

swim it... ride it... run it... love it!
swim it... ride it... run it... love it!
swim it... ride it... run it... love it!
swim it... ride it... run it... love it!
swim it... ride it... run it... love it!

Vikings Tri

Tuggeranong Vikings Triathlon Club



Viking Times Spring 2009



Club Sponsors



In this Issue

- The 2009/2010 Committee
- Club Annual Awards
- Race Reports
 - 2009 World Championships
 - Noosa 2009
- Ironman Realities
- Upcoming Vikings Events
- Vikings in Focus
- Training Advice – Tabata Intervals
- Nutrition
- TACT Event Calendar
- TA Challenge Series



Vikings Triathlon Club, PO Box 48, ERINDALE ACT 2903

Vikings Triathlon Committee

At our recent AGM/Presentation Night the 'weight' of running the Cub changed slightly:

President: Katrina Pickering

Vice President : Steve Hough

Treasurer: Mark Moerman

Secretary: Rob Cameron

Uniforms: Scott Irons

Registrar: Donna Lee

Novice Program: Trevor Matthews and Dan Bennett

Junior Coordinator: Megan McIntyre

Committee: Chris Dean, Rod Harrod

Sincere thanks to all those who contributed so much on the previous committee, particularly Geoff, who stepped down as Treasurer with the club in excellent shape.

Vikings Annual Presentations

On the same night our annual awards were announced.

Male Triathlete of the Year:

Geoff Williams – for his inspirational effort of completing his first Ironman, plus his great commitment to the club through work on the committee.

Female Triathlete of the Year:

Megan McIntyre – great season of racing, almost making the team for the 2009 World Champs, and for great commitment to the Club through her work in so many ways.

Female Encouragement Award:

Melanie Brooks had a terrific season. There were almost no races that she didn't do.

Male Encouragement Award:

Trevor Matthews – went from strength to strength last season, showing tremendous improvement. Watch for him in 2009/10.

Juniors:

Taylah Grady was far and away the best junior for last season. Good on you Taylah.

Club Person of the Year:

Susan Quan Wing –

There are a lot of people who do so much for the Club, but Sue stood out this year. Sue; we love you.

The Club wishes to particularly thank Onya Bike Warehouse who donated a large amount of prizes for this year's presentation night.

RACE REPORTS

2009 TRIATHLON WORLD CHAMPIONSHIPS

By Rod Harrod

After the debacle of last year's World Championships in Vancouver the warm sunshine of the Gold Coast was fantastic. The great weather was matched by a very well organised event, thanks to USM.

My son Jason I arrived on the Wednesday in time to watch the Aquathon and cheer on Corey Bacon, check out the extensive race site, purchase CO₂ cylinders at the excellent expo, complete registration, and put the bike together. Later that evening I went back to the huge marquee for the Australian Team dinner and introduction of the first three additions to the Hall of Fame. It was good to join up with Scott Irons, Richard Lennard and Corey (plus their support crews) and absorb some of the atmosphere. Like almost everybody else we headed for our hotels as soon as Greg Welch, Michellie Jones and Miles Stewart were nominated.

On Thurs morning I joined the many others for a ride on the bike course, which I followed up later in the morning with a swim. In the late afternoon all the teams assembled for the Parade of Nations and the Opening Ceremony, which was held under lights using the stage that overlooked the transition compound. The picture of the 6 of us was taken just before the Parade commenced. Sadly Ady Elmitt wasn't there.



Friday was spent doing some final 'warm ups' in the early morning and then relaxing prior to racking the bike. Sleep that night was better than it sometimes is

before a race – something that was helped by the fact that my wave didn't start until 0915 and I didn't need to be clear of the bike compound until 0830.

Finally, the big day arrived. After going through all the vital pre-race preparations I joined the long line of competitors and friends for the 1.5 km walk back along the beach to the start. Corey, being much younger, was long gone from the compound, but I did catch up with Chris and Scott. Before long the gun went off and I joined my age group competitors in the headlong rush into the water. Like everybody else I looked for a bit of clear water in order to settle down and not waste needless energy in a battle for air. As each wave was a separate age group category I was able to settle into a pack of about 5 others in about the middle of the field. Gradually the large white coloured buoys passed by until I finally turned right and headed for the beach.

Then came the scramble to gain footing and head for transition. In the rush for my bike I raced past my spot and had to retrace my steps (there went about 30s of wasted time!). Out onto the road, and I was away. On my first lap of the flat bike course there was a mixture of younger age groups on their second lap competing for space with those like me, so it was a bit 'hairy' at times and the packs were a bit frustrating. For the second lap it was easier to find a solid rhythm and 'drive on', something that was particularly great on my new TT bike from Onya (plug for one of our sponsors). Around the final turn and it was time to start releasing the feet from the bike shoes and getting ready for the run.

I started off at a reasonable pace in my racing flats from "The Runner's Shop", but due to the heat of the late morning and my lack of quality running training I had to slow down in order to keep it going. After just over 40 mins of running I could see the finish area in the distance. At this point I decided that one of my fellow age groupers, who was coming after me and had beaten me in two of the qualifying races, would not have it too easy. Finally I

reached to turn into the finish chute, at which time there was no looking back. I couldn't hear any steps behind me, so I felt happy as I headed alone towards the line.



