

THE BRAIN ISSUE

triathlete

FIT. FAST. FUN.®

**70.3 WORLDS
EXCLUSIVE**
Inside Holly
Lawrence's Insane
Rise to The Top

GET SMART!

HOW TO:

NAIL TRANSITIONS

ACE YOUR NEXT RACE

SURVIVE AN INJURY

MASTER MOTIVATION

PLUS

SMART GEAR
AND DIGITAL
DETOX RETREATS
WITH KILLER
TRAINING
GROUNDS

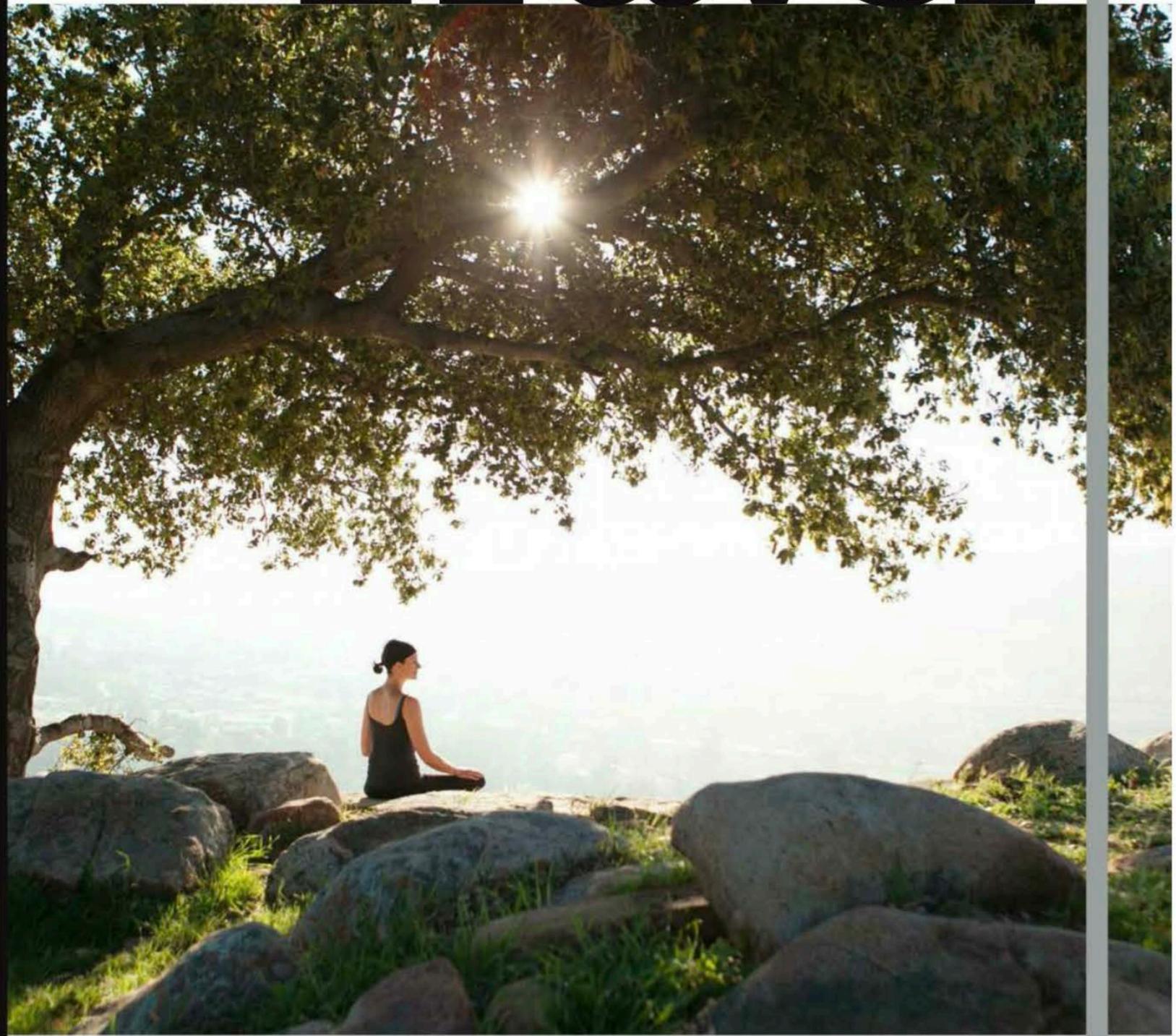
MEET

JEFF JONAS

The genius data scientist saving the world
from asteroids, terrorists and fraud.

