



▼ BETTER FITNESS

Xtreme Race Prep

Jackie Arcana is a Level II USATF-certified coach, Level III USA Cycling coach and a 15-year resident of Las Vegas. A diehard triathlete, Arcana came in first for overall female at the full-distance 2007 and 2009 Silverman Ironman. When she's not chasing her two children, Arcana coaches local triathletes, duathletes and those simply looking to improve their overall fitness through her personal training company, Xcell Performance Group, Xcellperformancegroup.com.

"As a coach, I strive to help athletes set high goals, learn new skills and keep sanity and balance in their lives," she said.

Here is one of her favorite workouts that she uses to help triathletes get race ready.

"Athletes of all levels love a group class I coach called 'Xtreme.' This workout is a very good race prep and transition workout. It also builds endurance and mental toughness."

WHAT YOU NEED:

A bike trainer, a run course that is two miles out-and-back and a mat or towel.

WORKOUT:

1. Bike for 20 minutes.
2. Run for two miles, or for 20 minutes, whichever comes first.
3. Repeat Steps 1 and 2 two more times.
4. Close out the workout with 20 minutes of core work.

DETAILS:

RUN: "The runs are descending. The goal is for each run to be faster than the previous run. For my classes I have a big board that I log everyone's time on. This gives runners of all abilities the chance to 'win,' if they pace correctly," Arcana explained. "It is much harder than it sounds. The run is out and back. That way if someone's run is over a 10-minute pace, they can simply turn around when they get to 10 minutes. Everyone can see each other on the course and cheer each other on. If someone returns before 20 minutes, they can use that time to rest. The same rules hold true if you are doing this workout alone."

BIKE: The bike trainer sections are 20 minutes of continuous hard effort based on your level of athletic ability. Typically the bike portions look something like this:

- ▶ First five minutes are small ring middle gear at 75 percent effort.
- ▶ Next five minutes are big ring at 85 percent effort.
- ▶ Next five minutes at 90 percent effort.
- ▶ Last five minutes down to 80 percent effort

"If you're up for it, incorporate three to four fast pickups of 20 seconds every five-minute block to simulate passing."

CORE: The core section targets your abs and back with four rotations of one minute each of: crunches, planks, supermans and pushups.