Tired, but content, I'd set a good time for me and was happy with what I'd managed on the day.

After a nice shower and short rest I returned to the race site to watch the Men's Pro Race. It was the usual swim mayhem, followed by the bunch riding, and then the 10 km sprint. It soon came down to Alistair Brownlee and Javier Gomez, with Brownlee taking off on the small run descent.

Later that evening I joined Chris and a few others of Team OZ for a 'not so quiet' drink.

Next morning it was time for Richard and Jason to take on the World Sprint Champs. For both of them it was their first experience at this level, so I'm sure they felt a little nervous. This would have been highlighted by the huge crowd of spectators that seemed to be everywhere. As I was obviously focussed on how Jason was going I didn't see Richard until the run leg, but he seemed to be going well. Indeed this was true as both Richard and Jason finished the race in style.

The final treat was to watch Emma Moffatt charge to the line in the Female Pro race with the Aussie crowd cheering her on.

While very few events are perfect, this year's World Triathlon Championships were dammed good. I may not make it to Budapest next year, but I'm certainly planning for Beijing in 2011 and London in 2012 (when I move up an age group).

There are many Vikings who can realistically aim to take part in a Triathlon World Championships. You too could be part of Team Oz.



Noosa Multisport Event, 1Nov2009

"The 27th Annual event was a great success which boasted record competitor numbers with nearly 3000 individuals and 1000 teams battling it out on the swim, cycle and run course around stunning Noosa. Courtney Atkinson has ended his 2009 campaign on a winning note, winning his second Noosa Triathlon title while teenager Emma Jackson claimed her first major victory over her more fancied rivals." (www.usmevents.com.au)

There is a terrific atmosphere to the Noosa event which I guess is what makes it so memorable and leaves you with a desire to come back, it might just be that it's a holiday town running the biggest event in Oz but the whole town seems to be in on it. I believe Ironman is similar, but haven't experienced that one yet. The build up to race day starts on the Thursday prior for Georgina and I. We leave the kids at home, rent an apartment for a week and catch up with friends. I had done the event 5-times

previously with mates, as part of a team but this year I was on my own. Usually we stay up on the relative quiet of the hill overlooking town, this year we'd decided to move down to Hastings Street having surveyed suitable spots the year prior. Yes, a year prior, you need to get in early; did I mention this was a big event?

There are quite a few days of lead-up events consisting of fun-runs, Ocean swims, a men & women's cycling criterium that has some of Australia's top names. This year won by Jonathan Cantwell and Kirsty Broun. The Asics Bolt is a similar event, a 5k run where Collis Birmingham took it out in 14:02, Martin Dent another 4 seconds back, how can you even breathe fast enough to do that? You can also play spot the sporting "celebrity" with sports stars taking place in a fun triathlon, this year the three Emma's (Moffat, Snowsill & Carney) losing out to Heugill, Monagetti and Lee Troup.

This year I was to be one of the *nearly* 3000 individual entries, Last year the guys thought I was taking this triathlon stuff a bit too seriously, not drinking enough beer, so I was told to do it on my own...um, okay, I will... thanks guys...have a beer for me, I'll make up for it later...and by the way, I'm going to give your team a thrashing, the gloves were off.

What a great day race day turned out to be, the weather had been threatening to be hot but did the opposite, starting off overcast with passing brief, light showers. The water was cool, so it was the first time wetsuits were allowed for some time, certainly not in my previous swims. I didn't even bring mine with me, so swim time would be a little slower. Getting 3000 people started takes a bit of time. Transition closes at 0600 and the elites start at 0630. Waves are then every 3 minutes until the teams get started at 0900. I waited around till 0754 before getting the starting hooter from Dawn Fraser. My age-group is so large it is

started in 3 waves in alphabetical order. Wetsuit or not the swim was fairly uneventful and I remember only being kicked in the goolies once and clobbered a few times but that goes with the turf. I always tell people if they think triathlon is a non-contact sport, they should try the swim.

First transition was good, I took a second to realise I didn't have to take my wetsuit off and I could just put on helmet and go. I had a spot of time to drink some water and get the salt sand out of my mouth. As you'd imagine the bike mounting area is pretty busy, wet and a bit slippery, care is needed and there are lots of beginners around and I'm not the best at mounting quickly myself.



The technical lead out to the bike course goes out through Noosaville, along the river, I see Chris Williams opposite on the run and yell some encouragement to him. Chris didn't really need it and does the 10k run in very quick 34:28 and finishing a very credible 3rd in the 20-24 age-group for an overall 2.05:38, well done.

The bike course was quite a fast surface with the famous "hill" at the 10k mark turning out to be no worse than Stromlo really, and I only did it once! On the return trip the hill occurs at 10k to go (funny about that), but is a straight down "trucks-use-low-gear" descent, nothing like the previously winding uphill. My mate gets up to 85km/h on this descent, but I'm only brave up to 75 or so, I notice a strategically placed Ambulance at the bottom which makes me more determined to take it easy. The Elites get up to 100km/h, Craig Walton hitting 110 in previous years, no thanks, I prefer my skin where it is. Coming back

towards Noosa it was getting busy, so-much-so the race organisers have a "drafting permitted" zone for a couple of k's, quite a novelty.