**And the mastermind behind the
WORLD'S MOST EXCLUSIVE TRI CLUB**

Travel



COURTESY OF RANCHO LA PUERTA

FREE YOUR MIND →

The rest will follow. We look at the best ways for triathletes to do digital detox for better performance and a happier, more motivated you. **BY JULIA BEESON POLLORENO**

Travel

It's been a decade since Apple released the first iPhone, giving us instant access to everything we ever wanted to know (and didn't). Now the company says we unlock our phones an average of 80 times a day. That's—let us check our iPhone calculator—five times an hour, assuming you're getting eight hours of sleep. Waiting in the coffee line, walking down the street, in the middle of a ride—we've transcended mere distraction and are downright addicted to getting our digital fix.

And it's taking its toll. According to Sylvia Hart Frejd, author of *The Digital Invasion* and founder and executive director of Liberty University's Center for Digital Wellness, recent studies show that smartphone overuse can lead to a higher risk for depression, anxiety and stress (all killers of athletic performance). The remedy? Periodically unplugging from the digital deluge for a few days can help reset and recharge both body and brain. So turn off Strava (you can do it!), turn on your auto-reply, and retreat to one of these properties that encourage a total disconnect from the virtual world so you can tune into the real one. Bonus: The sweet amenities and training options will help you leave fitter than when you arrived.



THE RANCH MALIBU

Theranchmalibu.com

Los Angeles, California

Starting at \$3,900 for four days

The setup: Nestled on 200 serene acres in the Santa Monica Mountains (a haven for cyclists) and just three miles from the ocean, this upscale health and wellness retreat offers four-, seven- and 10-day stay options. (Participants in the four-day program stay at the nearby Four Seasons Hotel Westlake Village.) Each day starts with a strenuous 4-hour hike, followed by afternoon nap time, then fitness classes to meet the daily activity time goal of 8 hours. You'll get a daily massage, unwind with yoga, and dine on plant-based organic meals (a cooking class is also included). Can't you already feel the glow?

Triathlete perk: Through its partnership with the California Health and Longevity Institute, guests also go through VO₂ max testing to determine resting metabolic rate. It's a helpful metric when determining training zones and tracking fitness progress. You'll also undergo body-fat analysis using a Bod Pod machine.



RANCHO LA PUERTA

Rancholapuerta.com

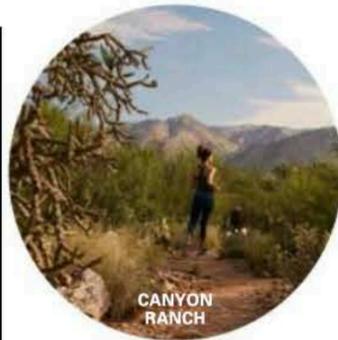
Tecate, Mexico

Starting at \$3,550 for seven days

The setup: Just south of the San Diego border, in Baja California, Rancho La Puerta is one of the oldest—and most renowned—fitness resorts in the world. The founders pretty much invented the luxury wellness retreat protocol: Combine a robust schedule of fitness offerings (there are more than 50 classes daily) with ample opportunity for mindfulness and quiet reflection in a serene, sprawling setting. If you've ever wanted to learn how to meditate, the Inner Journey class will give you the tools to get started.

Triathlete perk: This is the perfect place to set a focused training goal. Want to work on your stroke mechanics?

The resident swim coach will lead you through a clinic and workouts. Hoping to ramp up your run mileage? The Run Concierge will guide you to the best trails (no bad views here). Or jump into the running clinic to learn new drills and runner-specific stretches.



CANYON RANCH
Canyonranch.com/tucson
 Tucson, Arizona
 Starting around
 \$800 per night

The setup: In addition to all the bells and whistles you'd expect of a ritzy wellness resort—an array of health and wellness programming, healthy gourmet cuisine, an immense spa, beautiful grounds—Canyon Ranch offers holistic, cutting-edge health services you won't find at other retreats. Here you can consult with board-certified doctors, Chinese medicine practitioners, energy therapists, sleep experts and other health professionals.

The resort also has an exercise science department that offers VO₂ max testing and body composition analysis.

Triathlete perk: You can train here with three-time Ironman world champion Craig Alexander during one of his training camps. Alexander and other coaches from his Sansego company will lead you through swim, bike and run workouts, offering technique analysis and one-on-one guidance along the way. You'll also spend quality time—in the hot tub and during a ride up iconic Mount Lemmon—getting to know the Ironman Hawaii world record holder and learning the secrets to his career longevity.

