

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

KERRY: This evening's Triathlon Summit call is with Dr. Romanov. Dr. Romanov first released his video, "The POSE Method of Running," in 1997. In 2002 he published his first book, "The POSE Method of Running." Both the video and the book became best sellers, the first of its kind in the running field, and international best sellers. Dr. Romanov has worked with numerous elite athletes in various sports and members of the national teams for four countries including the United States, Great Britain, Russia and Mexico. He has coached the British Triathlon National Team in the 2000 Olympics in Sydney and 2004 Olympics in Athens. He's also served as a member of the USA Triathlon coaching committee from 1996 to 2002. With that, I'd like to welcome you, Dr. Romanov, to the call. How are you doing tonight?

ROMANOV: Thank you. I'm okay.

KERRY: OK, good. So let's start off with the first question I've got for you tonight. That is, what is the POSE Method exactly?

ROMANOV: OK. It's quite simple. It is a method of teaching any movement which could be decomposed of consequent poses, by key poses in sequences. Accordingly to this concept there is the POSE model of movement that is based on the POSE theory of movement. Any movement on earth is the product of gravitational force working with other forces under one single system. This is the major point.

KERRY: Okay. When you say the major forces you mean gravity and things?

ROMANOV: That's correct. Gravity, we call it gravitational force, it's the same thing. It appears on the earth, what we perceive as body weight.

KERRY: Right. OK. So how did you come about inventing this whole method? First you started off with running, is that correct?

ROMANOV: Not actually. It all comes from necessity. As a matter of fact the first event, the triggering point for me, was the discus throwing. I came from track and field. I was a young teacher in university and there was a necessity to teach track and field events in the faculty when I used to work in Russia in university. Discus throwing was the triggering event but the POSE concept was described and clear. It was so easy, it needed to spread out on any movement, in track and field of course.

KERRY: Right. Interesting. What are the benefits for a triathlete in using the POSE Method? You now also have the POSE Method in your book for triathletes both for cycling and swimming now too, not just running. So what are the

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

benefits for a triathlete?

ROMANOV: The benefits are quite obvious and very clearly you could understand how you can get them. It's coming from a point of this unified method, the same principles and concepts applicable to any movement, allowing to see and approach with a common structure of teaching and moving. So it makes it much easier to teach everything and much faster. Besides this it is a method which allows you to eliminate most injuries and improve performance by dramatically increasing the skill of movement. This is the on the surface benefits which you can get immediately.

KERRY: OK. How long does it take to learn the POSE Method in all the given sports of a triathlon?

ROMANOV: Like anything, any other human beings learning, it depends on the person of course. But what we can say of experience with many different people is it depends on the athletes ability to focus on learning tasks and develop very specific perception of movement. It's nothing to do with physical abilities - strength, endurance or something like that. It comes to the point of the ability to focus and perceive. For some people it is a method of a couple of lessons only. For others it takes quite much longer. Basically it's a lack of education in specific direction and learning. This is lack of education we are closing gap with our students. As long as you're going through this process, everyone, perfecting the skills, you will understand it. It's a never-ending process. Physical abilities are ending somewhere but the perception, our perception, is an endless process. It makes the journey very much exciting and enjoyable.

KERRY: I see. You're a big fan of doing drills. Why don't you just explain the importance of doing drills to learn technique.

ROMANOV: It's very easy. From a practical point of view drills are waking up and teach you specific perceptions which allows you to involve muscular work in proper coordination and strength. It's just on the surface. Answer by example, one of the greatest Russian ballerinas, [indecipherable], told a very simple thing. When somebody asked her how will she keep such incredible skill in ballet, she gave an interview when she was 67 years old, she said, "Oh, it's very easy. You just go in every single day to the rehearsal room in front of mirrors and the bar and do your very simple and beginning school exercises in ballet, which is the five major poses." This is the secret of any skill.

KERRY: Right, very interesting. So how often do you suggest doing drills then?

ROMANOV: For the athletes that we work with to maintain and develop our perception we need to do small sets of drills before and after each specific workout

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

and running. It allows you to do warm-up and cool-down sessions, you have those sessions, and maintain and when you get tired after main part of the session, recover your condition. The drills are very good on this method. In swimming and cycling it is mostly before main part of the warm-up session. We recommend doing running basically each training session, included in warm-up and cool-down. It's about three to five minutes only and it's about five to six classical drill sets.

