

NEWSLETTER

July 2013

Hey Team

I hope everyone is getting through the winter ok and that your training is progressing well. There have been plenty of athletes getting out making the most of the winter weather but it has been pretty quite on the racing front.



Peak to Peak Training Camp

The training camp effect is an interesting phenomenon that was discovered in the early investigation of the altitude training. In an attempt to see the effect of altitude on performance, scientists trained one group of athletes at altitude and the other at sea level. Interestingly, both groups experienced similar gains in performance following training. It was found that the performance improvements were stimulated by the athletes being in the camp/ group environment. Being in a productive training environment, having some healthy competition and undergoing a higher than usual training stimulus all lead to an increased athletic performance following the camp. At EPC we use this knowledge to get a little bit more out of our athletes than normal at this year's Peak to Peak Camp.

Over 4 days in July a group of keen athletes gathered in the stunning surroundings of Queenstown to train under the guidance of EPC sport scientist and coach Matty Graham along with elite multisport athlete Dougal Allan.

Over the 4 days athletes underwent video analysis and technique development sessions, sweat rate determination, specific interval sessions and presentations on nutrition, race preparation and mental mastery to prepare them for the upcoming Peak to Peak and other races.

A big thanks to Nick Taylor for the camp photos. Check out his website at www.anicktaylorphoto.co.nz



Performance nutrition

Recipe of the month

Rocket and Chickpea Penne

Ingredients

- 400g can chickpeas
- 500g jar of tomato pasta sauce
- 350g Penne pasta
- 100g rocket
- 50g shaved parmesan
- 3 tbsp walnut pieces
- 3 tbsp fresh basil
- Vegetables of your choice

Cooking Guidelines

- 1) Place chickpeas in pan with pasta sauce and cook over a gentle heat
- 2) Add vegetables as desired
- 3) Cook pasta in saucepan
- 4) Combine pasta with chickpeas, sauce and vegetables
- 5) Toss through rocket
- 6) Top with parmesan, walnuts and fresh basil

By: Whitney Dagg (EPC nutrition consultant)



Performance nutrition

Nutrition tip of the month

Alcohol interacts with your bodies recovery process following a hard training session or race. If you are going to have a post-training or post-race celebratory drink, wait until you have first addressed your recovery nutrition (carbohydrate, protein and fluid), before you reach for the drink.

By: Whitney Dagg (EPC nutrition consultant)





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

Coast to Coast Online Training System

Sport scientist and performance coach Matty Graham, has teamed up with elite multisport athlete Dougal Allan to bring you the effective combination of cutting edge sport science base training and practical advice. This Online Training System includes exclusive access to monthly training plans, video tips and information so you can take the guess work out of your training and preparation for the Coast to Coast.

If you are already an EPC athlete on a current training programme for the Coast to Coast, you can get access to this online training system to view the videos and tips without the training plans for a one off payment of \$150.

Check out the EPC website for full details.



Performance tip of the month

'During winter, some people freeze to death, while others go skiing!'

I think this saying sums-up winter training perfectly. Some people struggle through winter training complaining of the cold, wet conditions or go into hibernation mode and come out of the winter unmotivated and unfit. While others embrace the conditions, dress warm and get out in the elements to chase down their goals while having fun!

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

Athlete profile

Name: Pete Smallfield

Age: 21

Coach: Matty Graham

Where do you live: Dunedin

General back ground: I grew up in Dunedin where I attended Otago Boys High School. During my time at Otago Boys I was a keen sportsman playing hockey for the 1st XI and Otago age group teams as well as competing in cross country running. Since 2005 I have been a member of the St Clair surf life saving club and in this time have attended 5 national championships. I have always had a love for the outdoors and adventure so I took an interest in multi sport and adventure racing during my first year at university. From here I haven't looked back.

Racing goals: At the moment I am focused on a top finish in what is going to be a very strong field at the up and coming Peak to Peak. After this my focus will turn to the Big Day at the Office event in Methven where I will use this race as a stepping-stone for my main goal of this season in winning the 2-day Coast to Coast. I am also looking at racing in Godzone 2014.

Major achievements:

- 3rd place Goldrush Open Mixed 2013
- 1st place Overall Dunedin Mazda Adventure Race 2012
- 4th Open male Peak to Peak 2012

Comment about working with EPC:

EPC has a great environment that has helped develop me as an athlete. The scientific based personalised training methods used ensure that I am getting quality advice and coaching based on my personal abilities and goals. Working with EPC has also been a great way for me to meet other athletes and make many new friendships.