My mate on the team was expecting to be out on the bike by the time I got back, running into transition I spied him in the team's area looking nervously for his new swimmer. I gave him a big wave as I went over the bridge and out onto the run course. By this time the overcast conditions were starting to clear a little for the run which was fine by me, I had made sure I had finished my Gatorade on the bike course, had a gel at the 30k mark and was ready for it. The run course is a flat out and back with a short detour through the million dollar "burbs" of Noosa. With the crowds lining the street, it's really easy to go out hard and blow-up, I managed to keep a steady pace, catching the only other guy I noticed in my age-group who'd left me for dead on the bike. A lot of the locals are lined up with their fire hoses and seem to get no end of enjoyment from blasting every one as they go past. It makes for a fun last few k's though and takes your mind off how far away the finish still is. As I squelched to the finish, all kids' line up for high 5's which makes for big smiles for the official cameras. I was smiling anyway; I had done better than my recent foray at Worlds and felt quite satisfied with my effort.

I felt pretty good, grabbing some



watermelon wandering through recovery to the teams' area where my *other* mate was

waiting for his turn to run. I had time to wish him luck, go home, have a proper shower and was having my first beer before he'd even come back.

All-in-all, a good weekend. Noosa for me though is always summed up in my favourite piccie of the bike transition.



Oh...and the view from our accommodation... and the beach... and the weather... and the coffee shops, ice cream shops and the great Fish & Chip shop at the end of Hastings street and the...

No, you can't have our room for next year; we've already left a deposit... Did I beat that team? You bet... "Noosa, it's all good" ☺

Scott Irons, 1Nov09

Ironman Realities

Lee Gruenfeld looks back at this year's Ford Ironman World Championship
Published Tuesday, October 13, 2009

Experience is a harsh teacher -- she gives the test before she gives the lesson - and once in a while we need a reminder that toeing the start line at Ironman isn't an automatic ticket to a lifetime of bragging rights.

We're creatures of adaptation, we humans. We become quickly inured to repetition, treating patterns as normalcy, routine as status quo. But whenever our natural human tendency toward complacency seems poised to redefine the comfort zone, a snap back to reality seems, in retrospect, almost inevitable. This explains the collapse of our economy, spacecraft crashes, Kansas City beating the

Yankees and disappointing outcomes on the Ford Ironman World Championship course. The race in Kona isn't some pre-fab reality show with a guaranteed fairy tale ending. What start out as heart-warming stories often result in heartbreak and, despite our attempts to put the most positive spin on plot lines we've been cheering for, the hard fact is that Ironman can be nasty, brutish and long. The heart transplant recipient isn't following a script provided by a sentimental producer and ends up in tears on the swim exit stairs, frozen to the spot because nothing in his pre-race visualization told him what to do if the unthinkable happened. The double amputee's race isn't choreographed for the benefit of a television audience, and he never got to the part of the race that worried him the most because side winds on the return trip from Hawi conspired to ensure that he'd never even get to put his run legs on. A big guy who used to be bigger wants to celebrate his hard-fought weight loss with a hard-fought Ironman win, but he's a few minutes late and doesn't make the cutoff.

In a way, these disappointments are a good thing. We stand at the finish line cheering for hundreds of athletes as they cross the final timing mat with their arms in the air. After hours of this their faces blur together in our minds, the gestures become clichéd, the various flavors of expressed pain and achievement become indistinguishable...we become numb and complacent. Finishing becomes routine. What's another body across the line after the hundreds who came before?

It's the disappointments that snap us back. They remind us that starting is no guarantee of finishing. They drive home that every one of these people has suffered, sacrificed and striven. They help us to understand that dreaming is not enough, that Kona is not Disneyland and that none of those briefly spotlighted faces got here by wishing upon a star.

Disappointments underscore the effort of the seemingly effortless Chrissie Wellington. They make us think hard about the fact that 70-74 isn't some "Isn't that sweet?" infomercial but one of the most fiercely competitive age groups in the race. They

make our eyes widen in wonder at the ones who crash, puke and cramp but only long enough to shake it off and keep on going.

They help us understand the immense achievement of challenged athletes like Sarah Reinertsen and Scott Rigsby and David Bailey, with one good leg among the three of them.

I've watched several dozen Ironman races around the world and it never gets old for me. Part of the reason is that, as a total non-athlete myself, I have learned that the you-can-do-anything-you-set-your-mind-to mantra is nonsense of the first order. I couldn't do this race if the fate of the entire galaxy hung in the balance. Very, very few people could, but it doesn't seem that way to us who are close to the sport because we've been privileged to witness that vanishingly small percentage of the populace who can.

I hope that I, and you, never lose that sense of wonder at these aliens who walk among us.

UPCOMING EVENTS

Jervis Bay Triathlon and Multi Sport Festival 19 -21 Feb 2010

<http://www.eliteenergy.com.au/huskisson/index.html>

We're planning to repeat our great trip to the beautiful Jervis Bay, so put these dates into your calendar.

Again we'll be looking to stay at the Huskisson Beach Resort (<http://www.huskissonbeachtouristresort.com.au>) which has a variety of cabins and camping options available and is located on the race course.

This is a great weekend of racing, friendship and fun, so bring your family and friends for a guaranteed good time.

