



3cTri Bulletin - February 2017

" Hi and welcome to a great new year for 3cTri. We had some amazing achievements by our members last year in the clubs second year. Our members were involved in so many activities and events with athletes competing from Sprint to Ironman distance, marathons, long swims, swimruns, sportifs and so much more to list.

We have a number of activities planned this year so don't forget to use Social Media to keep up to speed with the current planned events. Already this year we have planned more Swim coaching, Spinning Classes and Strength & Conditioning and also a bike skills and handling course.

A special thanks goes to the committee and the coaches who help the club in providing these classes.

Again this year we have our Club Championships that will be the Thorpe Park Sprint triathlons (please see below). This is a great opportunity to race against each other to win the splendid 3cTri championship trophy...

Looking ahead we have our AGM soon and we are looking for new people to help run the club and move it forward for the next twelve months. If you are interested please look out for the AGM date and come along and put yourself forward.

Thank you very much for being part of this great club and if you have any thoughts on what we can do better OR what you would like the club to organise PLEASE let myself or any the committee know. If you don't know who the committee is; they are Jon Gubb, Jane Crawford, Sarah Hyatt, Vicky Rice, Lou Gubb, Alan Kirby, Paul Crate and James Ratcliffe. "

Yours in sport

Richard

Kit Orders



With race season fast approaching you may be thinking of racing this year in 3cTri kit – what a great idea! A great way to be spotted at races and you will definitely get lots of cheers and support, making you race harder!

We order all our kit through Champion Systems and below are the details or how to create an account with them and be linked to the 3cTri kit orders.

The 3cTri kit is custom made for us and with this in mind there is a 4 to 5 week manufacturing lead time. The new kit order will be live on MONDAY 6TH FEBRUARY until the end of the month. This allows you to have your new kit for the start of the 2017 season. We have to have ten main items in the order for the order to close. The freight is payable (annoyingly) on each item then the box of kit is set to out to me. As well as Tri suits you can also get cycling and running kit – ask around about what people have and sizing – bib shorts, jersey's, running tops, etc. They all look really good and are very good quality. (Hoodies, t-shirts and beanies can be ordered directly by yourself at KT Textiles, Yateley)

Log onto the website with the following link:

<http://eucustom.champ-sys.com/Login/en-GB/Default.aspx>

And enter the following login details as a RETURNING CUSTOMER:

LOGIN: 3CTRI
PASSWORD: TRIATHLETES

Once you have entered these details you will be asked to create your own personal login which you can use going forwards.

You can then see the proofs of kit and place your order.
Once you have created you're own log in details, for all future orders you need to use the login, as above.

Any problems just let me know and I'll try and help!

Club Championship



The 2017 Club Championship will be the [Thorpe Park Sprint Triathlon](#)

Event dates

Thorpe Park Sprint Triathlon - June 4th June 2017

Thorpe Park Sprint Triathlon - September 17th June 2017

You can take part in either or both of the races, and your best time will be used as your championship time.

As a bonus Thorpe Park will be selling entry to the Park during and after the triathlon at a massively reduced rate of £20 per person.

Facebook Group



3cTri Members Facebook Group

The club have a great facebook group where details of sessions, meeting, bike rides and general help and advice are given.

If you are not a member then please click the facebook Logo above

Winter Spin Classes



Spinning

"Spinning for Triathletes" sessions continue at 8:45pm in the spinning studio at Yateleys Gym (next door to Yateley School) - GU46 6NW.

The spin studio only has 10 bikes, so we have to work this on a 1st come 1st served basis. Therefore, we have created a simple booking form on the 3cTri facebook group where you can book your space.

The cost of the sessions is £7

If you book a session and cannot make it then please inform the next reserve on the list or post on facebook that your place is available. If you can't find a replacement at short notice we would ask that you pay for the cost of the session.

Winter Swim Session



Swim Training

Swim sessions continue at Wellington College on Friday at 8:30pm

These again will be structured sessions to improve your stroke, stamina and speed.

All abilities welcome - there are 4 lanes available so swimmers are grouped according to ability.

Over the last few months we have seen some great gains in club members stroke, stamina and speed - this bodes well for the 2017 season.

£7 per session

Strength and Conditioning



Strength and Conditioning

We train for three sports but often overlook this area due to lack of time or having a specific programme to follow.

The focus of the session will be to improve your efficiency as an athlete making you more robust from injuries. (see later newsletter Article)

[Carl Bradshaw](#) will be taking this session on a Wednesday from 18th January from 7.00pm to 7.45pm at St Michaels Church Hall Sandhurst. Cost £5.00.

As we can only take 8 people you will need to pre book on our facebook page if you would like to attend

Bike



Bike Sessions

Weekend Bike sessions have been taking place over the winter months with great success. These are advertised on Facebook.

If you are going for a ride and want company then post on the 3cTri members facebook page remembering to state distance, average speed, duration etc.

Further cycling days are being looked at as well as group Sportives such as Evans and Wiggle, where we will meet at the start as a club and cycle in groups. Also group outings to local Time trials.



Less Injuries More power- Work your Core and Stretch more

Do you find yourself suffering from muscular niggles & injuries, find your muscles tiring on the longer distances? If so working on your core muscles and improving the quality of your muscles will improve your performance by increasing core strength and optimizing the efficiency of every movement.

Why do Strength & core? – A strong core will allow you to be more efficient in all 3 disciplines. Streamlined in the water, still on the bike and less rotation while running. A strong core allows you to put more power through the limbs, thus making you go faster.

Why work on your Flexibility? – Firstly less injuries, if your muscles are tight and pull, that's lots of hard work wasted.

Secondly if your muscles are stiff, it takes more effort to move making you slower and less efficient.