KERRY: All right, great. Can you describe the basic principles behind POSE running and what it involves? I know that there's three basic things that you get at in your book. Can you describe that for us?

ROMANOV: It comes to three simple words. We understand that running is the movement of man's body in a horizontal direction by producing running pose while falling forward from one pose to the other. While it's happening we have to understand that leaning forward for this falling is gravity manifesting of and through the body. The rest of the forces are just assisting it in order to produce a horizontal movement of the body. So basically it goes like this - how to consume gravity in the highest rate. This is what the major principle comes to. It's an accomplishment of this, happens through three major things - pose, fall and pull.

KERRY: So pose, fall and pull you said, right?

ROMANOV: If you want I will give you more lecturing, but I'm trying to be short.

KERRY: No, that's all right. You can go through each one of those for us, the pose, the fall and the pull. Why don't you do that.

ROMANOV: The pose is the position of the body where you're falling from, it means consume gravity or using your body weight to move forward. There is nothing else you can do. You have to be in the pose and wait while your body is falling forward. There are critical points that happen when you cannot fall any more forward. It would be more downward rather forward. At this point you are disconnecting yourself with the ground. This is what happens for pull, when you are pulling your foot from the ground to disengage yourself from the ground and to turn yourself into another pose on the next step and then you start again fall.

So we have to cut off any other elements of unnecessary movement which do not include preparation to the fall which happens only in the pose position. It's very specific running position and very specific re-enter body part and so on. Everybody knows this because in running it's called mid-stance position. This is what the skill of running comes to. How you fall, how to use gravity and how you change support from one leg to another. This is how simple is that.

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

KERRY: Yep. Very simple. Good. With POSE cycling, what are the principles behind that?

ROMANOV: Nothing different than in running, only in cycling we have a system, bicycle/man together. But the leaning forward is still gravity which you have to manage, apply as body weight to the pedals, which are moving downward from one o'clock under the body weight influence. It's clockwise motion of pedals, if you would like to visualize a picture. This is a repetitive motion. So while skill of application of the same principle comes to how to apply body weight onto the pedal from one o'clock to four o'clock. You cannot apply body weight in any other pedal position. It's our affection in our physical field of gravity. And then how to use muscles as a provider of efficient delivery of the body weight to the pedals over specific body position.

Again, we, dealing with the pose on the cycling as well. It's a position which we call three and nine o'clock pedal position. Hands on handlebars and a seated position. It's a major position on the bike. From this point your body weight delivering power on the pedals.

KERRY: All right. Excellent. What about POSE and swimming? What are the principles behind that?

ROMANOV: It's probably the most difficult part for people to understand because water is a very deceptive medium. The density of water, as you know, is many times less than the ground. Nevertheless water can provide you support and you can use gravitational force as the body weight in the water as well. So swimming happens in horizontal movement and we're producing specific body positions, horizontal body positions. one arm extended in front and application of the body weight happens in the same way, to the palm of the hand which is stretched forward in front of you and while it's happening like that our body raises up and then you're falling from this raised up position of the body from the left side to the right side. This is how gravity works for you. Everything you do is muscular effort, you're just reproducing this falling position and it allows you to provide efficient delivery of the body weight in each stroke, exactly like we do in running and cycling, and any movement actually.

Swimming is very difficult in terms of water as a support. This is what I've found most difficult to deliver for our students. As long as they understand that hands in front of you is the support, not moving part, then everything falls into place.

KERRY: Excellent. OK. So, through your techniques, how much time have you seen people take off their times, using POSE?

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

ROMANOV: Oh, incredible. I had my normal people who, for example, run a marathon about five hours, first time in Chicago marathon. Then they came up to me and I trained them until the next marathon, Chicago, the same marathon. I developed with them technique and trained and they got rid of more than one hour from marathon time.

KERRY: Oh wow.

ROMANOV: Yes, with normal people. With elite-level people, just recently I got an email from a man who I completely don't know but he learned POSE Method himself. He changed from 3:20 to 2:52 just by learning POSE Method.

KERRY: Oh wow.

ROMANOV: But the more elite level, I have people who run 2:16 marathon. I had a lady who ran 2:21 in a marathon that I trained in Russia. This girl was from the National team and I worked with her for eight years. When we went through the program and she learned the things she went from 2:42 to 2:21.

KERRY: Yeah. Excellent. That's huge, definitely a huge shaving. I'm sure people will want to hear that. Do people using the POSE Method get less injuries?

