

# Supplemental Training for the Triathlon

## Three-Part Seminar

### Yoga and Flexibility Training for Triathletes

### Core and Strength Training to Benefit Triathletes

### Running Form and Speed Drill Training for Triathletes

April 11, 2010  
1:00 PM – 6:00 PM  
USAT CEU Credit Course

Human Performance Consulting Athletic Lab  
951 Aviation Pkwy Suite 1000, Morrisville, NC 27560  
Just minutes from Raleigh & Durham

#### Sage Rountree

Yoga and Flexibility:  
Why flexibility is important.  
The right and wrong time to stretch.  
Yoga as an approach to flexibility.

#### Mike Young

Functional core training and strength training in and out of the weight room for enhanced mechanical efficiency and improved triathlon performance.

#### Andrew Allden

Running form and how speed drills and improved running mechanics can improve running performance for the triathlon.

**Registration fee:** \$150.00 USAT Certified Coaches; \$175.00 USAT Members; \$200 General Public

**Registration:** <http://www.sportoften.com/events/eventDetails.cfm?pEventId=5683>

**Or mail check:** Andrew Allden, Athletic Lab 951 Aviation Pkwy - Suite 1000, Morrisville, NC 27560

Include Name, Address, Email, Home and Cell Phone and USAT # if applicable.

**Questions? Contact:** Andrew Allden, [aacoaching@aol.com](mailto:aacoaching@aol.com) 919-619-3426 or see <http://athleticlab.com/triathlon/>

## INSTRUCTORS

**SAGE ROUNTREE, PhD**, is an Experienced Registered Yoga Teacher and USA Triathlon level 2 certified coach. She holds certifications from USA Cycling and the RRCA, as well. Sage is author of *The Athlete's Guide to Yoga* (VeloPress, 2008) and *The Athlete's Pocket Guide to Yoga* (VeloPress, 2009); creator of *The Athlete's Guide to Yoga* DVD (Endurance Films, 2008); and a contributor to *USA Triathlon Life*, *Runner's World*, and *Yoga Journal*. Sage has competed for Team USA at the Short-Course World Triathlon Championships, run the Boston and New York Marathons, and completed Ironman Coeur d'Alene last year. Her coached athletes compete at all levels, including duathlon long- and short-course World Championships. Athletes of all sports and levels—from former Olympians to professional triathletes to the University of North Carolina football team—praise Sage's practical, straightforward teaching style. She teaches workshops nationwide, including annual retreats at the Kripalu Center for Yoga and Health and at ZAP Fitness, an elite training facility for postcollegiate runners. She trains, teaches, and coaches in Chapel Hill, NC.

**MIKE YOUNG, PhD**, is director of sports performance for Human Performance Consulting. Mike serves as the group's primary biomechanics and strength and speed consultant. Mike is also the head coach for the HPC Elite team. Mike has an undergraduate degree in exercise physiology, a master's degree in athletic administration, and a PhD in kinesiology, with an emphasis in biomechanics. He has studied extensively in anatomy, physiology, sport psychology, motor learning, training theory and biomechanics. Mike coached collegiate track and field at Ohio University, Louisiana State, and Army. Mike's athletes rewrote the record books with 9 school records and 24 conference championships. He has been a guest at all three U.S. Olympic Training Centers as an athlete (Lake Placid), sport scientist (Colorado Springs and Chula Vista), and coach (Colorado Springs). Mike has worked with several Olympians, national champions, and collegiate national champions in the sport of track and field. In addition to working with track athletes, Mike has also trained athletes from a variety of other sports. A Level 1, 2, and 3 instructor for USATF, he also serves as the director of technology and biomechanics chairperson for USA Track and Field's Coaches' Education division. Mike is certified as a USA Track and Field Level 1, 2, and 3 coach and is only one of two people to be a Level 3 instructor in three different disciplines. In the field of strength and conditioning, Mike is an NSCA Certified Strength and Conditioning Specialist as well as a certified USA Weightlifting Club Coach. He is well versed in coaching the Olympic lifts and creating specialized strength, speed, and conditioning programs to help maximize the performance for any sport.

**ANDREW ALLDEN, MEd**, is the head coach of endurance events for the Human Performance Consulting Elite Team. He joined the HPC staff following a successful 20-year collegiate coaching career in track and cross country at the Division I level. As a college coach, Allden served as the cross-country and distance coach at the University of North Carolina, the University of South Carolina, and Tulane University. He also served as head track and cross-country coach at Tulane University and Coastal Carolina University. Allden has been a successful coach of elite runners for a number of years. His current top charge is the #5 ranked 800m male in the U.S. (outdoor, 2009). Allden has coached athletes ranging from an Olympic 4 x 400 silver medal winner to a top-10 U.S. Olympic Marathon Trials finisher. Road running athletes coached by Allden range from a state masters marathon record holder to a national ultramarathon champion. Nationally known as a USATF Level I Coaching Educator for the endurance events, he has directed and instructed in 20 USATF Level I coaching schools in the past dozen years. As a cross country coach he earned coach-of-the-year honors on North Carolina, South Carolina, and Louisiana. While at Coastal Carolina Allden was the Southeast Region coach of the year and a finalist for national coach of the year. Allden was the men's distance coach for the U.S. men's track and field team at the IAAF World Indoor Championships in Budapest, Hungary, in 2004. At the 1996 Atlanta Olympics, Allden directed the distance practice facility. Allden currently serves as men's long distance running and coaching education chairman for NC USATF. Allden is a 1986 graduate of Emory University and has a master's in sport administration from the University of Georgia (1991).