VIKINGS IN FOCUS - ATHLETE
INTERVIEWS

Trevor Matthews

Trevor came into our Novice Program last season and won the Vikings Encouragement Award for 2008-09. Along with Dan Bennett he is coordinating this year's Novice Program. So let's here from the man himself:



"So, tell me a little about yourself" - A few basic things to set the scene: age, family, work, Canberra new person or born here etc.

Trevor Matthews born in Nowra NSW, Canberra from age of 6 months (Father was posted here with Navy) and we never left.

Age - big 40!!

Married with two boys – Wife (Tracey), Hayden (10) and Corey (7) – both boys doing Triathlon this year.

Work as Public Servant for Department of Finance and Deregulation in IT for 3 years, previously worked in IT for ACT Government – public servant nearly 20 years

"Tell me about other sports you were involved in prior to triathlon"

Growing up used as junior was involved a lot in Soccer and representative ten pin bowling!!!

Then when older, mainly played touch football, oztag, masters touch football and mixed netball

"What brought you to the sport of triathlon and to Vikings?"

Went on diet with wife about 2 years ago (Tony Ferguson) lost about 25 kgs, part of this training started with walking lake Burley Griffin (Bridge to Bridge) then built up to running. I started to get bored of that over the time. A good mate of mine Rob Moore said to come and join him in the DLA Triathlon and from there it has been like a drug.

"What do you think are your current strengths in Triathlon?"

I think my work over the winter session and the club's new swim coach has improved my swimming and hopefully will see some rewards on the times this year. (By Ed: From what I've seen at training the improvement in all disciplines is outstanding)

"What weaknesses are you trying to work on"?

Just need to work more on the bike and get more km's on the seat

"You've had a complete season of racing - what did you enjoy the best?"

To be honest I enjoyed it all, the racing is fun, but think enjoy the networking (Coffee's) and social nights with club members. Also weekend away in Feb at Huski is also good weekend to get away as a group.

"What are your targets for the upcoming season?"

I think to complete a few Olympic's this year and still have the half Ironman in my head to maybe do. Just not sure if this year is right time.

"What's a typical training week for you?"

- Tuesday and Thursday morning - runs – and evening swims
- Wednesday – Wind training
- Saturday – Bike Ride
- Sunday – Run and Afternoon Swim

"One of the key aspects in triathlon is balancing training with everything else in your life." "How do you make this balance work?"

Great support from my wife which works well, we also have busy life with kids sports, schools and work. Hayden and Corey are regularly competing in swimming carnivals with Vikings Swim Club so very busy life's.

We have recently purchased caravan so this summer will be making more relaxing times down the coast when time permits.

Some triathletes are very focused on their nutrition. For you, what do you particularly like? dislike? to eat.

At this stage my nutrition is something I really don't work on. I just eat regularly and basically eat what I want within reason.

"Outside of sport, how do you relax?"

Spending time with my family and friends, Networking – parties, BBQ's, drinking coffee, shopping, & love the beach and boogie boarding

"What do you like best on TV?"

Some good soapies like All Saints, The Rrafters, CSI, NCIS and love motorsport (V8's)

"What's your favourite movie?"

Not actually sure of any favourites – just love good action movies and comedy. Usually get in trouble a lot falling asleep in front of them if I have been training too hard!!!

"And finally, what advice do you have for our current Novices?"

Guess I enjoy the training and the fun around triathlon. The first weeks your body is hurting and you think what am I doing – but it does get easier and more enjoyable.

Also turn up to coffee or social events and get to know members of the club doing the same as you. I reckon you learn a lot from people who have been in same shoes as you. There is a lot of knowledge from older members and advice is valuable.

Last thing from me is this, I enjoy keeping fit and just doing the training. Racing is just a bonus and a goal for me to see how I can improve my times.

Well done Trevor, couldn't have said it better myself.

Megan McIntyre



Megan went from winning our 'Encouragement Award' in 2007/08 to our 'Female athlete of the Year 2008/09). Here's her fascinating and very motivating story:

"So, tell me a little about yourself" - A few basic things to set the scene: age, family, work, Canberra new person or born here etc.

I'm 38 and rising, single, no dependents (although I do have a sister in Canberra that relies on me to help her out in her garden). I'm a secretariat/policy officer (it sounds better than public servant :) at the Department of Agriculture, Fisheries and Forestry. I've been in Canberra for nearly 4 years now (I moved here on new years eve

2005), although I did live in Canberra for about 18 months in 1998-99 before heading overseas to work and travel for a couple of years.

"Tell me about other sports you were involved in prior to triathlon"

I used to play basketball as a teenager (at 5'10" and a family history of basketball, it's not a surprise really). For general fitness I would walk most days, swim occasionally or ride my bike... but rarely run!

"What brought you to the sport of triathlon and to Vikings?"

OK, back in the 80's/90's when they used to show the Hawaii Ironman on TV, when the likes of Mark Allen and Paula Newby-Fraser were at their peak, I used to love watching the coverage. (Me too) What I really liked were the stories of the 'ordinary' people (i.e. not the elites - although they were pretty awesome to watch too) - their personal stories, what motivated them to have a go etc. and tracking their progress throughout the race and their achievements. (NB. I think it's awesome that I now count among my friends and acquaintances people who have done an Ironman!)