ROMANOV: Absolutely. Otherwise you can't tell anything that doesn't have people, you know? I'm a teacher and scientist. I have very good response on those matters. People all over the world who like it and are always sending to me gratefulness for bringing the POSE Method to them and it allows them to run without pain. I have several cases with completely removed cartilage in the knee and these people now are capable to run without pain, which is an incredible thing for me. And I still have people, invalids, who have such a disease like cerebral palsy, it's a brain disease where people are very awkward in their movements, and I have people who teach on different continents and particularly in Russia, where several girls become members of the Russian National Team, Paralympics Games. One of the girls was in the Beijing Olympic Games, Paralympics Games.

KERRY: Wow, yeah.

ROMANOV: I have very good experience in New Zealand with kids with the same disease as well. It works remarkably good.

KERRY: OK. Why do you think that is?

ROMANOV: That's a good question. We are doing research now in this direction and

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

trying to understand the depth of the thing. In theory, the hypothesis is that as a concept it allows them to overcome brain cell disconnections. The concept of POSE allows break through disconnect brain cells and connect things in one pattern. This is what allows muscles to work in the proper movement. This is what I saw outcome when we taught these people. At first they couldn't even walk properly, then close to normal and then they start running. You couldn't even recognize them these invalids. I can send you, if you want to, I have footage with these people running and you will never think that this is people with such a disease.

KERRY: I would love to see that. Definitely send me that.

ROMANOV: I have tape.

KERRY: Your technique, when you start doing it, you do start changing, in terms of the way you're striking on your foot and things like that. What happens is it's tough to find a pair of shoes to run in because most shoes out there are loaded for heel striking. I just wanted to get your opinion on shoes out there and what's a good shoe to use if you're using the POSE Method?

ROMANOV: Kerry, unfortunately we are not in good agreement with shoe manufacturing. They still produce what was developed in the era of the running boom in the 70s when millions of unskillful runners entered to the field. It was much easier to give them something substitution for the skill, the shoe, rather than teach them proper running.

Now we're coming to a new era when these people grow up and they understood this. Running itself is not just an exciting thing but it's painful as well if you are executing it wrong. So there are new requests or requirements for shoes coming out. People become more knowledgeable and they understand that with these shoes you can't run as nature is asking you. So we are coming to the point that the requests on the shoe with a minimum shoe sole. The shoe sole, or what we call racing flat, will be an invisible layer first request, growing request, from runners. As long as we are going with this education it will come up more and more. What we do recommend from beginning, since I was in Russia, it was seam [?] sole shoes, flat shoes. But I cannot recommend you any shoe company which I like because I didn't find yet a perfectly fitted shoe for myself. So some of them that I like I put on the website but I can't really give a very exciting suggestion like, "This is the best shoe."

KERRY: Yeah. You need to make your own shoe, man.

ROMANOV: Yeah, we're working on it.

KERRY: Oh, are you? Good deal.

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

ROMANOV: Yeah, we are. You'll be the first one who I will send it to.

KERRY: Good deal. I'm always looking for a good shoe. I love the POSE Method myself and so I basically try to find the thinnest, lightest shoe I can find that basically lets my foot do whatever.

ROMANOV: Some companies like Mizuno, Asix, some not for running but for casual things like walking or hiking or something, in England that somebody produces. A little bit Puma but it's so little that it doesn't satisfy the requests which already grow up quite big. So we are hoping that it will come anyway.

KERRY: Good deal. That's great. That brings up orthotics. Obviously orthotics do a lot of different things to people's feet. A lot of people swear by them for running and things like that. What are your thoughts on orthotics and how does that pertain to the POSE Method?

ROMANOV: OK. Unfortunately I do not support orthotics because they are kind of crutches for your run. They kind of give you a substitute for your muscular work and your ligament and tendon development. It's a substitution for your weakness, which I can't support. I prefer to develop the body rather than give support for the body. Our experience is quite clear in this matter. I have a tremendous amount of people who came to me personally with orthotics and all this support stuff and then in two or three months they start bothering them. I didn't force anyone to drop them. I told them, "If you like it, please keep them." But all of them dropped it. I didn't do anything to persuade people to drop them so I told them, "Well, then your muscles will be developed, your feet will be developed, you will feel that they are bothering you." And that's exactly what happened.

In the second that you start running on the balls of the feet your muscles and your tendons and your ligaments will be involved in a much higher level of work and they start to develop, to train. While they start to train less and less any support will be needed and everyone who will go through this process will see this and feel this so I don't need to say anything. I'm just giving you my opinion that I've experienced.

