

## Training in Boulder

It has been a month since I left Penticton to come and train in Boulder Colorado. The main reason that I decided to change training locations was to train under the watchful eye of my new coach Siri Lindley. Other reasons that added to my decision were to see how training at altitude affects my races. I also wanted to train with a group that was focusing on Olympic distance triathlons.



Jill at the Boulder Stroke and Stride

Well I am writing to report that everything here in Boulder is going really well. This area is absolutely beautiful. The Okanagan Valley which is, in my opinion, an area that is hard to match in terms of beauty and great training, but I must admit Boulder is even better. There are more roads to ride, more hills to climb, more trails to run on and more pools to swim at (not to mention an outdoor 50 meter pool). Obviously Boulder is a bigger city than Penticton and therefore can afford to have more facilities but none the less it still maintains a small community feel. I think part of the reason that it feels like a small community is because I am living and training in North Boulder which is basically self contained and I don't need to venture out into the more industrial and busy areas of the city. Siri's boyfriend, Grant Holicky was nice enough to let me live in his apartment while I am here training which is only 2 blocks away from Siri's house. Siri has let me borrow her scooter to get around.

It has been great to have a group of training partners to meet for almost every workout. Some of my training partners include Amory Rowe, Matt Reed, Kelly Rees and Annie Emmerson among others. We have had some others train with us occasionally - people like Cam Brown, Stephen Sheldrak and Evelyn Williamson all from New Zealand. Right now we also have Luke Bell (new Aussie sensation Ironman triathlete) and Chris Legh dropping into some of our swim workouts. It makes things a lot of fun.

To tell you the truth I never really liked having a coach at almost every workout before I came here. Mostly because I always felt they put extra pressure on me to perform in workouts. Well I guess I never had the right coach because Siri has been absolutely awesome and never puts expectations on you at workouts in terms of times or distances. She simply expects you to put forth the effort that is requested for that specific workout - if the effort is evident then you are doing the workout properly no matter how fast you are going. That makes sense to me. Let's face it, some days you feel strong and some days you don't.

In Boulder we are at approximately 5500 ft of elevation so when I first got here I definitely noticed the elevation when I was swimming and running. I would run out of oxygen before my muscles would get tired but now the elevation isn't as noticeable. I am really excited to race in Victoria on June 29th to really see what it feels like to train at altitude and race at sea level. Also I am really excited to race because I

have never trained as hard or with as much intensity as I have here so it will be great to see how I respond to all this training.

As much as I like it here, it isn't home (maybe I should buy a home away from home here!). Today on my day off I find myself a little homesick and looking forward to returning back to Penticton to reconnect with all my friends and family and train on the roads I am most familiar with. Till then I am stuck here in this beautiful place where the weather has been great almost everyday.