

NEWSLETTER
March 2013

Hey Team

The summer weather is continuing in fine form as is the summer racing. There have been some great results from EPC athletes across such a wide range of events and it is fantastic to see everyone out there pushing themselves to new limits in their quest for peak performance. We feel privileged to share this journey with each of you and look forward to hearing about the next challenge you have planned.



EPC athletes at the races

- **Age Group track cycling nationals:** Congratulations to Glenda Bruce who set a number of new PBs as this year's event.
- **National Omuminih chumps:** Hilary Lennox had a great performance at her first national event placing 7th and setting a new PB in the individual pursuit.
- **Karapoti Classic:** Harriet Miller 1st Expert open woman
- **Taupo Ironman:** Kate Spenceley put in a huge effort to tick off the Taupo Ironman
- **Benchmark round 1:** Brad Evans had a great start to the 2013 Bench Series to taking the win in the first race.
- **Triathlon Nationals:** Karli Hugh showed that her hard training has been paid off by placing 8th in her age group at the National Triathlon Champs and in the process earned a ticket to the World Champs.
- **Motatapu:** Shelley Beales rocked through her first attempt at the Motatapu off road marathon, while Jo King added another podium placing to her season of results with a 2nd in her MTB section.
- **GODZone:** Well done to Milan Brodina and Sia Svendsen of team Pak n Save who placed 7th after 101 hours of racing. Bernard Robinson raced strongly as part of the Brasilia Multisport team placing 11th, Bec Wilson showed her class in her first AR in team Rogue (15th) and Josh Harris captained team Konica Minolta to 18th place. Unfortunately Will Sams, Emily Wilson and Hamish Fleming of team Knowledge Institute had to withdraw mid way through the race due to injury, as did Sarah Bryant of team 3 Bald Eagles and 1 Fit Kiwi.
- **Rainbow Rage:** Harriet Miller stormed home in 1st place in the 147 km Rainbow Rage Epic.
- **Otago cycling chumps:** Glenda Bruce took out the masters' woman Time Trial while Brad Evans placed 2nd in the men's road race.
- **Goldrush:** Well done to David Gwynne-Jones who took on the Goldrush solo for the first time placing 4th in the Classic men's section. Chris Yeats was part of the CBG team which won the Classic Teams section while Pete Smallfield and Shannon Edgar came 3rd in the mixed teams and Kirk Prichard backed up his Coast to Coast effort with a 6th place in the mixed teams event.



Top L: Harriet Miller hard at it. Top R: Shelley Beales coming in for the high-5 at the end of the Motatapu marathon.

Bottom L: Bernard Robinson ready to roll at GODZone. Middle: Bec Wilson all smiles during GODZone. R: Kirk Prichard running to his kayak on day 1 of the Goldrush.

Top photo: Sia Svendsen during the first mountain stage of the GODZone.

Athlete – Coach Communication

Just a reminder that with your EPC training programme you have unlimited contact with your coach for questions, feedback and programme adjustments. Your coach will contact you at the start of each week and if you wish to contact them after this time you are more than welcome to email, text or call your coach. Also if you want to meet one on one with your coach to talk about your training, ask questions or review your training you can organise a meeting with your coach at any time at a rate of \$35 per hour.

Our goal is to help you in every way we can. So if you require anything please just ask your coach and we will do everything we can to accommodate your needs.

Performance nutrition

Nutrition tip of the month

Carbohydrate is an essential component of all endurance athletes' diet, as it is the primary fuel source for your muscles during training. Here are a couple of tips to help you get in the required amount of carbohydrate.

* Your body requires **6-10 g/kg** of carbohydrate per day depending on how much you train.

* Daily carbohydrate sources should be **wholegrain, low glycaemic index and high in fibre** to provide sustained energy and additional nutrients. (e.g. wholegrain bread, brown rice, wholegrain oats, vegetables, fruit).

* Carbohydrates consumed for recovery (directly after training) should have a **high glycaemic index** to promote fast recovery and refuel muscle and liver energy stores. (e.g. white bread, rice bubbles, honey, jam, sports drink).

By: Whitney Dagg (EPC nutrition consultant)

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



Top: Team Knowledge Institute going hard on their bikes in GODZone.
Bottom L: David Gwynne-Jones on day 3 of the Goldrush. Middle: Chris Yeats doing some unexpected running for his team in the Goldrush after their runner became injured. Bottom R: Pete Smallfield powering it out on the second to last stage of the Goldrush.

Performance tip of the month

Training devices such as heart rate monitors, GPS and power meters are fantastic training tools when used appropriately. However, many devices become no more than an expensive wrist watch or speedo when athletes do not utilise them or the data they produce to its full potential. Below are some of the main problems I often encounter when it comes to reviewing athletes training data.

- **It's not there:** For training data to be used to inform your training, it actual needs to be uploaded to Training Peaks. It is little use to anyone left on the device. **Upload your data!**

- **Multiple sessions in one file:** Many athletes 'forget' to push stop and record their drive home (this is one way to get your weekly distance or average speed up!) or do not reset between sessions meaning multiple sessions are captured in one file. This makes analysing the data difficult so try and remember to **push STOP and RESET.**

- **Comments:** Adding in some post-training comments along with the data is very useful when it comes to reviewing your data and seeing how you felt the session went compared to what the data shows. It does not have to be a novel but **post-training comments are great.**

- **Consistency:** While training data helps inform daily and weekly training loads. Its real power comes tracking training and performance over the long term. For this to be effective athletes need to be consistent at uploading their data so that there are not 'big holes' where no data has been uploaded.

A few simple things mean we are able to get good data and use it to inform your training. Make the most of your training device this year.

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

Athlete profile

Name: Brad Evans

Age: 20

Coach: Matty Graham

Where do you live: Mosgiel

General back ground:

I'm currently studying at Otago University toward a management commerce degree. My other interests are hunting and boating although I don't do too much due to chasing bike races all the time. I also work part-time nightshift at Countdown.

Sporting back ground:

I played a lot of team sports growing up soccer, basketball etc. I dropped them all for cycling at 15. I've raced track and road, specialising in endurance races on track. I've won multiple national medals and championships and travelled to Australia, China and Italy with national teams. I'm really enjoying road racing at the moment and I'm a bit of an all-rounder with a fast sprint.

Racing goals:

My short term goal is to win the Benchmark series overall title and some more rounds along the way. Medium term: top 10 in Tour of Southland. Long term: to go professional on the road in Europe. I think I've still got heaps to improve on. I also just want to generally improve hill climbing and go faster in long time trials. Last year I had some magic days on the bike where everything clicked and I felt unbeatable with no hill or attack even hurting, so it is a bit of a goal to replicate that again.

Major achievements:

International: 4th Team Pursuit, 9th Individual Pursuit Junior World Champs, 1st Oceania Road Champs U19.

National: 1st U19 Individual Pursuit NZ champs, 2012 1st Benchmark Series U23, with 1st round 6, also 1st round 1 2013

Local best win: Kelvin Hastie Memorial 140km 2013

Comment about working with EPC:

I like how specific my training is so I can plan my life better. Matty always has top notch communication being able to change plans if needed. Growing up racing through the grades and being in the national team I've always had good tactical understanding and believe in the holistic approach which EPC follows. The biggest thing for me has been getting more scientific, including analysing my power files, and really maximising every training session and not just doing kilometres which is traditional in cycling.