I have nothing against orthotics. If there are really clinical cases it would really help someone who has damage and an injury which cannot yet be treated. In this case they would probably be very good.

KERRY: Yeah, absolutely. You just came out with a brand new book. It's, "The POSE Method of Triathlon Technique." Where can people pick this book up?

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

ROMANOV: Barnes and Noble already has it. I checked and they have it.

KERRY: Good deal.

ROMANOV: Amazon has it as well. And of course on posetech.com on the left side we have our products available as well. So I guess it's not problem at all in America.

KERRY: Definitely. And the people who are on this call, you're all going to get an email from me and I'll send you the information about where you can get these books and the links and things like that. We've got a few people here on the webcast who are just asking a few questions here. You want to hear it?

ROMANOV: Yes, yes. I'd be happy to answer whatever I can.

KERRY: OK. First guy, we've got a runner from New York and he says, "Dr. Romanov, have you tried Chi running? If so, what do you think of it's founder Danny Dreyer? Is he your friend or are you guys more rivals?" Danny's actually going to be speaking later on in this call but go ahead. What's your response?

ROMANOV: OK. As a scientist I'm trying everything in the field. I do research in the field. Before the POSE Method came up in 1977 I started everything that was available in the world. I found nothing there. What I understood by that time there was no method available to teach a model of running except the POSE model and POSE Method of running. Until our field, no anything. Chi running is quite similar to POSE Method and probably Danny Dreyer has quite a good sense of how it's supposed to be. But he has mistakes, mechanical mistakes. I do understand that he doesn't understand this particular things related with body mechanics because as he reveals himself he's not from a classical physics field, he didn't like it. He wrote about this in his article. He came from no education in this field. So he does these mistakes, unfortunately. It usually causes people problems, particularly landing on their mid-foot. Anatomically mid-foot is the arch and you cannot land there. For landing on our feet it's very easy to check, just to look at your own bottom of your foot in the mirror and you'll see it very clearly. The running part of your foot will be ball of the foot and your heel. This is the only two places we are landing. There are lateral sides as well but you cannot land there, it will be quite a strong supinated position and it will lead you to injury. So what Chi running is proposing, landing on mid-foot or flat-foot, is quite biomechanically-speaking, incorrect.

Where there's pulling foot from the ground it's still the same. You cannot fall if your foot is behind the body, it's impossible to fall. So what he

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declares with falling forward, basically it would be impossible because [indecipherable] part of the foot will be behind the body. It's physics, simple physics. But I'm glad that somebody does teach people the same thing like gravity, falling forward, which is correct.

So the more we have different teachings like that the more good for people because people will select for themselves what is good for them and what is not. A variety of teaching is good always, you know? If there are a few mistakes, it's OK as well. His article in time it will be corrected anyway. The more teachers outside is less percentage of people will have injuries. So I prefer to have a little bit less correct technique but that somebody will be taught by someone rather than just running without any teaching. So my view on this is positive except that I cannot accept this biomechanical flaw that a lot of people produce in Chi running. But it's another discussion I guess.

KERRY: Yes, yes. The same person asks, "What type of runners should consider POSE? And is POSE compatible to the run, walk, break strategy as advocated by Jeff Galloway?"

ROMANOV: Yeah, Jeff Galloway created a very nice boom for people who are not capable to run marathons but have an incredible desire and it was very helpful. It's still OK to do this but in terms of if you're using proper technique, Jeff Galloway's gliding stride was incorrect from the point of view of biomechanics and it caused people lots of injuries because gliding is basically stretching out. If you really want to run a marathon it should be running. A walking marathon is a different kind of event. I would prefer except this kind of training program for beginners, very, very beginners, people who never had any experience in sport and they want to go forward and train for a marathon.

But from my point of view, from my personal point of view, I don't do these things. I prefer to develop skill first not distance. Teaching technique is more profitable. In my training which I do for people, people don't run longer than half-marathons. Most of my people, with absolutely rare exceptions, finish marathons with [indecipherable], including on the top level of course. I'm not an advocate of long, long, slow distance runs. I'm advocating quality, high-level technique, high-level of skill and focus running. This is what forms success for all the top guys in the world, from an historical perspective in the history up to now. I hope to include these things in the upcoming book which I'm writing about training in running.

KERRY: Interesting. So you never have anyone go run over 13 miles then?

