

Hey Team

Firstly apologies that it has been a couple of months since the last EPC newsletter. We will try and make up for it in this edition by packing it full of useful tips and advice. With summer well on its way the racing season is starting to hot up and EPC athletes all around the country are starting to reap the rewards of the hard work they put in over the winter.



Like EPC on Facebook and follow us on Twitter to keep up with the latest news, videos and articles to help your performance.



Performance nutrition

Recipe of the month

Quinoa salad with tomatoes and herby dressing

Ingredients

- 1 cup dried Quinoa
- 2 cloves garlic
- ½ C finely chopped basil
- 1 Tbspn lemon juice
- 1 tsp balsamic vinegar
- 3 Tbspn olive oil
- 1 tsp finely crushed toasted coriander seeds or 2 tablespoons freshly chopped coriander
- Salt and pepper
- 3 medium tomatoes (chopped)
- 1 cup chopped cucumber
- ½ red onion diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 2 cups sweet corn
- 2 handfuls spinach

Cooking Guidelines

Toast dry Quinoa in a pan until it starts to smell nutty and begins to pop (2-3min). Place in a sieve and rinse under cold water until water runs clear. Place in a pot with 3 cups water and bring to a boil then cover and simmer until grains have become transparent, the spiral like germ has separated and water has been absorbed (about 15 min), cool.

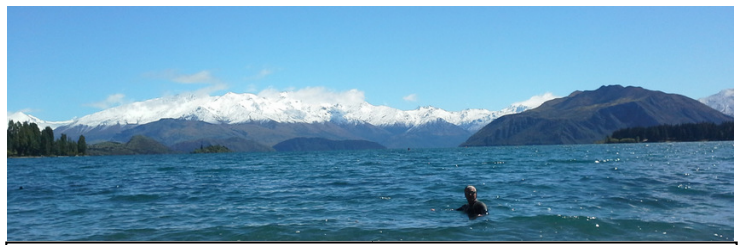
Herby dressing:

In a jar shake garlic, basil, lemon juice, balsamic vinegar, olive oil, coriander and add salt and pepper to taste. Stir tomatoes, cucumber, onion, pepper, sweet corn, spinach and herby dressing into quinoa.

Serve as a side to a meal or with an egg, tuna or chickpeas for lunch.

Serves 3-4 Lunches

By: Nicole Walker (EPC nutrition consultant)



EPC athletes at the races

- **Mazda 6 hour Adventure Race:** Well done to Pete Smallfield, who with his team mate took a commanding win, while Milan Brodina placed second equal with coach Matty Graham's team.
- **XPD:** Emily Wilson took on the epic XPD. Racing for 155 hours in the Australian outback!
- **Spring Challenge:** EPC had a big crew of athletes competing in the SC. Well done to Jess Simson who placed 3rd with her team while Maria Gamble placed 29th in 10 hour. Kursti Annison placed 34th and Sofie Holm placed 41st in the 6 hour,
- **Motu Challenge:** Emily Wilson was at it again at the Motu Challenge multisport race placing 3rd in a competitive field.
- **Dunedin 6 hour MTB race:** Well done to Tom Bradshaw who took out the 6 hour race ahead of coach Matty Graham, while Pete Smallfield placed 5th and Jol Hennessy 7th in what were very tough muddy conditions.
- **Deans Bank 10 hour:** Milan Brodina had a strong performance to place 3rd in the solo section. Jol Hennessy rode well as a solo rider. While Shannon Hope rode to 1st place in the female teams.
- **Milk and Honey:** Brent Miller showed that his training is going well by taking the win and setting a new course record at the Milk and Honey road and MTB race in Golden Bay.
- **Mazda 12 hour Adventure Race:** Pete Smallfield and Hamish Fleming had a great race to take out 1st place, while Emily Wilson and her team mate took out the woman's race and 3rd overall keeping the men's teams honest. Peter Jackson and Ian Shaw had a good day out placing 10th.
- **Augusta Adventure Race:** Jess Simson took the win in the woman's race at the Augusta Adventure Race as part of the New Zealand Tri-nations team.



- Top banner:** Kate Spenceley taking an early season swim in Lake Wanaka. **Top L:** Coach Matty Graham, Pete Smallfield and Tom Bradshaw after the Dunedin 6 hour.
- Above L-R:** Brent Miller on his way to the course record at the Milk and Honey, Jess Simson at Augusta AR and Milan Brodina at the end of the Deans Bank 10 hour.
- Bottom L-R:** Emily Wilson paddling hard at the Motu Challenge, Pete Smallfield and Hamish Fleming enjoying their win at the Mazda 12 hour AR and Sofie Holm somewhere in the white water at the Spring Challenge rafting stage.

