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MULTISPORT
COACHING**



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Triathlon & Multisport Coaching Contact Details

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Triathlon & Multisport Coaching Newsletter

Spring 2010

www.com.au
info@com.au

Latest News from Triathlon & Multisport Coaching

Welcome to the spring edition of our newsletter. We hope you have survived the cold Melbourne winter and managed to stay healthy and injury free.

As the duathlon season comes to its climax our attention now turns to the upcoming triathlon season and the Melbourne Marathon Run Festival on the 13th October 2010. To help you prepare for the triathlon season, your next fun run or multisport event, Triathlon & Multisport Coaching (TMC) & XOSIZE offer a variety of group training sessions and personalised training programs. TMC are now also offering free group training sessions at the Tan Track Melbourne on Wednesday night @ 6pm and Saturday morning at 8am. **Did I read that correctly?** I hear you ask. Surely it must be a typo error? It's not a typo error, these sessions are free, so come along and have some serious fun and meet some like minded people. Detailed information on our training programs and group training sessions are contained in this newsletter or feel free to visit the TMC web site @ www.com.au.

TMC are again privileged to be providing the coaching services for the 2010/2011 Triathlon Pink All Female Triathlon Series. Our Triathlon Pink co-ordinators, Cameron Ward & Peter Watson have been busy organising the Geelong & MSAC Introduction to Triathlon & Race Simulation Clinics that commence in Geelong on the 4th December 2010 @ 10am & MSAC on the 11th December 2010 @ 3pm. Feel free to contact Cameron Ward on 0413 359 672 for the MSAC clinics or Peter Watson on 0400 823 007 for the Geelong clinics, if you require any further information.

TMC will also be offering Triathlon Pink medium & long course training programs for all levels and abilities at a cost of \$99.00. If you require any further information for these training programs, feel free to contact Cameron Ward on 0413 359 672.

TMC are privileged to welcome on board the following sponsors:

- XOSIZE
- Williamstown Chiropractic Clinic
- Podium Bike Hub
- Back Pocket
- Concwest
- Altona Podiatry Centre
- Abode Inspirations

We will shortly unveil our TMC sponsors t-shirt. To celebrate the launch, everybody that signs up for a TMC budget, premium or deluxe training program (excludes Triathlon Pink & Do-It Duathlon/Fun Run programs) will receive a free TMC t-shirt valued at \$50.00 and a \$25.00 XOSIZE Active gift voucher.

Detailed information for all our sponsors can be found in the Sponsor's section of this newsletter or the sponsor's page on the TMC web site.

Do-It Duathlon Training Program & Group Training Sessions

If you are a beginner or want to improve your run and/or bike performance then a Duathlon is the perfect way to do so. Why not get the jump on your competition for the triathlon season and make your next challenge one of the following Triathlon Victoria or Western Suburbs Triathlon Club (WSTC) Duathlons.

Triathlon Victoria Duathlon Race Dates – www.trivic.org.au

12 Sept 10 @ Kew Blvd, Kew
3 Oct 10 @ Yan Yean
17 Oct 10 @ Latrobe University – Bunboora

WSTC Duathlon Race Dates - www.wstc.org.au

26 September 2010

Race Location: The Esplanade, Altona

TMC offer 4 week Do-It Duathlon training programs and free group training sessions on Wednesday night at 6 pm and Saturday morning at 8 am at the Tan Track Melbourne (Melways ref. 2G A9).

The program cost of \$79.00 includes your own personalised training program.

**Feel free to contact Cameron Ward on 0413 359 672
If you require any further information**



Do-It Fun Run Training Program & Group Training Sessions

Triathlon & Multisport Coaching offer 6 week beginner, intermediate and advanced training programs, including free group training sessions on Wednesday night @ 6pm and Saturday morning @ 8am at the Tan Track Melbourne (Melways ref. 2G A9). These group training sessions are designed to give you the confidence and motivation you need to complete a fun run of any distance. Whether you are running a 2 km fun run or a 42km marathon, we cater for all levels and abilities.