ROMANOV: Mostly no. I have a couple people who insisted to run longer. I told them, "Well, if you want to, go ahead and do it. But I don't think, from my

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perspective, that it will be profitable for you.” And they saw later on that the reasons of. We have to understand that marathon is a mental performance rather than physical. I guess you have been on the finish line of marathons, right?

KERRY: Yes, yeah.

ROMANOV: Did you see people out of breath there?

KERRY: Not many.

ROMANOV: No, right. I saw mostly people out of legs than out of breath. So there is no problem with oxygen capacity, aerobic capacity. There are problems with skills. People just couldn't move their legs. Their muscles damaged completely. My people who run POSE Method, it's particularly good for women, they are happy. The day after a marathon, go shopping because they have no muscular soreness or any kind of consequence of marathon. This is a very good example for you. And these people didn't run longer than a half-marathon in their whole line of preparation.

Technique allows you to maintain the speed with which you need or which you are developing from 10K to marathon. Basically a marathon is an extension of 10K. This is my concept of marathon preparation.

KERRY: Excellent. All right. We have Cheryl from Sunnyvale and she wants to know, “How does your swim technique compare to Total Immersion?”

ROMANOV: [Laughs] That's good. It's the same thing as what we discussed with Chi running. I have to give a credit first to Terry Laughlin. Terry Laughlin was the pioneer in developing methods in swimming. We have to give him absolutely all the credit in this case. In the United States nobody really developed methods of teaching swimming. He did it first. But again, unfortunately, regarding technique, I can't say the same thing. There are technical flaws coming from, again, the same thing, not a clear understanding of the biomechanics of swimming. I would be happy to help with this for Terry but unfortunately the last several years we didn't contact each other. Flaws over there coming from many different things such as the kind of gliding. It's a flaw because water has much more resistance and drag than air. Also, gliding is kind of impossible. You have to always have application of force over there.

Secondly, the rotation of the hip as power production of swimming stroke, which is a complete flaw because where the body weight is not applied muscles couldn't apply it as well and the force couldn't apply it consequently. This part came from the middle of the 90s, hip hop of swimming. Something like a new fashion. But it's already gone. Actually,

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top swimmers never use it. Unfortunately this doesn't allow use, top swimmers, this technique as well. These biomechanical flaws they feel immediately. Top swimmers never use any gliding and any hip rotations. Technique based on application of the body weight, even though they do not understand this.

As it works in running as well. Top runners like Michael Johnson, he executed POSE Method incredibly but he never knew about this. It was just a gift from God. The same thing with [indecipherable]. Just an incredibly gifted man who executed what nature was whispering in his ear. This is what POSE Method is. In swimming for example, Michael Phelps, I would say he executes POSE Method but I'm not sure he understands it clearly because he's just incredibly gifted. It happened with Mark Spitz as well. The world-record holder once described his technique which was complete nonsense and his coach, James Councilman, historically fixed this in his book in 1971. We're now laughing in history back how it happened with top swimmers. So we should not confuse people on this level with people who we have to teach how to swim.

I would suggest for Total Immersion, change direction from what they're... They're already shifting quite good but they're still behind what it's supposed to be, the applications of body weight and the concept of support and using body weight. I hope one day it will happen.

KERRY: All right. Jennifer from St. Louis says, "I understand both Hunter Kemper and Kim Dawn have studied the POSE Method with you. How has it helped them?"

ROMANOV: Quite good. Hunter Kemper was using this from probably 2000, if I remember back in history. His coach, George Dollum [?], is a friend of mine. As a matter of fact George Dollum wrote the first POSE Method page D [?] in the world in 2000 and he was told by George Dollum at that time what it allowed to be for Hunter one of the best runners. Unfortunately several years ago he dropped from this point and before the Olympic games in 2007 he was devastated by injuries and hip and lower back. He came to me in Miami and I fixed him up. After that he came back to running and got an Olympic spot and he was an Olympic performer. Actually it was his best performance, in the Olympic games. So I did work to help him return to this level.

Kim Dawn was my student from 1999. I worked with him in the Sydney Olympic games with the British team. His time on 10K was really about two and a half minutes. It's across all distances actually. He became one of the fastest runners in the Triathlon community, in the World Cup community. Plus Kim Dawn, since I worked with him, he never had injuries in running.

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

KERRY: Right.

ROMANOV: And the British team who worked with me, actually they did not have injuries, until now. I've already stopped working with them. They still have good times and are doing good.