It's difficult as a triathlete to fit all 3 disciplines in I hear you say. Yes, it's hard to add an extra session in to your week, but no impossible. Just cut out a junk session, that's one that doesn't achieve much i.e. a steady run or bike.

The winter is the best time to do these sessions, while the roads are slippery and the lake is cold. You will benefit more from working on strengthening your core and improving the quality of your muscles through stretching and flexibility exercises.

I take a core and flexibility class on a Wednesday night at St Michaels Pastoral centre, Lower church road, Sandhurst at 7pm for 45 minutes. Check out the Facebook page for more details, come and be a better triathlete.

Coach Carl

Article of the Month



From Injury Prevention by Jessica Broderick (c/o Lava)

"If you find a path with no obstacles, it probably leads nowhere." – Albert Einstein

Injuries are unfortunately a reality of sport. When you are training hard, trying new things, or pushing your limits, your body can break down. How you handle these obstacles has a huge impact on the duration of your recovery and the possibility of recurring injuries in the future. Use the tips below to manage injury in a healthy way.

Focus on what you can do

The beauty of our sport is that it has three disciplines, leaving a plethora of workout options to choose from. Since the majority of triathlon injuries are running related, use this time to do a swim or bike block, and put energy toward what your body can still do in the midst of healing. Instead of dwelling on what you can't do, an optimistic mind frame will allow you to continue with a modified training program, while maintaining fitness.

Tip: The cross trainer is a great substitute for run training. Keep your arms swinging at your side to closely simulate your run form. Try this workout below:

- 15 minute warm up building from easy to moderate
- 5x 4 minutes at "tempo"• effort with 1 minute easy between intervals
- 5x2 minutes at "threshold"• (harder than above) effort with 30 seconds easy between intervals
- 10 minute cool down

Let others help you

When you are caught up in injury, your emotions may blind you from doing the right thing. Put your trust in someone- a coach, mentor, friend, therapist or training partner, to give you their honest thoughts on your injury situation. It is best to communicate with a physiology specialist who will have experience dealing with injuries, and have the knowledge to understand what you need. Athletes don't always do the best job at listening to their bodies, so an objective evaluation from an outside source can help immensely with the onset of injury.

Tip: Massage or regular treatment is extremely important for injury prevention. Someone once told me that as expensive as treatment can be, it is often even more expensive when you are injured (medical visits, X-Rays, MRI's, surgery etc.). Find a system that works for you—even if training is going well and you aren't experiencing any problems, treatment is always important as a precautionary measure.

Have a plan and stick to it

Having an injury doesn't mean you can't go about your daily training routine, it just needs to be tweaked a bit. Come to terms with the fact that your weekly volume and/or intensity may go down, but you can still maintain fitness and continue moving forward. Injuries can be puzzling, as symptoms waver over the course of a couple days and you may feel completely normal at times. Avoid rushing back to your pre-injury work load, and hone in on a recovery plan that you derive with a coach and/or therapist.

Tip: Incorporate some different physical activities into your schedule that you may not have the time for when your training is up to speed. As long as it doesn't aggravate your injury, these can get your heart rate up and give you a mental break from your normal training. Some examples are yoga, hiking, kayaking or cross-country skiing.

Granola Bars - Jane Crawford



Granola Bars

These granola bars are great for a quick morning breakfast or post or pre exercise fuel.

This recipe makes approx 12 slices

Ingredients

- 1 tablespoon butter
- 2 large tablespoons peanut butter
- 2 large tablespoons honey
- 2 cups of nuts/seeds

Method

1. mix 1 cup of porridge oats 1 handful of cranberries 1/2 cup chopped dates
2. Melt butter over low heat, add honey and peanut butter. Stir until all has melted.
3. Add the rest of the ingredients and stir.
4. Pour into a lined medium sized baking tin and press down so it's level and in the corners.
5. Bake at 160 degrees Celsius for approx. 15 minutes.
6. Cut into portions while still warm.

Eat and enjoy

Jane

Meet a Member - Paul Sheppard



This month's Meet a member is **Paul Sheppard**. Paul has now been with the club for over the year and has gone from strength to strength. He even won the member of the year award in 2016.

How did you get into Triathlon?

Birth of First Son prompted me to get fit as I am getting on a little bit. Just gym never worked for me so booked a mountain bike race as I did a lot of biking. Really enjoyed it and thought that races are more of a goal. A work colleague is a triathlon coach with a club in Richmond he suggested I give it a try and got me on to free taster day that they did for people entering the London triathlon, and loved it. The rest is history.

What training sessions do you normally attend?

Open water sessions at horseshoe Lake. The pool sessions when the lakes closed, spin. Just started the core and flexibility sessions which are great. I do miss Alan Kirby's running sessions I learn so much in such a short time. We have a fantastic coaching team.

What have been your favourite races?

Steelman with Human race, Slateman with Always aim high.

Which was your toughest Race?

Slateman, it was a tough bike ride, the Llanberis pass was a very long uphill. And a tough run. But the swim was amazing.
(There is a race report in a previous newsletter)

What are your aspirations for 2017?

Faster time for Slateman, which I am doing again. And Smashing my first Half Iron distance tri and Marlow.

Favourite discipline and workout?

Really enjoying the swimming now (Hated it at first) big thanks to Hannah and Stephen for the great improvements. Really enjoying the Spin classed Stephen is a hard taskmaster but I think it will pay off. More Motorhead for those sprint finishes.

Top tip

Good breakfast to fuel your race. I go for overnight oats (1 cup of oats soaked in 1 cup of milk over night, bit of honey) good long release energy. And enjoy yourself, pain in temporary the sense of achievement last for ever.