



Trainer uses triathlons to stay in shape

By Debra Moore, Contributing writer
Thursday, November 20, 2008

Triathlete Jenn Jacoby Sheldon has been playing competitive sports since she was 9 years old.

In elementary school she played soccer, and in high school she continued with soccer and ran track.

She credits her three brothers for contributing to her athleticism and said with a smile, "I spent half my childhood running away from them."

Her standout high school career attracted the attention of UCLA, and she was recruited to play soccer for the Division I school.

But Jacoby Sheldon didn't like Division I or Los Angeles, so she transferred to the University of California at Davis where she ran track.

When she graduated from college, she didn't want to stop running, so she began entering races. She was also working in a gym and teaching spin classes.

Jacoby Sheldon remembered thinking, "I run, I bike, why not swim and let's do a triathlon."

In 2004, Jacoby Sheldon joined Team USA.

Now 32, Jacoby Sheldon is a member of the USA Triathlon's Duathlon Team. At the end of September, she competed in the World Championships in Rimini, Italy. As a duathlete, she runs a 10K, then bikes a 40K and finishes with a 5K run.

While she competes internationally as a duathlete, she prefers the triathlon and trains for it. That means her workouts include pool time.

What's a typical workout for Jacoby Sheldon?

It depends on the time of year. Jacoby Sheldon said she maps out her year by placing her races on the calendar. She usually runs eight to 10 races per year and considers four of them to be her high-priority events. That means her training ramps up as they approach, as does her diet.

Now she is in the off-season and as she sips a nonfat pumpkin latte at a local coffee shop, she confesses that she normally wouldn't allow herself to drink it because she considers it dessert.

Her diet consists mostly of fish and poultry, fresh fruits and vegetables and whole grains. A triathlete needs to be as lean as possible. "The lighter I am the better," she said.

During the off-season, she works out no fewer than three times a week and no more than five times a week. But those numbers can be misleading because Jacoby Sheldon works out with her

clients as well.

"I can go on four or five runs a day," she said.

Her favorite time to work out is between noon and 2 p.m.; the heat doesn't bother her. Mornings and evenings are usually filled with client appointments.

In addition to her regular work, Jacoby Sheldon hosts an annual training that she calls Tri-Camp. Set over Memorial Day weekend, it's three days of intensive work.

The training sessions are videotaped, and the athletes can view their form and receive feedback.

"It's work, but it's a lot of fun," Jacoby Sheldon said.



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