TMC's training programs and group training sessions are suitable for all levels and abilities. The cost of the program is \$99.00 which includes your own personalised training program.

**Feel free to contact Cameron Ward on 0413 359 672
If you require any further information**

Triathlon Pink All Female Triathlon Series

It is a great privilege for TMC to once again be providing the coaching services for the 2010/2011 Triathlon Pink All Female Triathlon Series. We had no hesitation in accepting the offer for the second year running, as Triathlon Pink is a fantastic initiative where the events focus is for women to get in and have a go with their friends and family, whilst at the same time supporting the National Breast Cancer Foundation.



6 Week Pinkie Medium & Long Course Training Programs

TMC offer 6 week beginner, intermediate and advanced training programs for the medium & long Pinkie triathlons at a cost of \$99.00. These programs are suitable for all levels & abilities**

****The cost of the Melbourne & Geelong Introduction to Triathlon & Race Simulation Clinics are not included in the 6 Week Training Programs, but can be purchased as an optional extra****

If you're taking part in the Pinkie short course, TMC also have you covered with a free training program. A copy of this free short course training can be obtained from the coaching section of the Triathlon Pink web site @ www.tripink.com.au

Introduction to Triathlon & Race Simulation Clinics (Melbourne & Geelong only)

Commencing on the 4th December 2010, TMC will be conducting the following Introduction to Triathlon & Race Simulation Clinics at Geelong & MSAC Albert Park:

Introduction to Triathlon & Race Simulation Dates		Introduction to Triathlon Clinic Focus
Geelong	MSAC – Albert Park	
4 December 2010 @ 10am	11 December 2010 @ 3pm	Swim & equipment needs
11 December 2010 @ 10am		Swim, run & transition practice
18 December 2010 @ 10am	18 December 2010 @ 3pm	Swim, ride & transition practice
8 January 2011 @ 10am	8 January 2011 @ 3pm	Race simulation
15 January 2011 @ 10am	15 January 2011 @ 3pm	Race Day Preparation & Race simulation

Cost

\$120.00 – Geelong series entry (5 clinics)

\$100.00 – Melbourne MSAC series entry (4 clinics)

\$30.00 per clinic

****The cost of the Melbourne & Geelong Introduction to Triathlon & Race Simulation Clinics does not include the 6 Week Training Program, but it can be purchased as an optional extra****

Introduction to Triathlon Clinic Testimonials

"I have never done a triathlon before or anything like it (I can't even run 1km!) so was a bit nervous about attending the clinic. But the coaches are all really friendly and encouraging. Everyone is in the same boat, being beginners, and they make the whole experience really welcoming and fun! I loved it!"
Shannon – 28.11.2009

Feel free to contact

**Cameron Ward on 0413 359 672 for the MSAC clinics & training programs or
Peter Watson on 0400 823 007 for the Geelong clinics**

If you require any further information.

Bacchus Marsh Ironman & Half Ironman Brick Sessions

Triathlon & Multisport Coaching has great pleasure in bringing to you our 2010 Ironman & Half Ironman Brick Sessions on the following dates to help you prepare for your next Ironman or Half Ironman:

4th September 2010	3 1/2 – 4 hours
10th October 2010	4 – 4 1/2 hours
31st October 2010	5 hours
Meeting Point	6 Cairns Drive, Darley, Vic 3340
Start Time	8 am
Cost	Gold coin donation to cover refreshments



These Ironman & Half Ironman Brick Sessions are suitable for all levels and abilities.

**Feel free to contact Sam Stewart on 0423 712 692
If you require any further information**

Upcoming Events Calendar

Date	Event Details
4th September 2010 10th October 2010 31st October 2010	Bacchus Marsh Ironman & Half Ironman Brick Sessions Contact Sam Stewart on 0408 372 903 if you require any further information
5th December 2010 to 15th January 2011	Triathlon Pink Introduction to Triathlon & Race Simulation Clinics Where: MSAC Albert Park & Geelong Contact Cameron Ward on 0413 359 672 for the Melbourne clinics or Peter Watson on 0400 823 007 for the Geelong clinics if you require any further information
13th December 2010	Melbourne Triathlon Pink 6 Week Training Program Commences Contact Cameron Ward on 0413 359 672 if you require any further information
Wednesday night @ 6pm & Saturday morning @ 8am	Tan Track Group Training Sessions & Training Programs Contact Cameron Ward on 0413 359 672 if you require any further information



TMC Training Programs

Triathlon and Multisport Coaching provide a personalised service to make training for your next fun run, triathlon or multisport event an enjoyable experience.

