

NEWSLETTER
May 2013

Hey Team

The race season is winding down and the off season is upon us. Over this time it is important to take both a physical and mental break from training. Also take some time to sit down, review last season and set some new exciting goals to give your training a direction over winter.



Peak to Peak Training Camp

With winter on its way, it signals that the Peak to Peak Training Camp is also approaching.

Join EPC coach Matty Graham and top multisporter Dougal Allan (3x winner of the Peak to Peak) for 3 days of training in the stunning Queenstown area.

This camp is not just for those training for the Peak to Peak. All multisport athletes will benefit from this camp with the inclusion of sport nutrition presentations, technique video analysis, sweat rate assessment and 16 hours of coach supervised training. Places are limited so register quick.

Camp dates: 11th July → 14th July 2013

For full details check out the EPC website or contact me at exponential.performance@gmail.com



EPC athletes at the races

- **Otago Peninsular Challenge:** Sarah Bryant had a strong ride to place 2nd in the womans MTB race. Harriet Miller had an unfortunate crash in the opening stages of the race which forced her to withdrawal with mechanical problems and injury. Guy Carter ran well placing 14th in the off road run.

- **Benchmark:** Brad Evans came back from his injury to place 4th in the 3rd round of the Benchmark and maintains his striking position on the series lead

- **Crazyman:** Jess Simson raced well to take the win and set a new course record at the Crazyman multisport race in Wellington.



Top: Winter is the perfect time for technique development. **Left top and bottom:** Climbing Coronet Peak and the EPC team at the 2012 Peak to Peak Training Camp. **Above Left:** Guy Carter at the finish of the Otago Peninsular Challenge. **Above right:** Pete Smallfield on Swampy Spur during a night run.

Performance nutrition

Nutrition tip of the month

Body "weight" is a poor measure of the amount of fat we carry. Weight changes on the scales do not necessarily reflect changes in body fat stores. A number of measurements of body composition will provide a better overall picture of fat loss, such as skinfolds and body girths or circumferences. Ask how you can better track your body composition this winter.

By: Whitney Dagg (EPC nutrition consultant)



We want to hear from you!

- What would you like to see more of in the EPC newsletter?
- Do you have any burning questions about nutrition or training?
- How do you think EPC can improve our services?

We want to hear from you so we can keep improving our performance while we help you improve yours.

If you have any feedback please email:
exponential.performance@gmail.com

Performance nutrition

Recipe of the month

Homemade Protein Super Shake

- 300 mL of Skim milk
- 3 Table spoons of non fat milk powder
- 1x Banana
- 2 Table spoons of Milo
- Add all ingredients into a blender or shaker and mix.
- Consume 20 min following a hard training session.



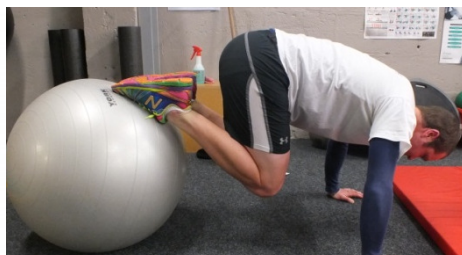
Total energy: 1750 kJ (418 kcal)

CHO: 90 g **Protein:** 31 g **Fat:** 8 g

By: Nicole Walker (EPC nutrition consultant)



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Strength training

Strength training can improve endurance performance both directly (improved muscular force development) and indirectly (force transfer, stabilisation and injury prevention). Get into the gym this winter with a well structured gym programme to take you to the next level in the coming season.

Performance tip of the month

As the seasons change it is often the perfect breeding ground for illnesses and as a result there have been a lot of athletes getting sick over the past few weeks.

One of the best things for your immune function support is carbohydrate. So make sure that you keep your carbohydrate intake up over this time in order to support your immune system and avoid catching anything nasty that will quarantine you to the couch for a few days.

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

Athlete profile

Name: Kate Spenceley

Age: 53, Sigh.

Coach: Matty Graham

Nutrition consultant: Whitney Dagg

Where do you live: Dunedin

General back ground: How long have you got? I immigrated to New Zealand from the Motherland (England) twenty years ago. I'm a midwife, married with two children. I work in Lumsden part-time and am studying to be a Personal Trainer with a lot of testosterone driven rugby players at the Otago Polytech.

Sporting back ground: I really don't have a sporting background. When younger and child-free I taught paragliding and that's it. I have absolutely no athletic ability, no sense of balance and everything I do is learned the hard way. In 2009 for some reason I decided to lose weight. I lost 30 kilos and the trainer I was with then (a triathlete), said I should do Challenge Wanaka. I learned to swim freestyle (I have the speed and grace of a brick) and my running style is duck-ugly *but* I completed Challenge in a 2011. I haven't stopped since.

Racing goals: I know I can **complete**. Now I want to **compete**. I'm utterly driven and addicted because I should have done this twenty years ago.

Major achievements: Ha totally everything I do. I run places I couldn't have walked four years ago. I want to do this until I die.

Comment about working with EPC: I could go on about the science, the flexibility, the communication and that Matty's programmes really work (consistency and recovery. Blah, blah, blah) but what I truly appreciate is Matty's generosity, humour, patience and little sideways comments that make me laugh hours later. I love it that he puts up with my cussing and tells me 'NICE' when I say I've struggled through a training session. Matty and his team rock.

