

The month of February has been full on for Exponential Performance Coaching athletes. There has been some truly inspirational performances by many of you and the year is only getting started!



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



Coast to Coast action: Top right banner: Jess Simson moments away from becoming a World Multisport Champion. Top L-R: Peter Jackson and Sofie Holm all smiles at Sumner, Pete Smallfield showing his back pain on his face. Bottom L:R Hamish Fleming and Emily Wilson out on the run. (Photo credit: sporzhub.com)

### Performance nutrition

#### **Recipe of the month**

##### Bean & Avocado Potato

- 4 large Potatoes
- 290 g can Red Kidney Beans
- 200 g jar of Taco Sauce
- ½ Avocado

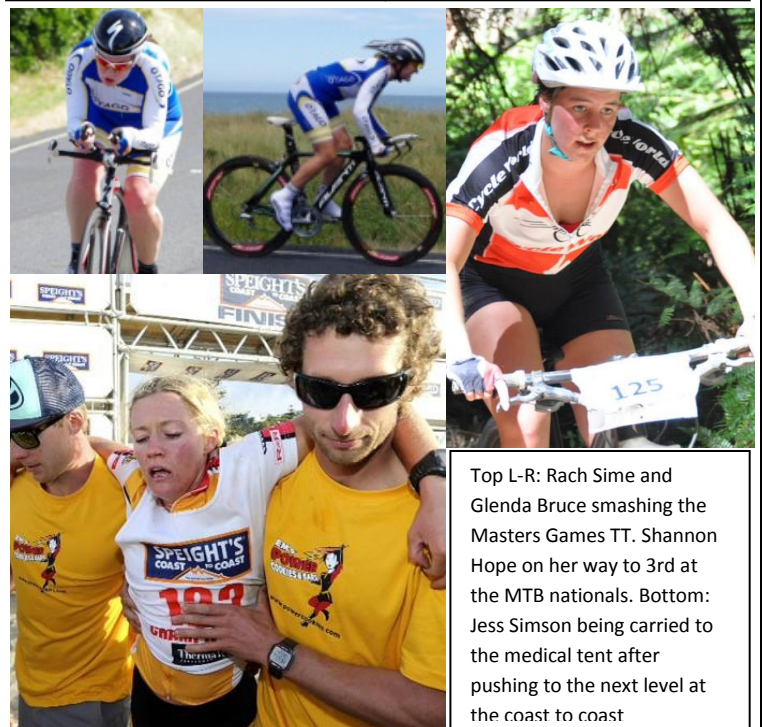
- Clean the potatoes and pat the skin dry. Pierce the potatoes a few times with a small sharp knife and place in a preheated (210°C or 415°F) oven and bake for at least 1 hour. Leave in the oven for 1½ hours for really crisp skins.

- Rinse and drain the red kidney beans. Place in a small saucepan with the taco sauce. Stir over medium heat. Cut cooked potatoes in half and scoop out flesh. Put into a bowl and mash with avocado then return to the potato skins. Spoon the bean mixture over the top, and serve immediately. If desired, sprinkle with a small amount of finely grated cheese.



### EPC athletes at the races

- **Kaiwara Classic:** Allan Killick of Christchurch won his age group and placed 4th over all at this tough MTB race.
- **Masters Games:** Glenda Bruce had a great week at the Masters Games showing her class across a range of events claiming gold in the Matched road sprint, 500 m TT, 2000 m IP, Match Sprint, Scratch race and road TT. Rachel Sime was 'back on track' taking gold in the 500 m TT, 2000 m IP and 20 km road TT. Ian Shaw took on both the Rail Trial and Sprint Duathlons racing strong in his competitive age groups.
- **Mountain Bike Nationals:** Shannon Hope of Dunedin dug deep to place 3rd in the U19 race while Tom Bradshaw raced well to place 5th in the fast paced men's race. Unfortunately Harriet Miller had a nasty crash and sprained her neck and had to pull out of her race.
- **Speight's Coast to Coast:** Jess Simson pushed herself to the next level to take the win in the woman's 1 day race and take the World Multisport Champion title in a dominating performance. Emily Wilson had a solid performance placing 4th after a consistent day of racing. In the men's race Hamish Fleming battled debilitating cramp to place a gutsy 12th place over all, Mike Hanson had a great day out placing 46th and 9th in this age group. Kirk Pritchard had a big improvement in his one day performance compared to last year and placed 65th overall and 47th in his age group. In the 2 day race Peter Jackson and Sofie Holm raced hard placing 9th in the mixed teams. All the way from the Czech Republic, Oliver Donoghue showed his training on the other side of the world had prepared him well for the Coast to Coast placing 27th in this age group. Unfortunately Pete Smallfield took a fall on the Mt run injuring his back and having to withdraw from the race.



Top L-R: Rach Sime and Glenda Bruce smashing the Masters Games TT. Shannon Hope on her way to 3rd at the MTB nationals. Bottom: Jess Simson being carried to the medical tent after pushing to the next level at the coast to coast

### 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**

#### **Eat less C.R.A.P and more F.O.O.D**

- C** - carbonated drinks
- R** - refined sugars
- A** - artificial sweeteners and colours
- P** - processed foods



- F** - fruit and vegetables
- O** - organic lean protein
- O** - omega 3 fatty acids
- D** - drink water



### Performance tip of the month

*'Greatness is not one thing done well once, greatness comes through doing the little things over and over again.'*

The same is true with your training. Each training session gives you a small improvement and it is the addition of these small improvements over time that give you the big visible increases in your performance.

Patience and consistency in training is one of the most important factors in improving your performance. This however seems to be the one thing that most athletes struggle with. Your body needs the repetitive overload for it to continue to adapt and improve. If your training is not consistent then your results will be sporadic and subpar.

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

### Athlete profile

**Name:** Kirk Pritchard

**Age:** 30

**Coach:** Matty

**Where do you live:** Alexandra

**General back ground:** Living in Central Otago, it is one of the best places in NZ to train for multisport. Having been into a little bit of mountain biking since my uni days, doing the occasional race, my wife twisted my arm into learning to kayak so we could do the teams event of the 2012 Goldrush. After that, the bug bit and with the guidance of Matty I stepped up to doing (and finishing) the Coast to Coast Longest Day in 2013. I work in the control room of the Clyde Dam for Contact Energy (think Homer Simpson for a hydro power station). I have even on occasion kayaked to work which involves around 2.5 hours up the Clutha from Alexandra to work. When I'm not out training you might find me out on one of the many Central Otago golf courses trying to lower my handicap.

**Racing goals:** With our first child due in April, racing will be taking a bit of a back seat for a few months. The Kepler is something that interests me and maybe the Wanaka Half Ironman for 2015 (if I can learn to swim). Long term the Godzone is in the back of my mind.

**Major achievements:** Finisher Coast to Coast longest day 2013 (97th) and 2014 (76th), Hawea Epic 2013, Goldrush 2013.

**Comment about working with EPC.** Having never done a race longer than about 5 hours, I contact Matty with the lofty goal of finishing the Coast to Coast Longest Day. With his guidance, I went from a newbie to finishing what most people describe as the toughest one day race in the world. His scientific approach really suited me and with my erratic shift work schedule he was able to tailor a training program around this to get the most out of the time I had available. I also find the use of Training Peaks a great way to interact between coach and athlete. With this I am able to analyse all my previous workouts and seeing the full training program in the calendar is a real help.