Regular exercise shouldn't be boring and repetitive, so TMC aims to create a balance between family, work and training to suit your individual circumstances, abilities, goals, and provide long lasting health and fitness benefits.

Triathlon & Multisport Coaching are dedicated to helping others achieve their own personal goals.

You have peace of mind knowing all the coaches at TMC are still actively competing in multisport events including Ironman Triathlon. With a vast amount of knowledge and personal experiences, our coaches aim to create a balance between family, work and training by designing a personalised training program for the following events starting from \$15 per week:

Duathlons	Brooks/XOSIZE Victorian Duathlon Series WSTC Duathlon Series
Sprint Distance Triathlon	XOSIZE Triathlon Series, Triathlon Pink, Brooks/Gatorade Triathlon Series, BRW Corporate Triathlon & Noosa Triathlon Festival
Half Ironman	70.3 Half Ironman Series – Capricorn, Gold Coast, Port Macquarie, Shepparton & Canberra
Ironman	IM Western Australia - Busselton, IM New Zealand & IM Australia – Port Macquarie
Fun Runs	Sri Chinmoy Fun Run Series, Run Melbourne, Fun Run Pink, Melbourne Marathon Run Festival.

If your race is not mentioned, feel free to send your contact details and race information to info@triathlonandmultisportcoaching.com.au and one of our TMC representatives will contact you to discuss your requirements.



TMC Clothing Range

TMC Hoodie: \$60



TMC Orca Sportive Run Shirt: \$60

This versatile top is an ideal solution for training, competition or leisure wear and has been a popular part of Orca's range for a number of years. The latest version of the Sportive Top Short Sleeve combines the light weight and breathable Dri-Lite fabric with new Climate ventilation panels for enhanced moisture management. The top also features FlatLock stitching, which reduces friction against the skin, and safety reflective elements for increased visibility in low light conditions.



TMC Orca Lite Jacket: \$120

When the conditions change on runs, hikes, cycle rides and other outdoor activities the Orca Lite Jacket comes to the rescue. The jacket is made from Shield, a lightweight, yet water resistant fabric and packs into itself for easy storage. A breathable mesh back panel keeps you comfortable, while 360 degree safety reflective elements keep you safe whatever the weather throws at you. Stay safe and comfortable, while looking great all year round.



If you're interested in purchasing any of these items, please email your order to info@triathlonandmultisportcoaching.com.au and one of our TMC representatives will contact you.



TMC Group Training Timetable

Monday

6am	<p>TMC Swim Technique Squad Suitable for all levels & abilities Where: Wyndham Pool - Leisure & Events Centre, 80 Derrimut Rd, Hoppers Crossing Cost: \$20 per session. Bookings prior to session are essential Contact: Andrew Sinclair on 0408 429 526 for further details</p>
7pm	<p>Bacchus Marsh Technique & Recovery Run Suitable for all levels & abilities Where: Bacchus Marsh. Duration 30 mins Contact: Sam Stewart on 0423 712 692 for further details</p>

Tuesday

6am	<p>XOSIZE Tan Track Running Group Suitable for all levels & abilities Where: Botanical Gardens – Pillars of Wisdom. Duration 60 mins Cost: \$20 per session. Contact: Scott Hollow on 0419 519 114 for further details</p>
7.30pm	<p>TMC Swim Technique Squad Suitable for all levels & abilities Where: Wyndham Pool - Leisure & Events Centre, 80 Derrimut Rd, Hoppers Crossing Cost: \$20 per session. Bookings prior to session are essential Contact: Andrew Sinclair on 0408 429 526 for further details</p>

