

We are already a month in to 2014 and if the results of the EPC athletes are anything to go by, then 2014 is shaping up to be a great year. We have been meeting with a lot of motivated athletes getting their goals and training set up for this year. Remember what Benjamin Franklin said, 'If you fail to plan, you are planning to fail'. Make sure you have your goals written down and an action plan in place for this year so you are taking steps in the right direction. Then it is time to get to work. Even if you are on the right track, you'll get run over if you just sit there (Will Rodgers). So get out there and tackle 2014 head on.



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Performance nutrition

Recipe of the month

Simple DIY Energy Bars

A great training snack or addition to the lunch box

Ingredients

- 1 cup nuts i.e. Almonds
- 1 cup dried fruit i.e. Cranberries
- 1 cup (12-15 whole) pitted dates



Instructions

1. Combine all the ingredients in a food processor. Pulse a few times just to break them up. Separate the dates if they start to clump together.
2. Process until the ingredients become fine and clump together, gathering into a ball.
3. Lay a piece of Glad wrap or wax paper on the bench and press the dough with your hands until it forms a thick square. Wrap and chill for at least an hour.
4. Once chilled, cut into bars of whatever size you like. Wrap each bar in plastic wrap or wax paper.
5. Bars can be stored in the fridge for several weeks or in the freezer for up to three months. The bars can be eaten straight from the fridge or freezer and will be firm, but chewy. Room-temperature bars are perfectly fine to eat and can be kept in a lunch bag or backpack all day, but will be more soft and paste-like if they get too warm.



For this and more recipes check out www.thekitchen.com



EPC athletes at the races

- **Challenge Wanaka and Wanaka Half:** Guy Carter had a great day out on the course to place 2nd in his age group. In her first Half Ironman Sofie Holm placed 25th in her age group while Kim Kelly placed 15th in her age group. Mike Hanson raced well to place 10th in his age group. Kursti Annison and Marc Gent completed the run and bike respectively as part of a team that placed 78th in the competitive mix team section.

- **Elite Road Cycling Nationals:** Brad Evans rode strong all day before 'over cooking' one of the tight downhill corners! A week later Brad was however able to put his hard earned fitness to work by winning the competitive Gore to Invercargill road race.

- **St James MTB race:** Harriet Miller raced hard at the front of the race with Sia Svendsen. Both riders took a wrong turn and ended up crossing the line together in 1st place.

- **National Mountain Bike Series Race 1:** Tom Bradshaw showed his base training is going well taking 3rd place in the 1st race of the series. Once he hits his speed training he will be one to watch at this year's World Cup series.



Top L-R: Guy Carter striding it out. Marc Gent and Kursti Annison run into the finish in Wanaka. Brad Evans crosses the line 1st at the Gore - Invercargill road race. Bottom L- R: Kim Kelly leaving transition for the ride. Tom Bradshaw on the Podium at the first National series race in 3rd place. Sofie Holm running strong in Wanaka.



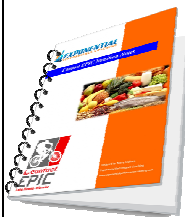
Contact Epic

Exponential Performance Coaching is excited to be the official training partner of the Contact Epic mountain bike race.

Matty has constructed a FREE 'starter' training plan that will be available over on the Contact

Epic website. If you require a more comprehensive training plan, there are 5 different plans for sale on the EPC website for all of the different Contact events. These plans also include a FREE nutrition E-handbook covering training and racing nutrition.

There will also be an EPC coaching package up for grabs worth over \$300 at the Contact Epic prize giving for all of the competitors.



Performance nutrition

Nutrition tip of the month

Sports food and supplements

If your day to day nutrition is well balanced you should be able to get all of the required macro and micro nutrients from whole food sources. There should be no need for supplementing with shakes, pills and potions if you get the basic right. There is however a place for these things in the right situation.

1) **Deficiency:** If you have a diagnosed deficiency in a specific micronutrient (such as iron or Vit D) then supplementation is required as well as a review of your day to day diet. However, random self guided supplementation is almost as bad as having a deficiency, as having an excess of many micronutrients can be harmful. So unless you have a diagnosed deficiency keep away from supplementing with micronutrients.

2) **Convenience:** Many of the EPC athletes lead very busy lives juggling work, family and training. Using some selected sports food in their schedule allows them to maintain good nutrition to support their training. While these needs could have been met using whole foods in theory, it may have meant that their needs were not met due to the 'hassle' or time to prepare these whole food options. For example people often struggle with their post-training recovery nutrition following early morning or lunch time training before getting to/ back to work. This often results in them skipping their recovery nutrition.

This can easily be fixed with a commercial recovery shake that can be quickly made up, stored at work or in the car (in a powder form) and give you everything you need. A good recovery shake is one of the key 'supplement' that every athlete should have access to for those times when whole foods are not available or practical.

So in summary, when possible choose whole 'real' food options. When it is not possible it is ok to use some selected sport foods and supplements. These however are not a must and you can train effectively without them.

Athlete profile

Name: Tom Bradshaw

Age: 20 nearly 21!

Coach: Matty 'big dog' Graham

Where do you live: Dunedin

General back ground:

I was born and bred on Wellington single track and have been riding ever since. Now I am in Dunedin studying PE and Commerce while trying to ride my bike as much as possible and race around the world.

Racing goals:

I want to place in the top 25 in the cross country World Cup races in the U23 category and have fun while going fast!

Major achievements:

U19 and U23 NZ Representative

U15 + U17 National Champ

Unicol Hotdog Eating Champion 2011

Comment about working with EPC.

I really enjoy the research based training that is specifically tailored to not only the demands of XC mountain biking but more importantly the demands of me personally as a rider. It is also inspiring to see how other EPC athletes in a whole range of different sports are achieving so highly, and this makes me work harder! The chat is also fantastic.



Performance tip of the month

Shoe rotation decreases injury risk

A recent study by Malisoux *et al* (2013) showed that the parallel use of more than one pair of running shoes helped protect against running related injuries.

By having two or more pairs of running shoes and rotating their use between each running session the structures of the body such as the feet, knees and hips are exposed to less of the 'exact' same repetitive forces. This 'sharing' of the load is not a new concept, but it is nice to have some evidence to support it. So get out there and rotate your running shoes between sessions.

Your body will love you for it.