life could cut a man’s risk of dying from heart disease in half. For men, having an orgasm three or four times a week might offer potent protection against a heart attack or stroke.” He also adds that it is great exercise, burning approximately 85 calories every 30 minutes. Now there’s an exercise Coach Jackie can add to the Training Peaks Plan, although I’d hate to see the icon for that. I can hear everyone whining to their significant others now, “But honey, it is part of my training plan...”

To read Dr. Krasuski’s article in its entirety, go to [http://www.webmd.com/heart/features/amazing-facts-about-heart-health-and-heart-disease\\_](http://www.webmd.com/heart/features/amazing-facts-about-heart-health-and-heart-disease_)

Coach Jackie also found a free webinar on heart health by Dr. Larry Creswell who is a heart surgeon and faculty member at the University of Mississippi Medical Center in Jackson, Mississippi. Dr. Creswell is also an avid triathlete and open water swimmer. Dr. Creswell’s webinar discusses:



- 1.Exercise: Heart and Health Benefits
- 2.Cardiac Adaptations to Exercise: The Athlete’s Heart
- 3.Sports-Related Sudden Cardiac Death....and Prevention
- 4.Potential Long-Term Adverse Consequences of Endurance Sport
- 5.Caring For Your Heart.

Just use the link below to begin the webinar.

<http://www.usatriathlon.org/events/webinars/members/dr-larry-creswell.aspx>







# Marineland Olympic May 12, 2013



By: Cathy Duncan

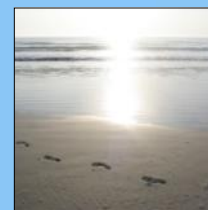
When I married into the Duncan Clan, I adopted its motto, "Learn to suffer," or preferably, "Learn to endure." The Scots must make great triathletes! During my first real season of training, I was not able to achieve my goal of an Olympic distance race due to some injuries and life challenges. I had taken a temporary job in Florida for a year, and, without much else to do, I resumed my training. Duncans are not quitters. I took on my first Olympic at Marineland, healthier, stronger, and wiser this time around.



Marineland is known for dolphin training and marine biology research. It used to be a popular tourist site before the theme parks of Orlando took over, but you can still arrange swimming with the dolphins at the training facility. At Marineland, I was about to put some of my own training to use. I only wish Jackie had been there to offer me treats!

I really love everything about the water, and I really wanted to do an ocean swim before moving back to North Carolina. When I got to the race site just south of the St. Augustine historical district, my first thought was I must be crazy to want to do this on Mother's Day of all days. But, I decided to make like a dolphin, have fun, and roll with the punches.

My nature is to obsess, and this race was no exception. Days before the race, I worried about the conditions: the wave height, the chop, the wind, the heat, the humidity, etc, and questioned whether I should be doing this race at all at my age. I'm 56 for goodness sake! I practiced countering these negative thoughts with positive ones. I'm healthy, I'm strong, stay focused, keep my pace, relax my breathing, keep going, etc. I also repeated the serenity prayer. Give me the Strength to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference. Throughout the race, I repeated Strength, Courage, Wisdom. It had both calming and empowering effects.



Ocean swims can be pretty chaotic, and I wasn't sure what to expect. It turned out to be perfect conditions with gentle waves and minimal chop. The visibility was pretty good, and I had little trouble sighting. I found some swimmers to draft when I got tired, and knew that if I kept going parallel to the beach, I would eventually get to my destination. I finally circled back to the beach only to circle again for another loop.



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Although I was getting tired at that point, I knew what to expect and was more relaxed on the second loop. I had debated wearing the wet suit days before as the water was 73. I decided to wear it hoping that the advantage I gained with it during the swim would balance out the extra time getting it off during T1. I think it was a good trade off and have no regrets.

The bike was a scenic ride, perfectly flat, along the Atlantic coast. I anticipated the wind and had practiced in it. It was a double out and back, going South against, then North with the wind. I didn't try to muscle through the wind, and I paid more attention to my effort and kept a high cadence. On the last trip back to T2, I gunned it.

The run was definitely the most challenging part for me. Whereas it seems I can swim all day long without breaking a sweat, just thinking about running can drive up my heart rate! Starting out, my legs were heavy, it was hot and humid, and I starting having self-doubts. Countering these negative thoughts was difficult but amazingly effective. And here's where the Wisdom came into play. For instance, I knew I had no control of the heat, but I could cool down my core by letting the breeze have access to my sweaty armpits. My mantras were Fast feet, Spring forward, One mile at a time. I am Healthy, I am Strong. I can do this all day long. I took a break at every mile to hydrate and cool off by pouring water over my head. I was able to stay pretty focused throughout the run.