Wednesday

6pm	<p>TMC Tan Track Running Group Suitable for all levels & abilities Where: Tan Track – Pillars of Wisdom. Duration 60 mins Cost: Free. It's not a typo; it is free, so come along for some serious fun. Contact: Cameron Ward on 0413 359 672 for further details</p>
7.30pm	<p>XOSIZE Wind Trainer/Spin Session Suitable for all levels & abilities Where: XOSIZE Studio - 223 Tucker Rd McKinnon Cost: \$20 per session. Contact: Scott Hollow on 0419 519 114 for further details</p>

Thursday

6am	<p>XOSIZE Tan Track Running Group Suitable for all levels & abilities Where: Botanical Gardens – Pillars of Wisdom. Duration 60 mins Cost: \$20 per session. Contact: Scott Hollow on 0419 519 114 for further details</p>
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Saturday	
7am	<p>XOSIZE McKinnon Running Group Suitable for all levels & abilities Meeting Point: Duncan McKinnon Reserve. Duration: 60 mins Cost: \$20 per session. Contact: Scott Hollow on 0419 519 114 for further details</p>
8am	<p>TMC Tan Track Running Group Suitable for all levels & abilities Where: Tan Track – Pillars of Wisdom. Duration 60 mins Cost: Free. It's not a typo; it is free, so come along for some serious fun. Contact: Cameron Ward on 0413 359 672 for further details</p>
8am	<p>TMC Bacchus Marsh Group Ride Suitable for intermediate & advanced levels Cost: Free - come along for some serious fun. Contact: Sam Stewart 0423 712 692 for further details</p>
Sunday	
8am	<p>TMC Bacchus Marsh Group Run Suitable for intermediate & advanced levels Cost: Free - come along for some serious fun. Contact: Sam Stewart on 0423 712 692 for further details</p>
9am	<p>XOSIZE Brighton Beach Social Run Suitable for all levels & abilities Meeting Point: North Road Brighton Beach Contact: Arron Strachan on 0434 938 485 for further details</p>

TMC Sponsors



XOSIZE Active is Victoria's premium performance athletics shop. XOSIZE Active offer the most comprehensive range of performance running, cycling, swimming, nutrition, workout clothing and triathlon gear in Melbourne!

Visit Scott and Damien at XOSIZE Active, 282 Centre Rd, Bentleigh (P) 03 9557 8313 www.xosizeactive.com.au Mention this newsletter to receive a 10% discount (excludes already discounted items).

XOSIZE Massage

XOSIZE Massage is offering all clients who mention this TMC Newsletter a 50% off their first massage. Call Aaron on 0434 938 485 to make an appointment.



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Race Results, Reports & Photos

Although the Melbourne winter has been less than inviting to venture outdoors to train, TMC members have been busy setting PB's around the country. There are too many success stories to mention, so we won't single out anyone for a special mention, but all the following results have been outstanding.

Apologies if we have overlooked your results. If you would like to include any race results, race reports or photos on the TMC web site or in future editions of our newsletter, feel free to send them to info@triathlonandmultisportcoaching.com.au

WSTC Duathlon Series

14th June 2010	
Tyrone Gannon	1:12:04
Nicole Hart	1:15:45
Dean Hogg	1:16:35
Kim Michell	1:20:07
Mark Letman	1:21:01
27th June 2010	
Tyrone Gannon	1:13:36
Dean Hogg	1:15:56
Mark Letman	1:22:01
8th August 2010	
Cameron Ward	1:12:55
Dean Hogg	1:20:05
Justin Schweikert	1:10:22
Mark Letman	1:18:04
Nicole Hart	1:14:41
Richard Lange	1:21:44
Sam Stewart	1:10:40
29th August 2010	
Dean Hogg	1:13:25
Mark Letman	1:17:21
Nicole Hart	1:14:42
Sam Stewart	1:09:51

Tri Vic Duathlon Series

4th July 2010 – Yarra Blvd	
Cameron Ward	1:11:47
Donna Kutney	1:22:01
Sam Stewart	1:08:23
15 August 2010 – Yarra Blvd	
Cameron Ward	1:04:14
Nicole Hart	1:07:49
Sam Stewart	1:04:24

Gold Coast Marathon

Nicole Hart	3:09
Tyrone Gannon	3:22
Kim Michell	3:28

Capricorn Half Ironman

Xavier Coppock	4:27:31
Vinnie Turcinovich	5:36:19

10km Fun Run Pink

Bec Ward	1:02:34 – 10km
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A GREAT start to my season!!

