



NEWSLETTER November 2014

Firstly apologies that it has been such a long time been newsletters. It has been a crazy time at EPC as we go from strength to strength and I would like to say a big thank you for all of your support.

With summer just around the corner it does not look like things are going to settle down at all. With EPC athletes everywhere lining up an action packed summer racing season we are excited to see you all work towards your goals and help where we can.

Get out there, Train Smarter and Race Faster .



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EPC athletes at the races

Some of the stand out performances from the past 6 months

- Otago Duathlon Champs:** EPC athletes Guy Carter and Ant Jacksons managed 1st and 2nd respectively showing that their winter training had been going well.
- World Rogaining Champs:** Peter Jackson ran around the hills of South Dakota for 24 hours finding check points in this years WRC.
- China Racing:** This year has seen a big contingent of EPC athletes racing in China at various staged adventure races. Well done to Hamish Fleming, Jess Simson, Seamus Meikle and Alisa Rollinson who all battled the brutal China conditions.
- Spring Challenge:** The Spring Challenge was full of EPC athletes out there playing in the mud. Well done to all of those ladies who challenged themselves on the testing West Coast course.
- McLean Island 6 hour:** Aaron Bleakly was hard at it defending his title at the McLeans 6 hour race which he did so in a big effort.
- Dusky Trail:** Marc Gent, Kursti Annison and Kevin Edgar were hard at it over Labour weekend in Twizal.
- Deansbank 10 hour:** Milan Brodina raced hard at the Deansbank 10 hour in a competitive field to place 3rd.
- Whaka 100:** Harriet Miller placed 2nd Open Woman while Aaron Bleakly backed up his previous weeks perform at the 6 hour with a 6th place finish in the masters men's.
- Milk and Honey:** Hannah Thorne showed that her training is paying off by taking 2nd at the Milk and Honey while Brent Miller pushed through some challenging cramp to take 3rd.
- Redbull Defiance:** Pete Smallfield and Hamish Fleming stormed home to take 3rd place in this extremely competitive race. Unfortunately Jess Simson was forced to withdraw on day two due to a crippling knee injury sustained after a fall on day one.
- New York City marathon:** Well done to Nic McAra who finally completed the NYC marathon after trying last year when the race was cancelled due to hurricane damage. For Jan Taylor the NYC marathon ticked off the 6th marathon on her goal of running a marathon on each continent. Now there is only Antarctica to go!



Top Banner: Pete Smallfield and Hamish Fleming cross the line at the Redbull Defiance in 3rd place.

Top L-R: Alisa Rollinson and Hamish Fleming racing in China. Jan Taylor after the NYC marathon.

Bottom L-R: Kelly Olsen, Lily Graham and Aleah Ford at the end of the Spring Challenge.

Tom Bradshaw on his way to winning the Dunedin 3 hour MTB race. Peter Jackson still smiling after 24 hours on his feet at the World Rogaine Champs.



Above L-R: Kursti Annison racing hard at Twizal, Jess Simson celebrating in China, Milan Brodina riding laps at Deansbank 10 hour on his way to 3rd place.

Guy Cater and Ant Jackson after taking 1st and 2nd at the Otago Duathlon Championships.
Kate Spenceley riding laps at the Dunedin 3 hour MTB race.

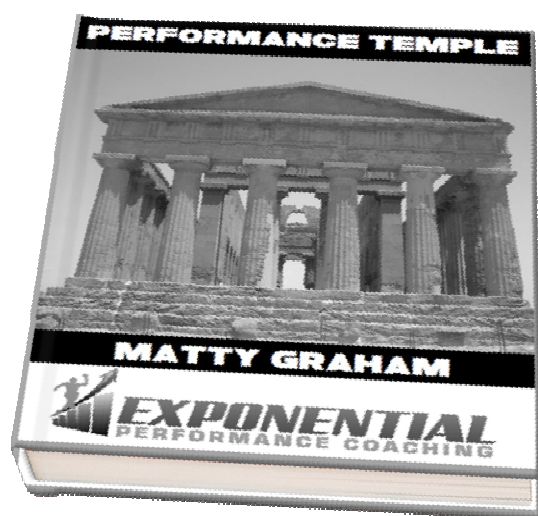


Performance nutrition

Nutrition Tip

Iron is critical for endurance athletes as it is required in the blood for oxygen transport. The best sources of iron are animal products, especially red meat. Plant foods such as green leafy vegetables, beans and cereals also contain iron but it is not absorbed as well.

For vegetarian meals, to increase iron absorption, avoid drinking tea or coffee 2 hours before or after your meal and try to have a vitamin C rich food such as capsicum, tomatoes, carrots, orange or orange juice in or with your meal.



***Train Smarter
Race Faster***

Performance nutrition

Recipe of the month

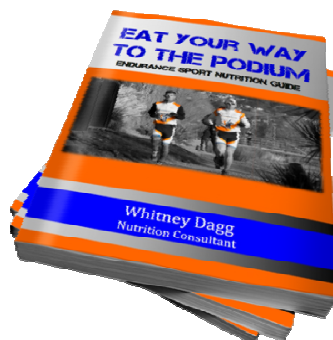
Tuna, asparagus & white bean salad

Ingredients

- 1 large bunch asparagus
- 2 x 200g cans tuna in water, drained
- 2 x 400g cans cannellini beans in water, drained
- 1 red onion, very finely chopped
- 2 tbsp capers
- 1 tbsp olive oil
- 1 tbsp red wine vinegar

Directions

- Cook the asparagus in a large pan of boiling water for 4-5 min until tender. Drain well, cool under running water, then cut into finger-length pieces.
- Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl.
- Mix the oil and vinegar together, then pour over the salad. Chill until ready to serve.



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<http://www.exponentialperformancecoaching.com/#eat-your-way-to-the-podium/crss>

Performance tip of the month

Achieving peak performance not only happens due to the physical training that you perform. Peak performance is the interaction of many different components that all need to be developed to move you towards that often allusive performance. Find out in the FREE Performance Temple E-book how these factors interact and effect each other as well as how you can develop them to take your performance to the next level.

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