

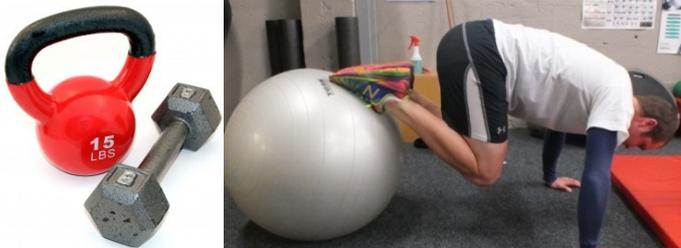
With the weather getting colder the racing season is starting to ease off and athletes turn their attention to their winter base training. Do not join the ranks of all those athletes who let all of their hard earned gains slip away during the cold, dark winter. Winter training is what separates those highly successful athletes from those that always get so close. Make the most of this year's winter and go into summer fighting fit.



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Strength training

Strength training can improve endurance performance both directly (improved muscular force development) and indirectly (force transfer, stabilisation and injury prevention). Get into the gym this winter with a well structured gym programme to take you to the next level in the coming season.



Performance nutrition

Nutrition Tip

Many people use soy milk instead of cow's milk for many reasons. However, during the recovery window following training, soy milk is not as effective for recovery.

The blend of Whey and Casein protein found in cow's milk has been found to be more effective than the protein in Soy milk for protein synthesis (making of new proteins) which is a key part of post-training recovery.

So if you want to optimise your recovery after those hard training sessions reach for the cow's milk to have in your recovery shakes and leave the soy for other times.



EPC athletes at the races

- **MTB World Cup Series:** Shannon Hope has been hard at it in Europe racing her MTB with the best in the business.
- **Gore Half Marathon:** Jan Taylor clocked up another solid 1/2 marathon as part of her training for 7 Marathons on 7 Continents mission.
- **Mt Isobel Duathlon:** Chris Yeats raced well to place 5th in the masters men section.
- **Otago Peninsular Challenge:** A very wet and muddy course greeted competitors at the Otago Peninsular Challenge. Well done to Sofie Holm and Kate Spenceley who took on the run and Marc Gent and Rei Ishikawa who did the MTB race.
- Pengzhou Outdoor Challenge China:** Jess Simson was hard at it again racing in China as part of Team NZ Adventure. After 3 days of brutal racing the team placed 2nd.
- Expedition Africa:** Emily Wilson finish 21st in the epic Expedition Africa adventure race as part of team Bring it on.



Top Banner: Shannon Hope riding the hard rock gardens while others are forced to run in the Czech Republic. Above L-R: Shannon Hope pre and post race in Austria. Jess Simson on the podium in China. Below L-R: Pete Smallfield making the most of his winter training. Emily Wilson in her element testing yourself against the world.

Performance nutrition

Recipe of the month

Mo Farah Burger

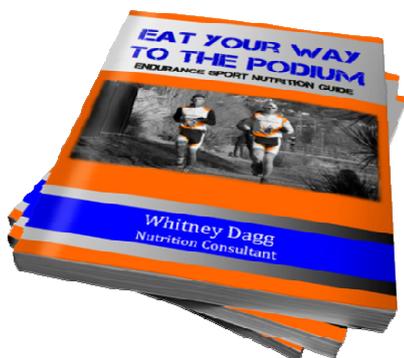
Double Olympic Champion runner Mo Farah spends a lot of time training and racing in America. Because of this he loves a good burger. Below is one of his favourite healthy burger recipes.

Ingredients

- 500g beef, pork or turkey mince
- 1 red onion, finely chopped
- 1 tsp cayenne pepper
- 1 tsp dried oregano
- 4 rolls, toasted
- 4 slices cheese
- 4 tbsp chopped fresh tomatoes
- 1 avocado, sliced

Directions

- 1) Mix mince with the onion, cayenne pepper and oregano.
 - 2) Season well, shape into 4 patties and chill for 30 min.
 - 3) Heat oven to 200 °C. Cook burgers for 15 min or until done to your liking, flipping over halfway through.
 - 4) Serve in rolls with cheese, tomato and avocado.
- Makes 4 burgers



Make sure you get your FREE preview of Eat Your Way To The Podium over at the EPC website.

Performance tip of the month

Over winter many people take their training indoors. If you are running on a treadmill to simulate a FLAT road surface you need to set the gradient to ~1-2%. This gradient takes into account wind resistance and road surface of a real world flat road. So if you are indoors and want to simulate a flat road, dial it up a bit.

Athlete profile

Name: Al Killick

Age: 44

Coach: Matty Graham

Where do you live: Christchurch

General back ground: Happily married with a 9 year old son.

In the younger years I played Southern League Football, enjoyed running, gym and touch rugby. Have worked in the Construction Industry since leaving school, Carpenter, Builder, and now Project Manage our own projects. Love this role as it frees up time for me to train during the day when the tracks are not too busy. I am looking forward to my son chasing me down on the tracks and seeing how long I can hold this fella off (might need to get him a heavier bike shortly!!)

Racing goals: My main goal for 2014 is the 7 day BC Bike Race in Canada in June. Normally I am keen for any XC mtb event whether it is XCO style, point to point or big loops. I have done 2 events in Oz, the BC Bike race in 2012, 2 in the north island and most of the south island events since I started mountain biking 2006.

Major achievements: Probably my best result so far was Motatapu 2013, managed to get under the 2hr mark, 1hr58mins, won my category and was 7th overall in a very quick field. Was one of those days everything went right. I am looking forward to doing better this year at the BC Bike Race, Matty has my training really coming together, so just I need to stay healthy in this crazy Winter!! Another event that should have been a highlight was the 2014 Oceania's at Mt Hutt. Fitness was there, thanks Matty, felt great on the day, but slashed my tire. What I really like about this sport is you can ride with people of all ages and genders and learn something from every one of them. Chasing the young bucks and my mates is motivating and satisfying.

Comment about working with EPC: Matty is the 3rd coach I have been with, and have been with him for approx 18 months. He really does bring some different and interesting training sessions into your schedule. I heard of Matty via a mates girlfriend, they mentioned some of the sessions they were doing. Their comments and timing couldn't have been better, it was at a time where I was getting stale doing the same old thing as prescribed by my coach at the time. I love the short intensity sessions balanced out with some endurance rides. You know things are going well when the hardest rides to do mentally, are the recovery ones, but as we are told in the Whiteboard Wednesday, you need to recover. The extra services that are available through EPC are great too, I just purchased Whitney's e-book on nutrition and after BC this will be the next angle I will take to improve with the EPC Team. Thanks for everything so far, I hope to do you and me proud in Canada, when I am hurting knowing you will assess the Garmin data will keep me pushing.