Yeppoon Half Ironman Race Report by Xavier Coppock

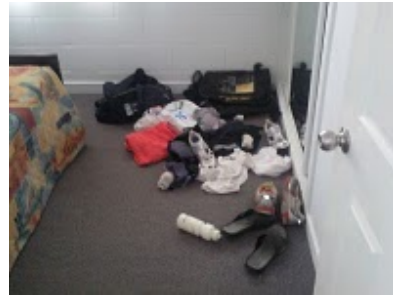
So, after a few days of reflection about the first race of my season, I thought that I would put pen to paper, or fingers to keyboard and write a report of the entire weekend.

After enduring a few tough days with the weather pictured below...Benny and I did do it hard!!! :-)) One that we did enjoy was the weather getting away from a Victorian winter and into 24deg + conditions. On race day the conditions were going to be similar, so was a joy to be there.

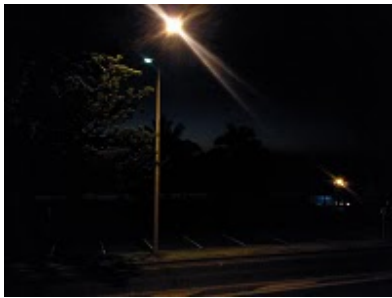
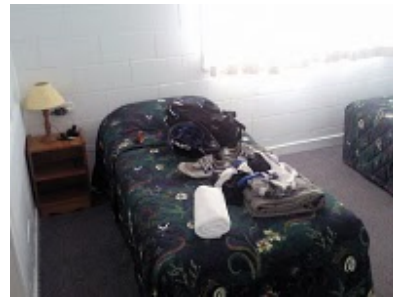
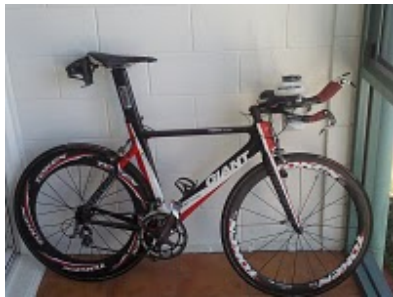


We spent most of Friday setting up our gear and as by the photos below, Benny is clearly a more organised person with his gear.

So with the Bike setup and looking the part, unlike what we looked like when we arose Saturday morning, we had a final few little sessions to complete, which were, in the conditions quite tough to complete.



My mess above and Benny's nicely organised setup below



So, on race morning, we awoke to conditions on the left....You can't see anything, cause the conditions were ideal for triathlons and also our first hit out for the season.

We packed our gear into the car and headed down to transition and both of us were relatively calm, excited all the same but calm.

Once our transition was setup we made the 1.8k journey down to the start line in which we were informed that we would be swimming with the current and times should be reasonably fast. This was something that was music to my ears as I knew that I had been doing all the right things in the pool, not "smashing" myself or "red lining" it every training session. For me it was purely quality over quantity at this time of year.

My race plan was to back my swimming in and try to start with the leaders in my age group. I was familiar with one guy Brad Bullock, who ripped out a lazy 4hr 5min at Geelong 70.3 this year. He was definitely the man to watch in my age group. I positioned myself directly behind him at the swim start hoping to be able to follow him into the water and get a good start to my swim, even if I couldn't hang onto his feet.



So with the horn sounding for the start, I did just that. Got a great sit going into the first turning buoy and although I was unable to hold his feet for much longer, I managed to get in with the leaders in my age group. I was really happy with my early position and decided that if I sat on their toes for the swim, I would position myself nicely for an assault on the bike. So after the 1.9k swim, I exited in 4th place in my age in a time of 33min....Current assisted my ass. Post race when I found out the fastest swim for the day was 29min, I was very happy in reflection. However during the race, the time was irrelevant, it was the fact that I was up with the leaders in my age and with the bike to follow, I was sure, that without any hiccups I would be well placed going into the run.

