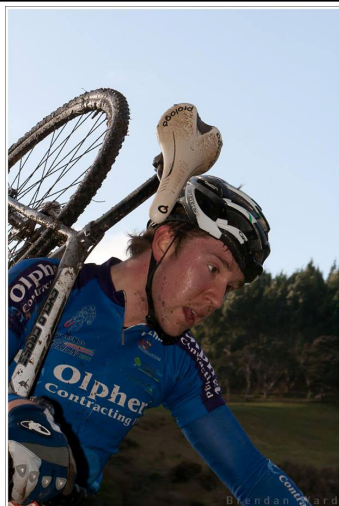


## NEWSLETTER

June 2013

Hey Team

Well it is a bit quiet on the racing front now that winter is here and everyone is getting stuck into their winter base training. We have packed this edition of the EPC newsletter full of tips to help you with your training over this quieter racing time.



Brendan Ward



Brendan Ward



Top L: Brad Evans carrying his bike during one of the cyclo-cross races (Photo credit: Brendan Ward) Top R: Hilary Lennox tears up the BMX track during one of the cyclo-cross races (Photo credit: Brendan Ward). Bottom: The amazing costumes on display from Kursti Annison's team at the Rustic Run.

### Performance nutrition

#### Recipe of the month

**Quick and easy, winter warmer – Pork Stir fry**

##### Ingredients

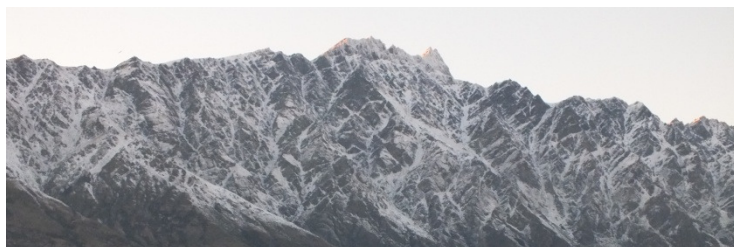
100g rice noodles	1 tbsp olive oil	200g lean pork mince
2 spring onions	½ cup of carrot sticks	½ cup of broccoli florets
2 Tbsp Soy sauce	1 Tbsp Sweet chilli sauce	

##### Cooking Guidelines

Place rice noodles in a bowl and pour over boiling water to cover. Leave to soak for 8-10 mins.

Heat oil in pan and add mince to brown. Add vegetables and cook as desired. Add soy and sweet chilli sauce and mix until heated. Add drained noodles

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



### EPC athletes at the races

- **3D multisport race:** Well done to Jess Simson who placed 4<sup>th</sup> and Emily Wilson who placed 7<sup>th</sup> (1<sup>st</sup> U23) in the extremely competitive 3D race that doubles as the Australasian multisport championships.
- **Christchurch marathon:** Windy conditions greeted competitors at the Chch marathon making times slower than usual. Craig Page ran strong in the marathon while Kate Spenceley competed in the ½ marathon.
- **Rustic run:** Kursti Annison teamed up for the Rustic Run with top marks being given to the teams costumes (see photo below).
- **Cyclo-cross:** Cyclo-cross fever has hit Dunedin and EPC athletes Guy Carter, Hilary Lennox, Brad Evans and Sarah Bryant have been hitting the wet and muddy racing at full noise.

### Peak to Peak Training Camp

We have a few spots left on the Peak to Peak Training camp.

Join EPC coach Matty Graham and top multisporter Dougal Allan (3x winner of the Peak to Peak) for 3 days of training in the stunning Queenstown area.

This camp is not just for those training for the Peak to Peak. All multisport athletes will benefit from this camp with the inclusion of sport nutrition presentations, technique video analysis, sweat rate assessment and 16 hours of coach supervised training. Places are limited so register quick.

**Camp dates:** 11<sup>th</sup> July → 14<sup>th</sup> July 2013

For full details check out the EPC website or contact me at [exponential.performance@gmail.com](mailto:exponential.performance@gmail.com)



### Performance nutrition

#### Nutrition tip of the month

Just like your training, your daily nutrition needs to be planned. Being organised with your meals and snacks is the first step to getting your nutrition sorted. Having a list when you go to the supermarket and sitting down for 10 min to plan at the start of the week can be the difference between a good week of nutrition or a week of junk food.

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

### 8 must know Indoor cycling sessions

Winter is the ideal time to develop your aerobic endurance and pedalling efficiency. Here is a short effective session to help develop your pedalling technique and efficiency.

**Warm up:** 10 min easy riding

**Drill 1:** High cadence 110 rpm+ focusing on holding a strong core to minimise upper body movement. Perform 3x30 sec blocks with 15 sec recovery between

**Drill 2:** Shoe scrapers. Imagine you are scraping mud off the bottom of your shoe. Activate your hamstrings and pull through the bottom of your pedal stroke

**Drill 3:** Kicking the door. Imagine you are kicking a door shut. At the top of your pedal stroke work on keeping consistent pressure on the front of your shoe, as you kick over the '12 O'clock' position.

**Drill 4:** Eyes closed. With your eyes closed pedal with a focus of applying pressure throughout the full pedal stroke holding a strong core, pulling through the bottom and kicking over the top.

Perform each drill for 2 min with 1 min easy riding between each and repeat 2-5 times depending on your ability and time availability.

**Warm down:** 5 min easy

For 8 more must know indoor sessions to maximise your winter training check out the Training Plan section of the EPC website for the latest Training Peaks training library.



Like EPC on Facebook and follow us on Twitter to keep up with the latest news, videos and articles to help your performance.



### Performance tip of the month

Make sure you give your road bike a little more TLC than usual over the winter months. The damp conditions and grit on the roads can leave your bike in a mess that if not cleaned between rides can lead to rapid wearing of the componentry. Make sure the 'important' parts of your bike get a regular clean. Clean and lube your chain between every ride and check your brake pads as these tend to wear quicker with the water and grit. Keeping your loyal steed clean will help prolong its life and allow it to function better when you need it to.

**Keep up the great work. From the EPC team:**  
**Whitney, Nicole and Matty**

### Athlete profile

**Name:** Jan Taylor

**Age:** 49

**Coach:** Matty Graham

**Where do you live:** Wyndham, Southland

**General back ground:** Married with two grown up children. I live on a farm at Wyndham and work as a Kindergarten Teacher.

**Sporting back ground:** Limited sports activity as a teenager during school, avoid Physical Education if at all possible. Was not physically active up until 2008. Six years ago I couldn't walk to my gate. After losing 63 kgs in a year, I slowly started to exercise by walking to my gate and then adding one lamp post at a time until I was walking 5kms a night. After a while I began running in the same way, one lamp post at a time. I participated in my first marathon in 2009 and have now participated in 12 marathons, three of which have been international marathons. The Paris Marathon 2010, The Great Wall of China Marathon 2011 and The Big Five Marathon in South Africa 2012.

**Racing goals:**

Completing the Inca Trail Marathon in Peru in August 2013. Long term goal is to run a marathon in the seven continents of the world.

**Major achievements:** Losing 63 kgs in weight, winning Weight Watchers New Zealand Slimmer of Year. Regaining my life back so that I can participate in family activities and began a new stage of my life through becoming physically active and beginning my running journey.

**Comment about working with EPC:** Working with Matty and EPC has provided me with the guidance and support that I have not had before. It has been like having a weight taken off my shoulders as I now have someone providing me with a running programme that I have not had before. Previously I was just doing the same things every week but not sure if I was doing too much or not enough training. Even though I live in Southland through using Training Peaks I feel as if I have regular contact with Matty and access to my training programme at all times.

