

NEWSLETTER
April 2013



Hey Team

This month we bring you a condensed version of the EPC newsletter. We hope it finds you well as winter rapidly approaches.



Performance tip of the month

With many athletes having ticked off their big races of the season, it can be easy to feel somewhat 'lost' at this time of year. With this lost feeling your motivation can start to take a dive leaving you feeling even more lost with your training.

This is a very normal feeling at this time of year and there are a few key things that can help get you through this slump.

The first is to take a break from structured training and just get out as you feel up to it or when the weather is good. Try some new activities such as, if you are a roadie jump on the MTB or if you are a multisporter, get in the pool and give swimming a try. If you are feeling really burnt out after a long season, then hang up your gear and put your feet up for a couple of weeks. Secondly, with next season feeling so far away, you need to sit down and start planning. Look around for some small 'stepping stone' races to include over the winter so you always have that next goal within reach. Also try reducing your training focus by working on a specific aspect of your performance. I.e. if you are a multisporter or triathlete, focus on just one discipline for a few months, or if you are a cyclist then bring things back to basics and focus on your pedalling technique and base endurance. Getting this direction set early will result in better performances later in the year.

EPC athletes at the races

- **Naseby 12 hour:** Both Hannah Thorne and Harriet Miller battled through tough conditions and mechanical issues to place 2nd and 3rd respectively in the solo race. In his first attempt at an ultra endurance race Karl Buchanan rode well despite a crash to clock up 121 km before having to pull out due to injury.
- **Contact EPIC:** Well done to Harriet Miller, Hannah Thorne, Jo King, Sarah Bryant, Eldon Chisholm, Emily Wilson and Hamish Fleming who all gutted out the cold, windy conditions to complete the Contact EPIC.
- **National Road cycling champs:** Glenda Bruce put down a strong performance in the time trial, while Brad Evans stayed in touch in the road race after still suffering from the effects of a recent crash.
- **Cape Brett Challenge:** Rosie Taylor raced well to place 4th in this tough off road running race.
- **Routeburn Challenge:** Well done to Kate Spenceley who was all smiles on her traverse of the Routeburn trail. EPC nutrition consultant Whitney Dagg showed her nutrition plan was spot on taking 2nd place at the Routeburn, before turning around and running back again, a massive 63 km!

Performance nutrition

Recipe of the month

Pan Fried Blue Cod Fillets with Wedges and Salad

Ingredients

- 2 blue cod fillets (approximately 200 g in total)
- 1 potato cut into wedges
- 2 tsp of canola oil
- Cajun seasoning
- Green Salad (your choice of ingredients) – use a low fat vinaigrette dressing

Cooking guidelines

- Toss wedged potato with 1 tsp canola oil and cajun seasoning. Bake in oven until crispy
- Heat 1 tsp of canola oil in pan and fry fillets for approximately 3 minutes on each side or until cooked through.

Energy: 2038 kJ
CHO: 22 g
PRO: 68 g
FAT: 11 g (SAFA = 1 g)



By: Whitney Dagg (EPC nutrition consultant)

Performance nutrition

Nutrition tip of the month

As winter approaches it is time to think about your long term goals and how what you eat now will effect next season. If you need to manipulate your body weight, either to lose or gain weight in order to improve your performance next season, then winter is the time to implement a plan. For a nutrition plan to be effective the changes you make need to be small, manageable and long term. If you are serious about your performance then contact me to get a personal nutrition plan in place for this winter so we can take your performance to the next level.

By: Nicole Walker (EPC nutrition consultant)

Upcoming races

EPC athletes are training hard for the upcoming races

- 3D Australasian Multisport champs
- Challenge Roth (Germany)
- Trans Rockies MTB race (Canada)
- Benchmark cycling series
- Chch marathon
- Peak to Peak multisport race
- Otago Peninsular Challenge
- Dunedin marathon

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