Move forward 20 years or so... I was working with Chris Lathbury and talking to him one day in the kitchen at work - well complaining really - about how after working for 6 months in an office I was getting lazy, not exercising and losing any fitness I had. Chris asked me if I had ever thought of giving triathlon a go. (Now people have heard me say this before...) My reply was 'I don't run!'. Chris didn't think this was a problem and proceeded to tell me about the Vikings novice program and how it leads you through 8 weeks of training, building up your skills in each of the disciplines (at your own pace) to the point of having a go at your first triathlon. Excited by the idea (and thinking back to those stories from the Hawaii Ironman) I thought 'Wow.. maybe.. could I possibly do this?' I was struggling to finish my Honours year (I was about 6 months overdue) and didn't think I could do both, so I set myself a goal of finishing my honours project by September (this was in June) so that I could do the novice program... And the rest is history. Thanks for the suggestion Chris :) I really do love this

sport! (btw: I also got Second Class, First Division honours :)

"What do you think are your current strengths in Triathlon?"

Finishing :) I'm not fast or strong at any of the legs. I'm probably middle of the pack when it comes to riding and (maybe) swimming and I'm a slow runner. However, I have finished every triathlon I have started (so far... touch wood).

"What weaknesses are you trying to work on?"
Running... um... swimming and... um... oh yeah, cycling :)

"You've had a complete season of racing - what did you enjoy the best?"

Going away to race was pretty special. All of my previous races up to last season (except for Husky :) had been in Canberra. I did my first Olympic Distance triathlon in Canberra in the 2007-08 season and wanted to do more at this distance. While I never really entertained the idea of qualifying for the World Championships, I set myself the goal of competing in all the Challenge Series races that I could drive to. This meant competing in Canberra, Sydney (Cronulla) and Geelong - each presenting different challenges and experiences. For example, the Cronulla race would be my first ocean swim (and what a swim it was with strong winds, big swell/waves and shark sightings at Cronulla in the weeks and days before hand!!!). (By Ed: Many people took one look at the ocean and pulled out - but not our Megan) The Geelong race presented multiple challenges of swimming in the bay, tasting the exhaust fumes from the rubber dingy used for rescues, four seasons in one day and cycling 40 kms waterlogged (I swear half the bay was coming out of my nose) and with full bladder (not recommended).

What did I enjoy best in the season?

The environment/vibe of the different races, overcoming the different challenges and completing the different races, meeting other competitors from around the country (and catching up with my cousin who has been doing triathlon for years and I only found out last season). The variety of the races - who can forget the first CPS race of the 2008-09

season (brrr), (By Ed: I was cold, and I was just watching) Husky - great conditions, seeing others in the club step up to the challenge (a number of the novices stepped up to the long course in the last of the CPS races; Vikings qualifying for the world champs; and, of course, Tony, Geoff and Neil did their first Ironman). Yeah, it was a pretty good season.

"What are your targets for the upcoming season?"

I'm planning on cutting back on racing this season and concentrating on having a go at my first Half Ironman. I'm aiming for Canberra in December (I have a lot of work to do). Then, all going well I will give the Huskisson long course in February (unfortunately, no partying for me on the Saturday night). To remind my brain and body of what a triathlon actually involves I'm planning on doing the Sri Chinmoy Triathlon Festival sprint distance.

"What's a typical training week for you?"

I try to schedule my training around the Vikings training sessions. All going to plan (i.e. me sticking to it :) I swim 2-3 times a week, ride 3-4 times a week - including the long ride on Saturdays (I've just starting going to Gary Lilley's Tour de Garage sessions and found them really good) and running 3-4 times a week (including hills on Thursday and a longer run on Sunday and eventually the Tuesday club sessions - after I finish training for the Sydney to the Gong bike ride).

"One of the key aspects in triathlon is balancing training with everything else in your life." "How do you make this balance work?"

I'm not sure I do it very well. I have (at least) one rest day each week (Monday. It's a good way to get over Monday-itis; I actually look forward to Monday :) If I feel really tired I don't train (although how 'tired' I feel is very subjective). I try to have a couple of other interests, like learning French (although I have stopped that to concentrate on training for the Canberra Half Ironman) and I'm currently involved in a play.

I also usually end up taking the colder months off from training and volunteer at the duathlons (rather than competing). I do feel a bit guilty sometimes about stopping in winter, however it is nice to have the break. It's also a good opportunity to concentrate on running with the

Canberra Half Marathon, City to Surf and Canberra Times Fun Run to keep you focussed (or so I understand :)

Some triathletes are very focused on their nutrition. For you, what do you particularly like? dislike? to eat.