Performance nutrition

Nutrition tip of the month

How much energy are you drinking?

- A 6% alcohol beer contains approximately 300kJ/100ml
- Therefore, 1 570ml pint = 1710 kJ
- Therefore, 2 570ml pints = 3420 kJ
- This is equivalent to **2.75 Moro bars!**
- After work drinks can add a lot of extra energy! If you are trying to drop some weight, then cutting out some of your 'liquid calories' is an easy place to start.



By: **Whitney Dagg** (EPC nutrition consultant)

Motatapu MTB Training Plans

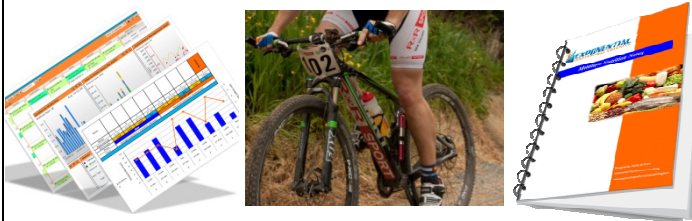
Debilitating cramps, hitting the 'wall', no strength on the climbs, empty legs and not being able to hit top race speed off the start line.

These are all comments that can be heard at the Motatapu finish line. People put hours and hours into their training and invest thousands in their bike and gear only to be disappointed again and again by their performance on the day. Sound familiar?

Get one of the three different Motatapu MTB training plans on offer at Exponential Performance Coaching and make the 2014 Motatapu your best race yet.

Training plan includes FREE nutrition E-handbook

[See here for more information](#)



Performance tip of the month

Archie Griffin (a great American football player) once said, **"It's not the size of the dog in the fight, but the size of the fight in the dog."** While we can measure many training and racing stats such as time, heart rate, power, speed etc. There is no specific measure for the all important 'size of the fight' within an athlete. How hard are they going to push themselves when the going gets tough, when things do not go their way or when there is a setback in their training. Developing this 'fire in the belly' or 'mongrel attitude' is critical for endurance athletes if they want to get the most out of themselves! How big is the fight within you?

EPC YouTube Channel

Check out the 5 videos below for the [Top 5 training tips to improve your performance.](#)



- 1) [Training Intensity](#)
- 2) [Recovery](#)
- 3) [Monitor your training](#)
- 4) [Strength Training](#)
- 5) [Training when you are short of time](#)



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

Athlete profile

Name: Karl Buchanan

Age: 40

Coach: Matty Graham

Nutrition Consultant: Whitney Dagg

Where do you live: In Dunedin, with my partner Julie and 3 year old daughter Olivia.

General back ground: Growing up I played a number of sports, but concentrated mainly on golf, including 4th in NZ Under 18's and 3rd in NZ Under 21's – but I do not really an athletic background.

In recent years, I have tried to keep active/fit with gym workouts, some running, but mainly mountain biking for fitness and fun – enjoying single track and also bigger rides getting into the back blocks. Generally I am just a plodder, and not built for going up hills fast. I Completed the Kepler Challenge last year, as this had always been on my bucket list. Following the Kepler I tried to keep up my momentum by doing Naseby 12 Hour solo this year. However, I crashed after 6 hours and withdrew after 8 hours with a dislocated finger – fail!

Racing goals: I want to get a faster time for Kepler this year and complete the Naseby 12 Hour solo 2014. I want to complete whatever I do with some respectability, and not disgracing myself!

Major achievements: Finishing the Kepler 2012 on limited preparation. Also few top 10 finishes in local mountain bike races. Fastest half marathon time 1hr 31 min – but had a few less Kg and a bit more hair then.

Comment about working with EPC: I started working with Matty last year before the Kepler. I was on the waitlist and didn't realise that I would get into the race until mid-October, so I knew I need (a lot of) help if I could hope to go from 0 to 60km in 6 weeks.

In the past 'training' would have consisted of going out as hard as I could for every session. So working with EPC to build towards a goal was a huge difference. Certainly the advice from Matty and Whitney was invaluable last year for the Kepler and it clearly showed where I had been going wrong in the past.

Matty is always contactable, positive and organizes my training programmes around other things such as work, family or being out of town. Using Training Peaks is easy to follow and helps me keep a record of your training to see your progress, and what is coming up. The structure and guidance from Matty's coaching and programmes gives you the confidence that you have done the maximum to give the best results.



Above L: Karl carving up some of the local MTB tracks in Dunedin.
Above R: Karl is all 'smiles' on his way to completing the Kepler, on only 6 week of training!