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TUESDAY, DECEMBER 1, 2009

## Bored Yet? 10 Activities for the Off-Season

Austin is one of the few places where many athletes define “off-season” as the time of year when there are no triathlons. So what’s a type-A personality to do? The best way to maintain fitness and avoid burnout is to try something new. Here are some ideas to consider:

### 1. Rowing

Austin has a very strong rowing community with ample resources. Whether you are new to rowing or have rowing experience, there are classes to take and teams to form. For additional info, check out: [www.austinrowing.org](http://www.austinrowing.org).

### 2. Trail Running

Austin has over 100 miles of greenbelt trails which means there is plenty of room to explore! The trails range from packed dirt to mega-rocky hills so there is a lot of terrain variation. Not sure where to start? Odds are there’s a trailhead near you: [www.texasoutside.com/bartongreenbelt.htm](http://www.texasoutside.com/bartongreenbelt.htm). Additional trail resources and maps can be found at: [www.hillcountrytrailrunners.com](http://www.hillcountrytrailrunners.com).

### 3. Yoga / Pilates

Have you been putting off trying yoga or Pilates because you just couldn’t fit one more activity into your multisport training schedule? Well here is your chance! Austin has many yoga and Pilates studios and resources, including a “Free Day of Yoga” where anyone can come and try out various class formats and styles. This year’s date has come and gone but for a listing of many Austin yoga and Pilates resources, check out: [www.freedayofyoga.com](http://www.freedayofyoga.com).

### Twitter Updates

Susan Says: T1 and T2 are opportunities for “free time”. Don’t waste it. Have a routine, lay out gear same way, and be efficient. [about an hour ago](#)

[@castlehillfitness](#) is looking for help.... <http://ht.ly/1GvX5> [about 16 hours ago](#)

RT [@erinruslow](#): My new favorite shirt. Thx <http://ow.ly/i/1ncD> <http://ht.ly/1GvUD> [about 16 hours ago](#)

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#### 4. Scuba Diving

Want to put those swim skills to use? Get SCUBA certified! There are several places to take classes in Austin and Lake Travis is the perfect venue to take those final certification dives. Once you are certified, there is fantastic diving in Aquarena Springs, Canyon Lake, or even head to the coast for ocean diving in Corpus Christi or Galveston. Details can be found at: [www.texasoutside.com/scubaLanding.html](http://www.texasoutside.com/scubaLanding.html).

#### 5. SUP

What's SUP? Stand Up Paddleboard. Imagine standing on a surfboard and paddling around while simultaneously taking in great waterfront views AND getting in a great core workout. Austin just opened up their first SUP shop in south Austin at: [www.austinpaddlesports.com](http://www.austinpaddlesports.com), and you can even take SUP lessons from our friends at the Expedition School: [www.expeditionschool.com/stand-up-paddle-lessons/](http://www.expeditionschool.com/stand-up-paddle-lessons/)

#### 6. Endurance Cycling

If you want to work on more saddle time, then take advantage of all the fantastic riding in and around central Texas. There are organized rides for just about every distance. And if you are interested in Ultradistance cycling, check out: [www.ultracycling.com](http://www.ultracycling.com). You may need to travel out of state to participate in some of these events.


#### 7. Focused Weight Lifting

If you think weight lifting is boring, repetitive, and takes too long, then you may want to consider a different approach to weight training. I checked out Kelly Personal Training, [www.kellypersonaltraining.com](http://www.kellypersonaltraining.com), and after 30 minutes of targeted weight lifting using precise, slow movements, every muscle from my neck down was quivering and completely fatigued. I was sore three days later. This was the best weight session I ever experienced because it required good form, slow and deliberate movements, and the trainer was right there to make sure I couldn't (and didn't) cheat. No contracts required either so you can add as much or as little to your weekly training regime.

#### 8. Boxing

Here's out of the "box" thinking - give boxing a try! If you are looking for a great upper body workout, complete with a combination of high intensity and endurance efforts, then boxing may be an ideal off season sport. But don't worry, no need to get hit in the face to

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**Red Licorice Events** RT @BtotheHILL:  
<http://twitvid.com/OJSV4> - Texas weather has forced me indoors. Not very Belgian of me. #rainraigoaway  
 April 17 at 11:44am · via Selective Tweets


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**Red Licorice Events** Looking forward to an event filled weekend, even if it's wet outside!!! What are you doing this weekend?  
 April 16 at 7:15am


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**Red Licorice Events** U. Run tonight at Bettysport 6:30pm. Check us then celebrate the


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participate! Several boxing gyms offer classes that teach the fundamentals of boxing without partner contact and they even supply hand wrap and gloves. A directory list can be found at:

[www.boxinggym.com/addresses/texas.htm](http://www.boxinggym.com/addresses/texas.htm).

### 9. Swimming

How to keep swimming even in the colder months? First off, invest in a wetsuit or a bathrobe. The wetsuit makes swimming in Barton Springs much more tolerable since the water temperature in Barton Springs doesn't change much year round. Second, find a heated outdoor pool. The bathrobe makes getting out of the heated pool and sprinting to the locker room (or your car) more manageable. There are several heated outdoor pools around Austin -

[www.ci.austin.tx.us/parks/pools\\_schedule.htm](http://www.ci.austin.tx.us/parks/pools_schedule.htm). Third, if you are a complete freeze baby like me, join a health club with an indoor pool. There are just a handful of them in Austin but it's worth the short term membership if means the difference between swimming once a week or not swimming from November to March.

### 10. Cyclocross

Ever wonder what it would be like to run AND bike? Put your ego aside and give cyclocross a try. Weekly races started in September and go through the end of the year. For more information and race dates, check out: <http://dirtderby.com>. Need some 101 training? Head to the Derby early for a clinic before the race starts!

The word "off" in off-season does not mean you have to stop being active. It can be a great opportunity to give your body (and mind) a break from the routine so try something new - you may be surprised to discover activities beyond swim, bike, and run!

Article by Susan Farago, M.Ed., USAT L1, USAC L2, NFPT Sports Nutrition. Susan is a coach for Texas Iron Multisport ([www.texasiron.net](http://www.texasiron.net)) and she is a freelance health and fitness writer. She can be reached at [coach@susanfarago.com](mailto:coach@susanfarago.com) or at [www.susanfarago.com](http://www.susanfarago.com). © 2009.

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Great ideas, Susan!

December 22, 2009 10:17 AM

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