Is coffee a food? (Geez it is for me) I do like a latte and try to limit myself to 2-3 mediums a day. I did consider giving up coffee once as I think I like it too much. I told this to my friend Cass (who was in my novice group) after a race one day. Cass said 'Oh no Megan. You can't! Do you love it?' I replied yes... and have continued to drink it since (Thanks Cass :) (Ed: I stayed with Cass recently and she has an excellent coffee machine in her kitchen)

I try to eat healthily and I think I manage to do that most of the time. I do like eating though (isn't that one reason why we do triathlons, to be able to eat what we want?) and I think I eat too much (and really feel it during the hills sessions when I have to lug all those kilos up the hills :) Much to my younger sister's disgust I have a banana pretty much every morning (she hates them - the smell, texture and taste) and I try to eat three pieces of fruit a day. I've recently rediscovered low fat cottage cheese. I love it! Its protein, fills a gap and it's light. I aim to have some sort of red meat once or twice a week and have chicken and pasta for other dishes. My 18 year old nephew invented a dish of penne pasta, sun dried tomatoes, baby spinach, olives, pesto and sour cream. I love this dish and could eat it and eat it and eat it). I do substitute Danish feta cheese (cut into pieces) instead the sour cream though to lighten it up a bit. (The dish freezes well too!) I love chocolate but am trying not to eat it (or limit my consumption to minimal amounts :) at the moment.

"Outside of sport, how do you relax?"

I do like gardening (I am a willing participant in helping my sister with her garden :) I like the satisfaction that comes from transforming a garden from overgrown and untidy to neat and looking good - especially mowing lawns. I also like going to the movies, reading a good book, catching up with friends for a drink and lying on the sofa watching repeats of West Wing (see the question about what I like best on TV).

"What do you like best on TV?"

I would LOVE to watch triathlon on TV (I wish they would bring back the Hawaii Ironman coverage like they used to have... back in the day). They don't show triathlon enough on TV in my opinion (and I don't have HD TV at the moment). Other than that, I don't really have a TV show that I MUST watch. I do like the Big Bang Theory. My sister has the complete series of West Wing on DVD and I do like watching that.

"What's your favourite movie?"

The Princess Bride, hands down. Apollo 13 and Stand By Me also come to mind.

"And finally, what advice do you have for our current Novices?"

Give it go!...if J.Lo can do it so can you :) Even if you only do the eight weeks and your first triathlon, it's a great sense of achievement. The sport is great in itself and it opens up so many other possibilities - running, mountain biking, road racing, kayaking, adventure racing - and you meet some really good people. All the best for this (and future :) seasons.

Well done Megan – you can see why she was Female Athlete of the Year!

TRAINING ADVICE

TABATA INTERVALS

I'm passing this little secret on to you guys

This type of training is called Tabata intervals, named after the Japanese exercise scientist who studied its effectiveness as a mode of exercise.

In his study, published Medicine and Science in Sport and Exercise, he investigated the effect of interval training on endurance performance. What he found was that by only training for 4 mins using intervals, in a work to rest ratio of 2:1, well trained subjects improved their endurance capacity by 13%. Now for well trained athletes this increase in performance is very significant. The second important issue with this type of training is that it also improved anaerobic performance (short term high intensity exercise). Anaerobic literally means

without oxygen and relates to when the fuel used for exercise are produced without oxygen. The importance of this improvement is that anaerobic exercise is the type that improves body composition most effectively.

So what does this program look like. Well here is an outline of what you need to do.

This is an example of Tabat training:

- 20 seconds hard as you can
- 10 seconds easy pace
- Repeat 8 times. - Total 4 minutes.

That's it. Look easy, I hear you say. Give it a go and then let me know what you think. This is one of the hardest workouts you could possibly do and hence one of the exercises you could get the most benefits from.

Before starting ensure you do a sufficient warm up. Remember this can be done running, swimming, cycling or using any piece of exercise equipment.

Protein requirements have been well researched and in recent years, while scientists are starting to agree on some key issues much more research is to be done before we fully understand this diverse nutrient. Public opinion however, tends to move in cycles with opinion being influenced by the media, the internet and pseudo-scientists. It's no wonder many athletes are struggling to decide just how much protein they actually require?

Nutrition – some Basics

Many triathletes only focus on their carbohydrate intake and neglect their proteins. The same could be said about most people for that matter! So here's some thoughts about that other major food group – PROTEINS.

Why is protein important?

Protein is an essential nutrient in the diet, being used to manufacture body proteins

that have important structural and functional roles. Structural proteins are needed to build connective tissue, cell membranes and muscle cells. Regulatory proteins act as enzymes or transport vehicles. Proteins are made up of various sequences of about 20 different amino acids. Eight of these amino acids are essential and must come from the diet. Some amino acids are used as a minor fuel source during exercise.

Do athletes require more protein?

In the last 20 years, detailed research has enabled scientists to measure protein metabolism during exercise and recovery, and to monitor protein balance in athletes. Endurance athletes in heavy training require extra protein to cover a small proportion of the energy costs of their training and to assist in the repair and recovery process after exercise. Strength athletes, who are interested in gaining muscle size and function, require more protein in the early stages of very intensive resistance exercise. However, strength athlete’s muscles seem to adapt to the stress of resistance exercise, so that the protein requirements to maintain protein balance in very well-trained athletes are only marginally greater than those of generally active people. Athletes, who are growing, such as adolescents, have additional protein requirements. The table below summarises protein requirements for different types of athletes or exercise activities. Since athletes come in various shapes and sizes, it is easier to keep track of these requirements by relating them to the size (body mass or BM) of the athlete.

