



Courage is resistance to fear, mastery of fear - not absence of fear.

Mark Twain

Fear is not a good indicator of risk and reward. Fear is so very personal and often has no bearing on our safety. We can feel fear for both real and perceived dangers. The art of life includes proper assessment of fear and the ability to move beyond it when appropriate. Fear can ignite action and paralyze action. Can you face your fears in swim, bike, run and triathlon and master them to find success? You already have! You are courageous!! Congratulations!!

Triathlon ... like life ... has risks. It's scary and exciting and undeniably satisfying. We all choose varying levels of risk in our lives: driving, walking, cleaning! Acceptable risk is a personal choice and that's different for everyone. Until Sunday, I felt strongly that the risk of shark attacks at CdM was quite low. History and statistics were in our favor. That all changed when Maria was bitten. With the revelation that several sharks are still lurking along the coast quite close to shore, the risk is now - and hopefully temporarily - unacceptable. Until Monday, I swam at CdM and encouraged my daughter and TriLaVie members to enjoy the ocean. I feel a range of emotions but will continue to assess the real risk versus the real fear and decide whether or not to ocean swim in the future. Through the summer, TriLaVie will suspend swimming in open waters from San Clemente to Sunset Beach. We'll swim at Lake Mission Viejo, Newport Dunes and Long Beach Bay. Our risk in these locations is low and as acceptable as our biking, running and racing. And a life worth living!!

Onto training! You are just 4 weeks from Vineman 70.3! You are entering the peak phase for race prep and the training is intense. The attention to the supportive details is intense: fueling, stretching, self-care, planning, preparation, race goal obsession, rest and sleep! OH MY!!~ Keep the focus. You are on the homestretch now.

HOMEWORK: Submit race estimates and some details via the [ONLINE LINK](#) by Tuesday, June 14th at 8pm.

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| 6 | OFF | Brick: Cycle/Run | Swim | Run *Renegade Summer Trail Race! | Swim | Cycle *TLV Mega Ride with Aid Station on SART | Long Run/Walk |
| R A C E P R E P | or Swim Skills or Cross Training that is NOT bike or run | Interval 1.5 hrs Hilly Ride or Hill Repeats or Spin Class with heavy gearing! Run 3 miles 1 mile HARD 1 mile MOD 1 mile HARD 1:1 run/walk Stretch for 15 minutes minimum! | Swim Set #6 | 6 mile run – hilly, hot if possible! *Racing? Do a 1-mile warm-up before the race. Stretch for 15 minutes minimum! | Open Water Lake preferable 1.5 miles Time Trial Best Effort!! NO WETSUIT | 70 Miles Experienced 70.3 ers or cyclists will do a negative split. New to 70.3? Steady and strong, get it done! Stretch for 15 minutes minimum! | 14 miles Steady and Strong Run 3 miles continuous and then 1:1 Rolling or flat course is good. NOTE: Hydrate well before the run and during. Push the limits of your hydration and electrolytes. Stretch for 15 minutes minimum! |