



Well summer is now over, but it seems the weather in Dunedin at least has been better than it was all summer. There has been a lot of quality training happening by EPC athletes around the world which is paying off in some inspirational performances.

As we move towards winter, make sure you have your goals firmly set and your action plan in place so that you are ready to get the most out of yourself this year.



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Top banner: Rachel Sime and Glenda Bruce working hard at the track during their build up to the nationals.



Right: Shannon Hope is all focus during the Oceania MTB champs.

Performance nutrition

Recipe of the month

Kale Super Smoothie

Ingredients

- 3/4 cups of yogurt (can be plain or flavoured)
- 1 cup coarsely chopped kale leaves
- 1/4 cup orange juice
- 10 fresh mint leaves
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 cup frozen berries

Directions

- Blend all ingredients for 30 to 45 seconds, stopping blender to scrape sides as necessary.
 - Pour into 2 glasses. Serve immediately.
- Serves 2



EPC athletes at the races

- **Motatapu MTB:** Kris Inglis of Christchurch showed his training has been going well taking 1st place in masters sport division. Mark Gentson put in a strong performance in his first attempt at the race despite riding the closing stages of the race on a flat tyre. Despite a BIG crash resulting in hospitalisation with a suspected broken wrist, Tom Bradshaw managed to complete the race placing 5th in the Open Elite section.

- **Motatapu Xterra:** Well done to Ailsa Rollinson and Pete Smallfield who teamed up to take 2nd in the mixed teams and place 3rd overall. Hamish Fleming put in a strong run for his Xterra team clocking in just 30 seconds off the course record and taking out the teams section. Kirk Pritchard backed up his Coast to Coast performance with a solid ride and run as part of an Xterra team. It was great to see Will Sams return to racing after a year rehabing a knee injury he sustained at GODZone last year.

- **Motatapu Marathon:** Kate Spenceley and Rei Ishikawa were hard at it on the marathon course working their way towards individual goals.

- **Motatapu Miners Trail:** Jan Taylor used the Miners Trail as one last build up race before the Northburn 50km ultramarathon.

- **Age Group Track Cycling Nationals:** Rachel Sime raced to her limit placing 4th in both the 500 TT and IP in her category. Glenda Bruce also took 4th in her category in a very tight final ride off.

- **Oceania Mountain Bike Championships:** Shannon Hope had a strong race placing 4th, showing her preparation for her upcoming world cup races is on track. Unfortunately Allan Killick slashed a tyre on the first lap putting him out of the race!

- **Mt Peel:** Allan Killick managed to have a great performance finishing 2nd at the Mt Peel MTB race after his DNF at the Oceania champs the week before.

- **GODZone:** Emily Wilson showed she is made of nails racing in the GODZone adventure race as part of team Next Generation. Not even having to get stitches in her arm mid race was going to slow her down with her team taking 8th place.

- **Northburn Ultra Marathon:** Jan Taylor knocked off the tough 50 km Northburn course in her first attempt at the race.

- **New Plymouth Tri:** Kirk Pritchard completed his first triathlon in fine form at the New Plymouth ITU triathlon.



L to R: Emily Wilson all smiles during GODZone, Pete Smallfield striding it out at the Motatapu and Kirk Pritchard happy to be finished the Motatapu.

Athlete profile

Name: Oli Donoghue

Age: 31

Coach: Matty Graham

Where do you live: Czech Republic

General back ground: As a youngster I did a lot of school/social sport but that faded away as soon as the age of 16 came and I discovered a delicious bubbly oak coloured liquid that came out of magic taps in bars. Many years of honing my drinking and social skills led to me neglecting my health and I ended up a porky lad, who sat behind a desk for 10 hours a day. Come the age of 26 I decided to turn it all around and get slimmer, fitter and most importantly healthier. I signed up on a whim for the London marathon having got angry with myself one morning. Unfortunately I fell into the trap of completing that and then coming to a very abrupt stop straight after. At the end of 2012 I ended up in hospital due to a combination of poor health and stress, I spent three weeks in a hospital bed and a few months recovering from temporary paralysis of the left side of my face. Although I was lucky and managed to avoid permanent damage, I vowed that I would never put myself in that situation again. I researched a challenge that would mean real dedication, learning some new skills and would also qualify as a life experience. This is when I discovered the Speight's Coast to Coast.

The race itself combined with a change in how I work has turned me from a grumpy overweight 30 year old with a short temper, into a far more relaxed, fitter, healthier and happier 31-year-old. My only challenge having finished the race is to find something new that will keep me that way.

Racing goals: I wanted to 'compete' and by that I meant do something I could be proud of in the Coast to Coast. Competing for me is not about my finishing place, but competing with my own expectations. I would only be satisfied if I had done everything that I could to maximize my performance. My personal 'competition' was daily; whether staying away from the terrible starchy, fatty and carb heavy food in Czech everyday (and everywhere!) or getting out for that Kayak in -10 degrees in the winter months prior to the race. This is where Matty and Exponential Performance really made the difference. As someone who has spent their whole working life in sales there is one thing that I know: The number 1 motivation is Fear. Fear of not having shelter, fear of pain, fear of embarrassment. I used Exponential Performance in two ways, firstly to tell me what I should do and when, to avoid over or even under-training. However I also used it as a tool to force me to get out and actually do it. I would be embarrassed if I had red blocks on training peaks. I work long hours but ended up really enjoying those night time moonlight off-road runs. I would even have to endure the pain of being on a turbo-trainer right next to my comfortable, soft and very appealing sofa. Matty never actually made me feel embarrassed about it, I simply would personally.

As I have said, my ultimate goal was to 'compete' with myself and I can say that I exceeded my expectations. Being introduced to the Mountain Run on a guided walk-through 1 week before the race did make me ponder whether I had it in me but I manned up, puffed out my chest and knocked it off in 5:26. I was also very doubtful about the cycling. Having had winter to endure I simply felt that I had done nothing like the amount of cycling training that I should have, I had also never ridden in a group.

Athlete profile continued.....

But I kept up with the speedier groups on race day and even formed my own one by catching others on the final cycle leg. Overall I managed to keep myself in the Top 30 for the men's open for each cycling leg. I battled a Beachcomber down the river for what seemed like an eternity and had even learnt to roll consistently in the weeks before the race. Coming into Sumner Beach at 16:24 may sound like a pretty average time. But I competed with myself and my expectations and am proud of how I did.

Major achievements:

A good placement overall in the Coast to Coast Mens Open (27th). But most importantly gaining lean muscle whilst also losing 8kgs in the process. Improving my posture, mental wellbeing and overall health.

Comment about working with EPC:

Matty took into account the seasonal difference well and I managed to avoid long endurance sessions in dangerously freezing conditions. It is certainly not a template training program that you are paying for. Matty changed it depending on my previous performance or simply because of commitments (work, family etc) meaning that I wasn't able to complete it to the letter. Matty was there giving me a much needed kick when I drifted with my training to which is exactly what I knew I would need. We had a Skype call and I was back onto it having been given a pep talk by him and without EPC that is where I would have certainly had problems with my training. The Coast to Coast was a big commitment but with EPC guiding me to get the most out of the spare time I actually had I am able to say that I did everything I possibly could have.



Performance tip of the month

At the end of your main competitive season (which is about now for many of you) grab a pen and paper to help you reflect. List the things you feel went well and also all those things that did not go so well. Would you go back and change anything about your build up, nutrition, gear or things during your race or races? To move forward and improve your performance you must change what you have been doing and that starts by identifying these areas. So get reflecting!

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