

Strider Smarts presented by Coach Bob

LeBron James, Carmelo Anthony and Us

I know we are not pro athletes, but we are athletes and can learn some valuable lessons from them. Carmello Anthony plays for the NY Knicks and came into the NBA in 2004, same year as LeBron. His stats, while impressive and among the best in the league, have not improved.

Anthony's points/game went from 21 to 28.7
His field goal % from .426 to .449
Rebounds from 6 to 6.3
Assists from 2.8 to 2.6
Steals 3 to 3 and his 3 point percentage from .322 to .328.

LeBrons' stats are quite different:

Points/game from 20.9 to 26.8
Field goal % from .417 to .565
Rebounds from 5.5 to 8.0
Assists from 5.9 to 7.3
Steals from 1.6 to 1.7 and 3 point percentage from .290 to .406

Is one simply a better athlete? No. Both are really special, but LeBron wants to be the best he can be and has worked hard each off season to improve his game. He didn't have a good short range jumper so he focused on it. He worked on his mediocre 3 point shooting, his ball handling skills and his passing. He studied the game, its history, offenses, defenses and teammates, always trying to improve some aspect of his game.

Anthony has done basically nothing to improve; instead, he relies on his superior skill. Ok, that's fine as he is making millions and scores a lot, but the Knicks were out of the playoffs early. Yes, it's a team game, but he has the reputation of being a selfish player and has not improved.

As a runner, I learned I could run long distances fairly easily, but slowly. To improve, I needed to run a hard track workout each week to develop some leg turnover and speed. I learned how to develop a finishing kick, accelerate during a race, plan and prepare for a race and know my competitors' strengths and weaknesses. I went to the gym and ran hills to become stronger, and I learned about nutrition and hydration to improve performance. I became a better, faster competitor.

I see other and more talented runners who always run the same pace whether it's a race or training run. They train at a high level, but their training doesn't translate to exceptional times in races. They may be OK with that, but I just hate to see talent wasted. Simply by adding in a different run once a week and working hard at it, can have a huge impact on performance. Try it, you just may like it.

I Am A Runner
Coach Bob
YourCoachBob@Aol.com



Bob Dozoretz



TRI NEWS

How committed are you? Are you interested in getting faster and stronger or is just being fit and feeling good your personal dream? There are different levels of training and participating. If you have never participated but have been thinking about it, give it a Tri by systematically increasing your endurance and physical performance. And above all, develop the confidence necessary to complete a triathlon. Do not worry too much about speed, just enjoy the experience and you will like it.

June 1st Motivation Man, 1/2 Ironman and Olympic distance Triathlon.

Roswitha Sidelko wrote: Try swimming against the Intracoastal current. We were taught on Saturday that this might be impossible. As a lucky bystander participating in the Olympic distance, we watched about 200+ 1/2 Ironman competitors swept northward by the fierce current in the Intracoastal Waterway off West Palm Beach. Not one buoy of the triangle course was reached by a swimmer. Thanks to a great organization, all were fished out by lifeguards before reaching Maine and that great care was found throughout the race. Matting was laid over the railroad tracks, the one pothole on the bike course was identified via paint and a live volunteer, plenty of ice, sponges, Gatorade and water. The finisher's medal is worthy of the Olympics. I personally did not do too well. Great bike, but dehydration got me with a mile to go on the run. I was able to somehow move forward and make it to the finish line. I did not quite know what happened, never had this before. I should have known something was up when instead of being congratulated with high 5s, I was greeted at the finish line by a paramedic and then a nurse offering their services of an IV. I declined and hobbled to transition only to beg someone to call those individuals to take me to the tent. Oh yes, great tent also. Lucky time to age up, last place is second in women 60-64.

A great and memorable triathlon

Tim Nicholls wrote: Just one race but a big one. Was in Minnesota for the Team USA ITU World Duathlon qualifier.

Top 6 make the team for the World Championships in Owatta in August.

I finished 6th and made it, 3 seconds out of 5th, 17 seconds out of 4th and 42 seconds out of 3rd.

Goal at Worlds is not to finish last.

Congratulations to all, Tri and Tri again.
Christina Weisberg, Trimomcw@aol.com

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