DIY
 DETOX

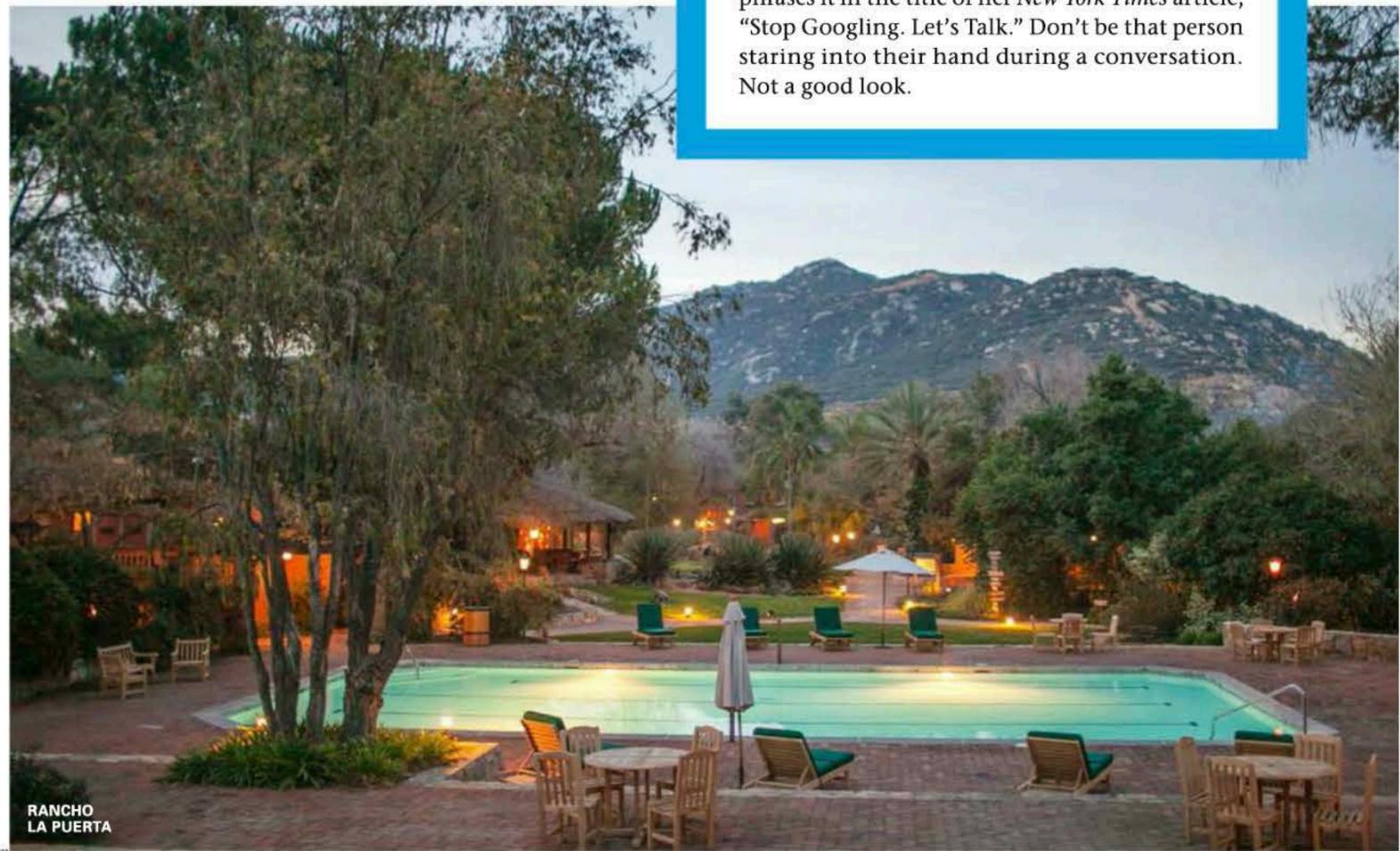
4 TIPS FOR ACHIEVING DIGITAL FREEDOM—NO TRAVEL (OR CASH) NECESSARY.

1. CREATE DEVICE-FREE ZONES. Sherry Turkle, a psychologist and M.I.T. professor (her Ted Talk, titled "Connected, but Alone?" has had more than 3 million views), suggests creating "sacred spaces" in your home where human interaction is the focus. "We can demonstrate the value of conversation to our children," she says.

2. DON'T SLEEP WITH YOUR PHONE BESIDE YOUR BED OR STARE AT A SCREEN WITHIN AN HOUR OF GOING TO BED. The bright glare and stimulation is shown to sabotage sleep quality, which will hinder your productivity, not to mention your early morning workout.

3. YOU ARE NOT A ROBOT—SO STOP ACTING LIKE ONE. Sylvia Hart Frejd of Liberty University's Center for Digital Wellness says the average person checks their phone 150 times per day. Instead of mindlessly reaching for your phone when the urge strikes, take a second to tune in with yourself. Are you acting out of habit or necessity? Changing any excessive (obsessive?) behavior begins with self-awareness.

4. TAKE YOUR PHONE OUT OF THE CONVERSATION. Or, as psychologist Turkle phrases it in the title of her *New York Times* article, "Stop Googling. Let's Talk." Don't be that person staring into their hand during a conversation. Not a good look.



COURTESY OF RANCHO LA PUERTA