Table 1: Estimated protein requirements for athletes

Group	Protein intake (g/kg/day)
Sedentary men and women	0.8-1.0
Elite male endurance	1.6

athletes	
Moderate-intensity endurance athletes (a)	1.2
Recreational endurance athletes (b)	0.8-1.0
Football, power sports	1.4-1.7
Resistance athletes (early training)	1.5-1.7
Resistance athletes (steady state)	1.0-1.2
Female athletes	~15% lower than male athletes

- (a) Exercising approximately four to five times per week for 45-60 min
- (b) Exercising four to five times per week for 30 min at <55% VO_{2peak}

Source: Burke and Deakin, Clinical Sports Nutrition, 3rd Edition, McGraw-Hill Australia Pty Ltd, 2006

Do athletes need to eat more protein-rich foods?

Even if an athlete has a higher requirement for protein than a sedentary individual, do they need to change their eating practices to increase their protein serves? In particular, do they need to focus only on very high protein foods, or take protein supplements? Generally, athletes enjoy the advantage of increased energy requirements that make it possible to consume even larger amounts of protein and other nutrients than the sedentary person. Numerous dietary surveys show that the dietary patterns reported by various groups of athletes provide protein intakes that are well in excess of 2.0 g/kg body mass per day - especially in the case of strength-training athletes. Therefore, there is little scientific justification for special high protein eating strategies for sport.

	Quantity of food required to provide needs for a 70 kg athlete	Amount of protein (g)	
Breakfast	2 cups cereal	6	
	300 ml milk	12	
	2 slices toast	8	
	2 tablespoons jam	0	
	1 cup juice	2	
Lunch	2 bread rolls each with 50 g chicken + salad	41	
	1 banana	2	
	1 fruit bun	6	
	250 ml flavoured low fat milk	13	
Dinner	Stir-fry with 2 cups pasta + 100 g meat + 1 cup vegetables	50	
	1 cup jelly + 1 cup custard	13	
Snacks	750 ml sports drink	0	
	1 carton yoghurt	10	
	1 piece fruit	1	
	1 cereal bar	2	
Analysis		166 g (2.3 g/kg)	

How does timing and teamwork of protein and with other nutrients work?

Recovery after each workout or competition is a challenge for the athlete with a busy timetable. Recovery processes are complex and include refueling, rehydrating and repairing. Muscle and body protein metabolism is a constant balance between protein breakdown and protein rebuilding. During exercise the balance shifts towards protein breakdown, while during the recovery period after exercise the balance tips in the opposite direction. By consuming protein immediately after exercise it enhances muscle uptake and retention of amino acids, and promotes a more positive protein balance. This heightened state of protein metabolism seems to last for up to 24 hours and it is important for athletes to

look at their protein spread throughout the rest of the day as well as immediately after exercise. The most important news is that the effect of post-exercise protein intake is best seen when the protein is combined with carbohydrate. Carbohydrate intake stimulates an increase in the hormone insulin, which in turn, stimulates the muscle to take up the amino acids. A protein-carbohydrate snack or meal after a workout makes good sense - not only for muscle repair and adaptation to training, but to provide carbohydrate fuel to restore muscle glycogen levels. Snacks or light meals that achieve this team-work include:

- Flavoured yoghurt and Flavoured milk drinks
- Fruit smoothies
- Liquid meal supplements (e.g. Sustagen Sport)
- Sandwiches with meat, cheese, chicken or peanut butter fillings
- Breakfast cereal and milk
- Sports bars

Can athletes have too much protein?

Daily protein intakes under 2 g/kg BM in healthy people are unlikely to cause side effects. Less is known about the long-term side effects of protein intakes above 2 g/kg BM. High protein intakes can increase the amount of calcium excreted in the urine. This may cause problems with athletes at risk of weakened bones - for example, female athletes with low energy intakes who are not menstruating. High protein intakes are also known to accelerate the progression of pre-existing kidney disease. From a nutritional point of view, excessive intakes of protein tend to be expensive especially if protein supplements are used. High protein intakes based on the consumption of large amounts of animal foods (e.g. meat and dairy foods) can result in a greater fat intake. High protein intakes may increase fluid requirements. However, the main concern is that excessive focus on high protein foods may displace other valuable foods (e.g. fruit and vegetables) or other important nutrients such as carbohydrate and fibre from the diet.

Can athletes have too little protein?

Although the majority of athletes eat more protein than is required to meet their special needs for sport, there are some athletes who may eat diets inadequate in protein. These athletes include:

- Athletes on low energy diets trying to achieve or maintain a lower body mass/body fat level, especially those undertaking extreme restriction to lose weight rapidly.
- Athletes restricting dietary variety, especially those cutting out large numbers of food groups. This includes fussy eaters and people with extensive allergies or food intolerances, athletes travelling to places with a restricted food supply, and athletes following extreme carbohydrate-rich diets or poorly constructed vegetarian diets. Athletes with eating disorders or disordered eating problems, and those following fad diets (e.g. the Cabbage soup diet, or long-term juice and vegetable fasts) are also at risk of sub-optimal protein intake among other nutrient inadequacies

Failure to consume sufficient protein on a regular basis may cause muscle to be broken down to ensure a continual supply of essential amino acids in the body. This will lead to loss of strength and power, or a failure to make optimal gains from training.

Which are the best foods to provide protein?

