



Northwest Indiana Triathletes
www.nwitrri.org

NWI TRI Newsletter

January 1st, 2026



Happy New Year!

As we begin the New Year, I am grateful for the incredible community that makes NWI Triathletes more than a club, it's a community of like-minded individuals that inspire us to grow! **A family!** As we step into the new year our vision is simple and bold. Grow a welcoming, supportive community that inspires athletes of all levels and ages, invest in the *next generation* of triathletes. Giving back to our community!!



Our goal is to provide training opportunities, strengthen community connections and create a club where everyone belongs and thrives. Here is to a strong 2025 finish and even stronger **2026** start.

GIDDY UP!

Lilia Clarke

President.



“In the chaos of the swim, the grind of the bike, and the fire of the run—find the version of yourself that never quits.”



Big News for 2026

Introducing a NWI Coach

NWI Triathletes is thrilled to announce our partnership with Jenny Hayes, Certified Triathlete coach. Beginning 2026 members will have access to structure guidance, links to workouts, nutrition guidance and Q/A to give our athletes an opportunity to ask questions to help you reach goals. Jenny has attained USAT Level 1 and 2 Endurance Coaching. See link below for Jenny Bio.

Coaching guide will be shared via email to all of our paid members.

<https://www.jennyhayescoaching.com/about-jenny/>

NWI Olympic & 70.3 Training Day

HOLD THE DATE...Friendly 70.3 Triathlon!! July 18, 2026. Join us for a day of no-pressure 70.3 event. Do the full distance, pick a segment or a shorter distance. It is completely up to you. Use it as a training day, confidence builder, or a chance to challenge yourself alongside friends.

No podiums, no stress, just you and a community of like-minded individuals.

Location: Kemil Beach, IN 7:00am CT

Maps and details will come closer to the date.

Register Here: Northwest Indiana Triathletes

FREE for members.

\$45.00 Non-Members



1st Quarter Q/A with Coach Jenny Hayes

TBD - Look for an email with details.

January 2026 - Last Winter Challenge on Garmin. **Run**

Winter Challenge Results will be shared at the Kickoff Party.

Save the Date!

**Join us for the Annual
Kick Off Party**

March 28, 2026

at

Hawthorn Community Center

6-8 pm

Winter Activities

Thursdays 6 pm Zwift Ride

Saturdays 8 am Zwift Ride

Join Zwift & Zwift companion for scheduled workouts.

Zoom Link:

<https://us06web.zoom.us/j/85489209517...>

Join the NWI Tri Zoom party for any type of sweat session. Workouts are way more fun with your pals!

Training Tips



Why Easy Training Makes You Faster

1. Builds Your Aerobic Engine

Easy running boosts mitochondria, increases oxygen delivery, and improves fat-burning so you can hold faster paces longer.

2. Improves Running Economy

Slower paces let you maintain good form and efficient movement, making fast running feel smoother and cost less energy.

3. Makes Speed Work More Effective

Easy days reduce fatigue so you can actually *hit* quality speeds on hard days instead of just surviving them.

4. Reduces Injury & Overtraining

High intensity stresses the body; easy training strengthens tissues and keeps your nervous system fresh, allowing consistent training.

5. Raises Your Lactate Threshold

Aerobic work increases the pace you can run before lactate builds up, making “comfortably hard” faster.

6. Trains Relaxation at Speed

Easy running reinforces calm breathing and low tension, helping you access speed without fighting your body.

7. Aligns With How the Body Adapts

Elite athletes run ~70–80% easy because most adaptations happen at low stress.

Bottom Line:

Easy training isn’t lazy—it’s the foundation of getting faster. It builds your engine, improves recovery, protects you from injury, and makes speed work count when it matters.

Nutrition

Baked Oatmeal

Ingredients:

6 cups quick oats

1 cup milk (or vanilla soy milk)

1 cup raw honey

1/2 cup vegetable oil

1 cup applesauce (unsweetened)

4 eggs

4 Tbs. brown sugar or turbinado

2 Tbs. baking powder

2 - 3 cups raisins or blueberries (your preference)

1 tbsp. cinnamon

Directions:

For best results prepare the dish and refrigerate overnight. This helps the oats soak in the milk.

In a large bowl, beat the eggs, oil, applesauce, milk, white sugar, baking powder and cinnamon. Mix in the oats and then stir in the raisins.

Pour the mixture into a greased pie pan or square baking pan. Sprinkle with the brown sugar or turbinado (and extra cinnamon, if desired).

This can be refrigerated overnight or baked immediately. Cook in a preheated oven at 350 degrees for 40-45 minutes, until firm.

Thank you, Jason Buxbaum!

Have a recipe you want to share?

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