

**NEWSLETTER**  
**February 2013**

Hey Team

Well the biggest multisport race of the year is done and dusted and the EPC team was out in force producing some great performances. Now the focus turns to adventure racing with GODZone just around the corner, along with the road cycling nationals, track cycling age group nationals and some of the bigger MTB races on the horizon. We hope everyone is getting out enjoying the sunshine and putting in the hard yards.



**EPC athletes at the races**

- **Speight's Coast to Coast 2 day:** Will Sams and Josh Harris battled it out to place 3<sup>rd</sup> and 4<sup>th</sup> respectively in the open men section. In his first attempt at the Coast to Coast, Anthony Rowcroft had a great race to take 2<sup>nd</sup> place in the vet section. While Bec Wilson raced strongly with her partner to place 4<sup>th</sup> in the mixed teams section.
- **Speight's Coast to Coast 1 day:** Sia Svendsen and Emily Wilson placed 7<sup>th</sup> and 8<sup>th</sup> respectively in the open woman's race. Peter Jackson placed 3<sup>rd</sup> in vintage section in his first attempt at the race, Kevin Edgar placed 8<sup>th</sup> in the Classic section. While Bernard Robinson, Hamish Fleming and Kirk Pritchard placed 17<sup>th</sup>, 26<sup>th</sup> and 50<sup>th</sup> respectively in the open men's section.
- **Southland masters rowing:** Well done to Pam Thompson of Invercargill who in her first season of rowing became the Southland masters single scull champion.
- **Tri Grand Prix:** This new format of triathlon racing at Pegasus Township was a huge success. Karli Hugh showed that she is in form going into the nationals with a win in the woman 20 – 39 age group, while Guy Carter backed up his Challenge Wanaka performance with a 3<sup>rd</sup> place in the men 20 – 39 age group.
- **Kayak Sprint Nationals:** Ryan Shanks of Dunedin had a great performance at this year's national kayaking champs across a range of events. See Ryan's profile below for more details of his performance and the work he has been doing with EPC.
- **Rail Trail Duathlon:** Guy Carter was at it again with 3<sup>rd</sup> place in the individual rail trail duathlon event. Kevin Edgar backed up his coast to coast performance with a 2<sup>nd</sup> place in the corporate teams while Peter Jackson placed 8<sup>th</sup> in the mixed teams.



Some of the EPC athletes in action at the 2013 Speight's Coast to Coast. Well done to everyone who competed



Kevin Edgar (far left) and Guy Carter (far right) on the podium at the Rail Trail Duathlon



**We want to hear from you!**

- What would you like to see more of in the EPC newsletter?
- Do you have any burning questions about nutrition or training?
- How do you think EPC can improve our services?

We want to hear from you so we can keep improving our performance while we help you improve yours.

If you have any feedback please email:  
exponential.performance@gmail.com



**Performance nutrition**

**Nutrition tip of the month**

Treat your body like the legend you want to become and it will enable you to become the legend. This means hydration, healthy everyday diet including a wide range of good foods, regular meals and sleep. Think back to the basics, 3 vege, 2 fruit serves per day, low fat dairy products, lean meat and some good oils such as fish, nuts and seeds. Keep it simple and eat like this and you will be in prime condition for your trainings to give it your best shot!

**By: Nicole Walker (EPC nutrition consultant)**

## Performance nutrition

### **Recipe of the month**

#### **Athlete super breakfast**

Banana, seeds, Almonds and yoghurt + toast

#### Ingredients

- 1 sliced banana
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 1 tbsp sliced **raw** almonds
- 200g of **low fat unsweetened** yoghurt
- 2 slices of wholegrain toast with marmite, vegemite or sliced tomato

#### Cooking guidelines

- Stir seeds, sliced almonds and banana into yogurt
- Avoid butter or margarine on toast

**Energy:** 2547kJ **CHO:** 70g **PRO:** 30g **FAT:** 19g (SAFA = 2g)

**By: Whitney Dagg (EPC nutrition consultant)**



On the 18<sup>th</sup> of February EPC coach Matty Graham and his wife Lily welcomed their baby daughter Elsie Sheridan Graham into the world. Thanks to everyone for their messages of congratulations and support.

## Upcoming races

Keep an eye out for EPC athletes at the following races over the next few months

- Ironman New Zealand
- Hawea Epic MTB race
- National Age Group Track champs
- Naseby 12 hour MTB race
- National Omnium Track champs
- Motatapu run and MTB
- GODZone adventure race
- Triathlon Nationals
- Cape Epic MTB race in South Africa
- Goldrush multisport race

## Performance tip of the month

Regular coach contact is extremely important for effective training. If your coach does not know what is going on they are unable to help you. Let your coach know ASAP about any important dates and events that come up which may interfere with your planned training. Let them know if you develop an injury or slight niggle or if you are feeling under the weather. Also keep us posted about the good things in your training, such as if you had a really good training session, did a PB on a TT or you are just feeling really good.

Posting these comments on your Training Peaks account is an easy way to do this and doing this automatically keeps a record of them so we can look back over these comments to see how you were handling the training. However, if something important pops up send your coach an email to insure that they know about it ASAP.

**What a great start to 2013. We look forward to working closely with you throughout 2013. Keep up the great work. From the EPC team: Whitney, Nicole and Matty**

## Athlete profile

**Name:** Ryan Shanks

**Age:** 21

**Coach:** Barry Veenvliet is my personal coach and Matty Graham works with both of us as a sport science advisor.

**Where do you live:** Dunedin

**General back ground:** I was pretty active as a young kid, growing up outdoors, fishing, swimming, surfing, and causing my parents to go grey. Went to school in Dunedin

**Sporting back ground:** I played Rugby up until I was 19. This was my main sport until I was around 15 when I started taking Surf Lifesaving more seriously. I had only ever done it as a summer sport to fill time. I started running cross country around this time also when my rugby coach told the athletics coach to send me to cross country nationals.

In the last couple of years I have discovered sprint kayaking and enjoy the rawness of the event compared to the variables of Surf.

**Racing goals:** My short term goal is to go top 3 for the k1 1000m event at nationals. My long term goal is to make an Olympic canoe kayak team.

### **Major achievements:**

- 3<sup>rd</sup> u23 men's and k2 200m nationals 2012
- 2<sup>nd</sup> Open men's 500m k2, nationals 2013
- 5<sup>th</sup> u23 men's k1 1000m, nationals 2013
- 3<sup>rd</sup> Oceania Open men's k2 500m 2013

**Comment about working with EPC:** EPC has been invaluable to me since my coach and I started working with Matty in October 2012. Monitoring my training and seeing the feedback has allowed me to reach my maximum potential for this last training block. Knowing that the training you are doing is the best it possibly can be and seeing your progress is fantastic.



**Top left:** Ryan smashing it at the 2013 sprint nationals. **Top right:** Just as comfortable in the surf as he is on flat water. **Bottom:** Ryan performing a field based performance test in perfect conditions in Central Otago.