The following table gives examples of many basic foods that provide 10g of protein per serve. Many people typically turn to meat, poultry and dairy products to obtain protein. These food sources are considered to be of high value due to the protein in the food containing all the essential amino acids required to build muscle tissue. Don't forget that plant foods such as bread, pasta, rice, breakfast cereal, legumes, lentils and nuts also contribute significant amounts of protein to the overall diet. These protein sources are incomplete and are missing some important amino acids. It is important to mix these incomplete proteins together to ensure adequate amino acid balance.

Remember also that many common foods or mixed dishes are made up of these basic ingredients. For example, we sometimes forget that custard or rice pudding is made with milk, or that meat or chicken are in the sandwich filling, or pasta sauce. Mixing and matching foods is a good way to team up protein, carbohydrate and other nutrients. Ideally, a mixture of protein sources should be included in the diet, and distributed at each meal and snack over the day, to ensure the full complement of amino acids is consumed on a regular basis.

Table 2: Protein rich foods for athletes. Each of the following foods provides approximately 10 g of protein. These foods have moderate to low fat contents and are rich in other nutrients.

Animal Foods	Plant Foods
2 small eggs	4 slices (120 g) wholemeal bread
30 g (1.5 slices) reduced fat cheese	3 cups (90 g) wholegrain cereal
70 g cottage cheese	2 cups (330 g) cooked pasta
1 cup (250 ml) low-fat milk	3 cups (400 g) cooked rice
35 g lean beef, lamb or pork (cooked weight)	3/4 cup (150 g) lentils or kidney beans
40 g lean chicken (cooked weight)	200 g baked beans
50 g grilled fish	120 g tofu
50 g canned tuna or salmon	400 ml soy beverage
200 g reduced fat yoghurt	60 g nuts or seeds
150 g light fromage frais	1 cup (250 ml) soy milk
	100 g soy meat

Are protein supplements useful?

Generally, athletes can obtain all the protein they require from a good mixed diet. Occasionally, an athlete may require a supplement when a practical way to consume sufficient food cannot be found. Many protein supplements are very expensive due primarily to the amount of marketing that accompanies products and the processing required to extract the protein from cow's milk. They tend to

provide very large amounts of protein and little other nutrients. There is no need for the amount of protein provided by many supplements and there is certainly no justification for the extra cost. The most suitable supplement is one that provides both protein and carbohydrate. Good alternatives to protein supplements include homemade fruit smoothies, liquid meal supplements such as PowerBar Protein Plus powder and 20 g skim milk powder added to regular milk.

Does increasing protein intake assist with weight loss?

Although high protein diets are the current trend in weight loss nutrition it is not advised that athletes undertake such high protein low carbohydrate meal plans. However if an athlete is trying to change body composition and reduce weight more protein may help. Protein can reduce appetite when its volume is increased in meals. Athletes trying to maintain body shape or those that have reduced training volume dramatically through injury or during taper and are finding it difficult to reduce dietary intake may benefit from a slightly higher protein content to help reduce hunger. This slight increase in protein intake will help them reduce their intake and control their energy intake.

Written by AIS Sports Nutrition, last updated June 2009. © Australian Sports Commission.

TACT Race Calendar **Upcoming events**

- 20 November - Kids TRYstars #1
- 22 November - Community CPS Spring Fling Triathlon
- 28 November - TACT Allstars Triathlon
- 29 November - DLA Phillips Fox Government & Business Triathlon
- 3 December - Aquathlon #1
- 4 December - Kids TRYstars #2
- 17 December - Aquathlon #2
- 20 December - Community CPS Enduro Triathlon

- 10 January 2010 - Community CPS Sprint Triathlon
- 14 January - Aquathlon #3
- 23 & 24 January - Canberra Challenge Triathlon weekend

2010 CHALLENGE SERIES & ITU RACE CALENDAR

Last season a number of us competed in a number of Triathlon Australia's excellent Challenge Series' races. The good news is that they are on again, commencing with Geelong, closely followed by Canberra.

GEELONG CHALLENGE

North Shore January 16-17
Sprint, OD, Enticer & TRYstars

CANBERRA CHALLENGE

Commonwealth Park January 23-24
Sprint, OD, Enticer & TRYstars
2XU Australian Junior Series: Race 2#

HOBART CHALLENGE

Waterman's Dock February 13-14
Sprint, OD, Enticer & TRYstars
National Elite Series: Race 1*
2XU Australian Junior Series: Race 3#

SYDNEY CHALLENGE

Cronulla March 6-7
Sprint, OD, Enticer, TRYstars
National Elite Series: Race 3*

ADELAIDE CHALLENGE

Glenelg March 20-21
Sprint, OD, Enticer & TRYstars
Australian Age Group Sprint & OD Championships
Australian Duathlon Championships

ITU WORLD CUP

Mooloolaba March 26-28
Run, Ocean Swim, OD, Superkidz,
Cycling Grand Prix, Individual Elite

ITU WORLD CHAMPIONSHIP

Sydney Harbour April 11
Individual Elite

**Race 2 of the National Elite Series is the
Luke Harrop Memorial, Gold Coast,
February 28*

*#Race 1 of the 2XU Australian Junior
Series is Supersprint Race Weekend, Gold
Coast, Dec 11-13*

*#Race 4 of the 2XU Australian Junior
Series is ITU Oceania Champs, Wellington
,NZ, March 13*

***The 2010 Challenge Series website
www.challengeseries.org.au for more
details.***