So onto the bike, my instructions were to ride a 2hr 24min by my coach, slower than I wanted but also wanted to have a really good run. After going through the first 40k in just under 1 hour, I was in good shape and the legs were feeling great, but also saying this, my instructions were to have a really good run and see where that is at. I decided to slow and at this point, I picked up a hitch-hiker in my right eye which stayed there until race end. So at the conclusion of the third lap, I could barely see out of my eye and had to ride at times with my eyes closed. (Very scary at 40kph!!) Once near the aid station, I was forced to stop to wash my eye out to regain vision. This worked for a short amount of time and I decided the best way to get vision back properly was to ride holding my eye lid off my eye and try and get off the bike as soon as possible.



So, with the eye issue and the stopping, this actually made my time look more like it should as per instructions. I lost under a minute on the bike and still managed a bike time of 2hr 19min, throw in transitions and recorded a 2hr 22min. Happy, not too hard, legs feeling fresh and still a good time. I had the 2nd fastest time in my age group and was in 2nd off the bike.



So after racking my bike, grabbing some more water to try and flush my eye out, I headed out on the run to run a sub 90min. The legs felt great and found rhythm instantly. Brad Bullock caught me after 4k which put me into 3rd, with 17 odd km to run. My goal from here was not to be passed by anyone, let alone anyone in my age. With the pre race plan of my coach, I was confident of being able to break 90min if not a fair bit lower than that.

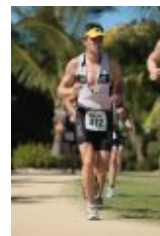
With the legs still feeling good, I almost finished the first lap when my eye started to burn like someone had scratched it. This forced me to stop and once again try to flush it out. The officials came to my aid and asked if I wanted to pull out. I won't repeat my response but did thank them for their concern and went on my merry way. Little did I know that I blew that km out from 4.05 pace to 6.44. Lost some good time there. So after re-passing the people who over took me in my moment of pain, I once again found really good rhythm.

This lasted until 4km to go when I had to stop and flush my eye out once again. With such little time left to run, I was determined to finish the race and podium. I knew that I was in 2nd at the time and my thoughts were that I had come this far, what's another 4km of pain. Just run. Managed a 1hr 31min, which was satisfactory considering the stops that I had.

Once crossing the finish line in 4hr 27 min, I knew that I had still performed solidly and recorded a 7min pb on that course. Off to first aid I went to continue to get treatment on my eye. This resulted in a trip to town to seek further advice and with the guidance of my "handler" Benny, who did a great job looking after me, except the part where he let me walk into a sign which got me fair and square on the collar bone. A big burst of laughter followed, then with a concerned; "There's a sign there!!" But seriously OI' mate did a great job helping after the race getting around and packing up.

So I finished 23rd overall (Best finish to date) and 2nd in my age group (First time in top 3). What I was most pleased about were the positions in each leg, 4th swim, 2nd bike and 3rd fastest run. I have never been more competitive and want to thank Andrew **(TMC coach)** for giving me the program and confidence to be able to compete in all 3 legs not just the bike. Also, Paul **(TMC Hoppers Crossing Swim Technique Squad Coach)** for helping with my swimming, which has improved leaps and bounds so soon.

I have also attached some photos of Benny in action. Unfortunately, Benny was victim to the road surface and lost his entire nutrition along with his rear cage, which was still attached in the below pic.



Once again I have to thank Florian at Erox for looking after me with my wheels, as I have done a lot less riding in comparison to the previous years and still rode the same time on a set of wheels that I can only describe as, "If they had wings, they would fly!!" So thanks again. I also have some more news in the pipeline once confirmed and am looking to enjoy more support from Erox!

For now... X-Man.....Ps. Only more positive results to follow this year.

Until Next Time....Train Smart – Not Hard