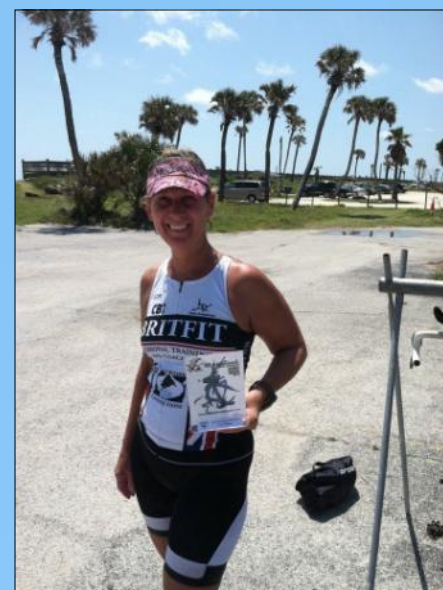
Crossing the finish line, I swore I heard bagpipes in the distance as I was greeted by my Scottish husband and brother-in-law. Living up to the Duncan motto, I had learned to suffer a little and endure a lot. But, it was my British coach who prepared me for that final exam, with her grueling assignments, her encouragement and faith in me. Not only did I pass the exam, I won the race.



Note: When Jackie asked me to write a race report, being the over-achiever that I am, I hopped right to it. Aside from some minor editing, this race report was actually written before the race. I did this as a mental exercise. For every challenge I anticipated, I projected a positive outcome. I did have an unanticipated cramp in my toes during the run and in hindsight, I would have hydrated more. I really didn't find anyone to draft. I did think about adding that I clung to a dolphin fin to pull me along when I got tired but questioned whether or not that would be USAT legal. Everything else went exactly how I envisioned it.

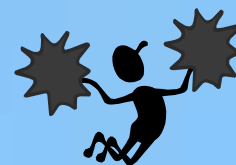


This race was finished before it even got started.





# Hurrah!



**Cathy** had a great race at Marineland, Florida taking first in her age group. See details in her included race report.

**Karine** took first place female overall in the Little Washington, NC FS100 race, yeah!!

And congratulations to sisters **Renee** and **Audrey** for completing their first open water triathlon sprint. Below is a time sequenced photo of them both crossing the finish line holding hands! How sweet!

I am so proud of you all for the hard work you put in and believing in the plan.



## Things to come

Many of you have started to taper off for the Raleigh 70.3 event coming June 2<sup>nd</sup>.

For those of you unfamiliar with this; this number represents the total mileage for the Triathlon event.

The 1.2 mile swim will take place at Vista Point in Jordan Lake, the 56 mile bike ride will be a point to point from the lake to the 'Shimmering Wall' in Raleigh and the 13.1 mile run will leave T2 in the Red Hat Amphitheater and be an out and back to the NC Art Museum, finishing downtown.

Most of the hard physical work is done; now it's definitely time to finish off the fine tuning with your Mental Skills work, so remember; **Practice, practice, practice!**





Finally, to recap on some suggestions to help you be better prepared for the heat that some of us are lucky to get on race or training days!



#### 1. Gear makes all the difference:

- Wear a run cap, preferable a white one, it shades you and offers a nice way to hold ice on the crown of your head to help lower your core temperature. Pouring ice water/ice inside your shirt too will do this.
- Wear Arm Coolers, not only do these protect your skin from sun damage along with sunblock but if you pour cold water on them they will help cool your core too.
- Light colored clothing also reflects the light and dissipates heat.
- Carry some fluids with you. I personally like my Nathan single bottle holder as I can half freeze it and top off with water so it melts and keeps cool.
- Use some body glide on feet, sides of arms, anywhere you are prone to rubbing, nipple guards to thwart rubbing, it's amazing where you can chafe!

#### 2. Plan your route:

- If riding be sure to know you have a pit stop along the route to restock with water and ice
- Do the longer runs as out and backs so you can re-supply with ice water etc.

Hydration and electrolyte replenishment;

- Daily drink 0.5 fl oz of your body weight(8-10 cups water)
  - Pre Workout (30 minutes) drink 8-12floz cool water
  - During workout: 4-6 oz. every 15 minutes, no less than 16floz no more than 28floz if very hot as this can lead to hypernatremia (can lead to death)
  - Post training/event: Drink 16 to 24 fl oz during the next hour or 24floz per 1lb of body weight lost with supplement of electrolytes( pickle juice, V8 can help too alongside the water intake)
  - Be sure that the fuel of your choice, be it a sports drink or gel has added electrolytes so maintain appropriate blood sodium balance. Most do. If training for more than 2 hours outdoors or sweating excessively add an electrolyte supplement, such as Salt Stick or Endurolyte capsules. Read the dosing guideline on the container for your needs.
  - If using Gatorade choose the G2 instead of regular as has added electrolytes without the common GI distress the regular high sugar strength can cause.
- #### 3. And above all wear a mineral based sun block, with Zinc Oxide. Reapply every hour so have a small tube with you in your biking jersey back pocket to keep you protected.

Hope this helps. Please offer any suggestions and techniques you may have crafted too.

*Thanks for all your hard work and faith in the plan!*

*-Coach Jackie*