



- [Home](#)
- [Contact Us](#)
- [Services](#)
- [Resources](#)
- [Coaches](#)
- [Shop JDS Online](#)
- [Event Calendar](#)

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muscle stimulator
STRENGTH • ENDURANCE • RECOVERY

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Newsletter Archive: June 2008

Summer Solstice Sun

June 2008 - Vol 3, Issue 3

In This Issue

Humans Wanted
Measure your recovery
A Mid Summer's Night Pause

Sign Up

[SIGN-UP!](#)

Quick Links

Electrify Recovery with EMS
Join the Team - Fight MS
ergomo Power Meters
Suunto Personal Training
Devices

From the Saddle

Athlete Achievements The JDS Coaching Team goes to a lot of events. Our coaches and support staff develop programs for all levels of athletes and a variety of sports. We also participate in events as diverse as stair climbs, the MS 150 bike ride and DH mountain biking. We go to expos for Marathons, cycling festivals and more. We talk about our services and the athletes we coach. Perhaps the most fun we have at events is talking to athletes about what they've achieved, or what they are about to achieve, their training and their goals. We're updating our Athlete's section of our website, and we'd love to include you. If you rode your first century, ran your first 5k, or had a PR, or would like recognition for what you are up to, send us your story. We'll send you a pair of socks just for submitting an entry. If we feature your story, we'll send you a pair of socks and a cool JDS Sportcoaching, llc t-shirt!

Please be sure to send us your shoe size and your t-shirt size. Send us your story and be recognized! [Click here to Contact Us](#)

Humans Wanted

We're looking for athletes (and those who would NEVER call themselves an "Athlete") to support in generating their next level. If you know someone who is ready to go after their first Marathon, break a PR, go pro or take on something out of the realm of possible and into the world of reality, we want you, and them.

We'll give you a T-Shirt, Aerator socks and 20% off anything from our Shop JDS Online store if the person you refer joins us for coaching. We'll give them a T-Shirt, the best in coaching and customer service anywhere, and access to reaching their goals. Deal? Great Deal! [Click here to Contact Us!](#)

Measure your recovery

In May, we introduced you to Suunto, a line of personal training devices (ptd) designed to help you reach your next level. The Suunto heart rate monitors we carry feature measure Heart Rate Variability (HRV) Measurement of the beat-to-beat interval of the heart clearly shows that heart rate is not constant but alters from beat to beat. Measurement of HRV involves analysis of

SUUNTO
t4



these intervals.

By accurately measuring the time interval between heartbeats, the detected variation can be used to measure the psychological and physiological stress and fatigue on the body during training. Generally speaking, the more relaxed and rested the body is, the more variable the time between heartbeats.



Until recently there were no useful methods of monitoring fatigue accumulation during training. Scientists have now demonstrated that excess post-exercise oxygen consumption (EPOC) can be predicted from HRV data recorded during exercise. Consequently, EPOC prediction may serve as a tool for monitoring fatigue accumulation during exercise.

[Ready to learn more? Ready for a discount? Order a Suunto PTD through 07/07 and get 15% off ! Use coupon code SUUNT0715.](#)

Equipment that makes a difference

A Mid Summer's Night Pause

It happens about now, in mid-June to mid-July. Your athletic progress is not what you think it should be. Clearly something is wrong, and more/harder/longer workouts will fix the lack of speed, the fatigue on long rides, and the lack of energy. When our performance is not what we expect, we often think something is wrong. Before you make that pitfall, look at what is missing, and avoid making radical changes in your training.

What is often missing this time of year is rest, recovery and/or proper fueling and hydration. Sleep quality and quantity play a big part in our bodies' performance, as do the amounts and quality of the nutrients we ingest. Among the athletes who come to us for evaluation this time of year, I have never come across one that needed more time training. If you aren't using a coach, find one who will look at your plan with a critical eye towards those details.

[Read more on recovery](#)

JDS Sportcoaching is committed to partnership. Would you like a coach from JDS Sportcoaching to review your training and progress ? Purchase an initial consult and get an additional hour of free consultation until July 25th. [Click here to Contact Us](#)

Sincerely,

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Receive Our Monthly Newsletter (April thru September, January)

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