

FITNESS > BIG GUNS

Build your arms for swimming

Obtaining optimal arm strength does more than fill out the sleeves of a tight tee; it helps you propel yourself through the water with efficiency and ease. Do the following exercises next time you hit the gym to help raise the bar on your guns.

ARM ROWS

Support your body by placing your left hand and knee on a bench while placing the weight in your right hand, with your right foot securely on the floor. Keeping your back parallel to the floor, lift your weighted elbow from a straight position to an angle of 90 degrees or more. Take the elbow high past your back. 3 x 12 reps.

BICEPS CURLS >>

Standing with your feet shoulder-width apart, hold dumbbells at your side and bring your forearm toward your chest, keeping your upper arm vertical. Do one arm at a time, repeating in succession. Be careful not to sway (stand with your back flat against a wall for an added challenge). 3 x 12 reps.

TRICEPS KICK BACKS

Leaning over as far as possible, so your body is almost parallel to the floor, extend your arm back from a bent position from your elbow (keeping your upper arm horizontal to the floor and locked to your body). Extend until your lower arm is straight. Repeat. 3 x 12 reps.

LATERAL RAISES

Holding suitable dumbbell weights in each hand, smoothly lift them up from your side to a horizontal position out to your sides, aiming to keep a slight bend in your arms, hands inline with your shoulders. On alternate sets, extend the weights straight in front rather than sideways. For best results, work on a declined bench so you have support for your lower back. 2 x 15 reps to the side, 2 x 15 forward.



[ROAD TEST] → ★ ★ ★ ★ ★

Tri-Swim Products (\$9.95/ea)

One of the biggest bummers about going to the pool is that when we exit the water saturated with chlorine, we're sure reminded where we've been all day long. Being on the stock floor smelling like a bag of chemicals isn't the best option. Besides the smell, chlorine can damage your hair and dry your skin by stripping away essential oils. That never spells professional, especially when your hair starts turning green.

Enter Tri-Swim, a three-part cleansing system that includes shampoo, body wash and after-shower lotion. By "gently removing" the chlorine, rather than masking it over, the line of products leaves your hair and skin feeling (mostly) like it did pre-workout.

HOW WE TESTED: Immediately after exiting the pool and while showering.

HOW IT FARED: Excellent. The shampoo and body wash emits a nice, fruity scent (no worries, guys, not that fruity) and lathered up nicely. Our hair and skin felt and smelled different on the way to the office. The lotion felt heavy and thick, but did moisturize well without feeling greasy.

SHOULD YOU BUY IT? Pick what you need to and add it to your doppel kit for the gym. The shampoo's a must. If you typically use either body wash or lotion—or both—grab them, too. (tri-swim.com) — KdF



TRAINING

[MY FAVORITE WORKOUT]

CHRIS LEGH

This personable 32-year-old long-distance star from Melbourne, Australia, broke into the sport with a spectacular flourish—good and bad. Contending in his first Ironman Hawaii in 1997, Legh collapsed with severe dehydration and had to be carried out on a stretcher just 100 yards from the finish line. In 2004, Legh emerged at the top of his game with wins at Eagleman and Ironman USA Coeur d'Alene and has maintained his form with a strong fifth at Wildflower this May. One of 10 international stars to sign with the Tri Dubai race team (see pg. 48), Legh spends most of the year training in Boulder, Colorado.

THE WORKOUT: INTERVAL SESSION

The core unit of this hard run and floating recovery lasts five minutes and goes like this: 400 meters on-200 meters "floating" recovery, then three repetitions of 200 meters hard-100 meters floating recovery. For Legh, the 400 is at 70 seconds, the floating 200 recovery is a 50-second jog. The three 200s are at 35 seconds each followed by a floating 100-meter recovery

which takes 25 seconds.

For Legh, the short hard sessions can be as few as four repetitions of this essential five-minute block, or as many as 10 to 12 repetitions when preparing for a tough and fast half-Ironman. The point, says Legh, is to maintain a high heart rate close to threshold pace and quick turnover through most of an hour—thanks to the rest intervals.

MAKE IT YOUR OWN: Run these sessions at near-threshold pace (yours,

not Legh's) with jogging recovery at a similar ratio. For a 42-minute 10km runner, that might mean a 400 at 1:25 and a minute jog for the 200, followed by 3 x 42-second 200s with a 30-second 100-meter jog recoveries.

LEGH'S TAKE: "This is a flexible workout that can be done on a track, on the roads and even on the hills if you are preparing for a race like Wildflower. It's perfect for a half-Ironman where you want to build speed-strength, keeping your heart rate up and leg turnover high for a sustained period." —TIMOTHY CARLSON