KERRY: Good. Excellent. Mario from Chihuahua, Mexico says, "What are the most basic things we need to take care of through improving technique and performance?"

ROMANOV: First thing is it's a perception. It's not about muscles. It's a perception. And the perception, one of the most important perceptions is perception of the body weight which appears as pressure on the ball of the foot when you are on the ground. Second perception in the sequence would be pose, which is quite strongly related with the body weight. Exact body weight appears when you are in the pose. And then after that it's perception of falling, how you fall. It's allowed to fall. When you stay in pose, in order to move forward, muscular efforts almost not supposed to appear in order to really do good movement forward. You have to just allow your body to lean forward, rotate around the axis which is a point on the ball of the foot. You can't apply muscular effort to the falling. It's a very interesting rule. People try to push off which is impossible to do. That's why perception of falling is so precise and very important. And then after that of course the pulling the foot from the ground. Most people pull the foot from the ground but not under the hip. It's a very important requirement in the POSE Method. It's a very tricky and very precise requirement. You have to pull your foot but your foot should be pulled under the hip. This is what one of the flaws with Chi running. They don't understand unfortunately this thing. They are pulling something behind. If you do not have good perception of pulling under the hip, I'm emphasizing this again, then you're missing lots of things. First thing is you're creating counterbalance in your body and when you land on the ground you're basically not falling but just moving under the momentum into the so-called favorable position for falling. So you're wasting time. If you're pulling correct, under the hip, you're landing and you're already in the pose and the next fall happens. So obviously there's benefits right away from it. It's much less pounding to the ground. It's much less impact and it reduces muscular efforts to maintain this position, all these counterbalances and so on and lessens the load on the hamstring and so on. A tremendous amount of pluses versus minuses.

So this is what we have to maintain in our perception, development in the technique. It's perception, not strength, not endurance, but perception of the body weight, pose, pull.

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

KERRY: Excellent. All right. Tanya from San Antonio asks, “What do you do when you have bunions?”

ROMANOV: Bunions?

KERRY: Yeah.

ROMANOV: All right. It’s a medical question but people who run with POSE suffer from bunions much less. It’s a reduced load on the bones. But unfortunately it’s already a medical problem not a movement problem. The movement will help you with that but if the bunions are already intolerable, it exists a radical way of going to surgery, which I don’t like at all. But this is the option. Increase and improve your skill of movement and it will reduce any negativity from bunions. And another thing is going to the surgery. Either one you will chose, I don’t know, but I will prefer the first one.

KERRY: All right. And the last question we’ve got here is from Ken Katz who is a medical doctor. He says he’s a tox doc from Pittsburg.

ROMANOV: Yes, I know him.

KERRY: Oh, you know him? All right.

ROMANOV: He’s incredibly active in the POSE forum and very, very helpful for many people.

KERRY: Yeah. He says, “Dr. Romanov, do you see a gradual adaptation of the POSE Method of bike, swim, run in the general triathlon community? And additionally, I have to personally thank you for everything. You’ve helped me regain my athletic career more than I thought possible shedding injury and frustration, simple but not easy. POSE Triathlon Method is absolutely incredible and ultimately rewarding. Thank you Dr. Romanov.” So, he’s a big fan.

ROMANOV: Yes, I know. And he is very, very helpful for many people because he’s one of the people who is very dedicated to it and who is not only dedicated but he has a very deep understanding of all of the things. He was one of the pioneers who took boldness in his steps and jumped into the POSE Method himself and achieved lots of good things. So I’m very happy to have people like him around and people who inspire other people. I would probably have not less thank you for him as he does for me.

KERRY: Good deal. All right, so that is basically it. So where can people get your “POSE Method of Triathlon” book again?

The Triathlon Summit - Uncover The Best Technique to Make You Swim, Bike and Run Faster

ROMANOV: It's at Barnes and Noble, Amazon and our posetech.com website. All of these things are available on these three sources.

KERRY: Awesome. Like I said to the people on this call, I will shoot you out an email with that information and links to his books. That is it. Dr. Romanov, thank you so much for coming on tonight.

ROMANOV: It was my big pleasure to be here, Kerry. Thank you for inviting me. I had an incredible, good time with you.

KERRY: Good. Well, I'm glad you enjoyed it and I hope to see you in the future.

ROMANOV: Yes, I will go with this hope. Thank you very much. Thank you to everyone who is listening.