

“Swim, Run and Ride to the Hyde” Newsletter

Volume 5
Summer 09/10



Australian Government
Australian Sports Commission

NATIONAL TALENT ID
AND DEVELOPMENT



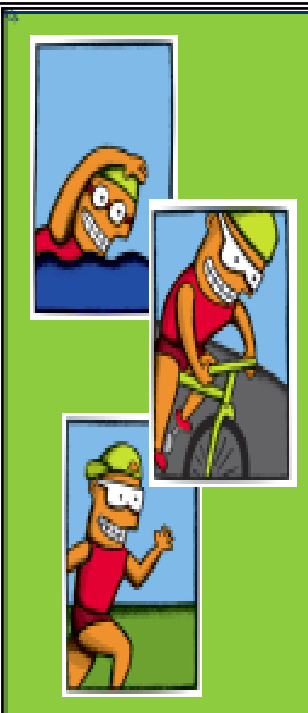
TRIATHLON
AUSTRALIA

Welcome

Hi and welcome to another edition of the “Swim, Run and Ride to the Hyde” Newsletter, the official newsletter of the NTID Triathlon Program. Spring proved another busy period with the ITU World Championship Weekend held at the beautiful Gold Coast from 9th to 13th of September. From there most of the athletes took a well earned break following a long and grueling season.

However, there was no break for the NTID Program with the nation’s first triathlon talent identification testing day held through the Melbourne Hotspot at Monash University. The Program also set up a talent identification and promotional stall at the Noosa Multisport Festival from 30th October to 1st November. For the second year running this event provided a great opportunity to promote the program to over 5000 competitors and many more attendees.

Most athletes are now getting back into the swing of things in preparation for the domestic season over the Australian summer. I hope you enjoy reading the newsletter and as usual if you have anything to add please contact me at joshua.sear@ausport.gov.au. Until next time, happy swimming, running and riding.



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Monash Testing Day

On the 10th October, NTID Triathlon conducted a program first, triathlon talent identification testing day through the Melbourne Hotspot. The event, which was conducted in conjunction with Triathlon Victoria, was held at the Monash University’s Clayton Campus. Following considerable advertising, over 50 potential triathletes applied to take part in the day. Due to testing restrictions, 35 people completed the testing, which involved a 100m swim, 500m swim, 400m run and 2000m run all separated by adequate recovery periods. Several high-quality athletes put out some good times and will look to be included in the program in the future. Overall, the event was a success with a large number of applications, demonstrating the appeal of the sport in the lead up to London 2012.

A big thanks goes to Gavin O’Sullivan for all his hard work to get the event organized and Matt Sheldon from Monash for providing the facilities. Also thanks to Jono Hall and Craig Redman along with all the other ‘helpers’ who took times and registered participants.



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THE SEARCH IS ON...
FOR THE NEXT GENERATION
OF AUSSIE SPORTS STARS

2009 ITU World Championships

The ITU World Championship race has been run and won for another year with some great results for Australia. Several Young Guns athletes performed well with some outstanding podium results.

To begin the racing, several current and former Young Guns competed in the ITU World Aquathlon Championships. John Polson, Cam Good and Shane Barrie all raced well and earned top six placings. From there was the Under 23 races. In the men’s field former Young Gun James Seear raced an outstanding race to take out the silver medal. Joshua Amberger and Joshua Maeder were also involved and completed the race in 18th and 27th, respectively. Unfortunately, Drew Box suffered an injury in the first transition and had to pull out of the race. The next day it was the junior’s turn with the standout performance coming from Emma Jackson who took the silver medal. In the men’s field Sam Appleton, Jamie Huggett and Aaron Royle all raced well to achieve top 20 results. In the elite men’s field, 2007 Young Gun Gareth Halverson took out 39th. However, the standout performance of the weekend was Emma Moffatt’s (non-NTID) victory in the elite women’s field after a grueling battle with Sweden’s Lisa Norden.

Overall, 2009 was a great year for NTID Triathlon with the Young Guns athletes gaining valuable international experience on their tour and showing through their results that they can mix it with the world’s best. The upcoming domestic season will also present an opportunity for some of the TriChamps athletes to put their hand up for possible selection in next year’s Young Guns tour and the 2010 World Championship team.



Emma Jackson on the podium following her 2nd placing in the Junior World Championships.

Latest from the Lab: Factors to Improve Cycling Performance

In this edition of the Latest from the Lab I thought I would cover an article titled, “Improving Cycling Performance: How should we spend our time and money” from Asker Jeukendrup and James Martin. Basically, the article utilizes a previously established model to express (and rank) the effects of different internal and external factors on 40km time trial performance.

Unsurprisingly, the model predicted that training had one of the largest effects on performance (up to 10% improvement). However, this obviously depends on current training status as elite cyclists and triathletes may only experience improvements of 1-3% from modified training. Another key internal factor was nutrition with adequate ingestion of fluid and carbohydrates before a race improving performance by up to 12% (average increase of 3%). Body mass is also a critical factor in performance particularly if you are hill climbing. The article stated that a 3kg loss of body weight can improve time trial performance by up to 19 seconds in elite cyclists and almost 3 minutes in hill climbing. This is also dependent on being able to maintain the same power output despite a loss of mass.

The article then discussed the external factors of bicycle mass and aerodynamics on cycling performance. The authors examined the difference between a 10kg bike in comparison to a 7kg bike with the model predicting that the lighter bike would decrease 40km time trial performance by up to 13 seconds depending on rider ability. From there, the authors analyzed the effect of body positioning and identified that riding in a carefully optimized riding position could decrease performance by up to 150 seconds, however this is more applicable to athletes in non-draft legal racing or if you are riding on your own in a draft-legal race. Also, this is dependent on maintaining the same power in this changed position. Other external factors include bicycle frame and wheel choice which can have effects of up to 104 and 82 seconds, respectively. However, other factors (i.e. environmental conditions, rules of race, type of course) need to also be considered when choosing bike and wheel type.

Overall the article states that training can be the most important factor on cycling performance. However, other factors such as nutrition, body mass and equipment can also make the difference in racing, especially considering the need to conserve energy in the bike leg for the crucial run leg in triathlon. If you are interested in reading the full article I have included the full reference below:

Jeukendrup, AE., & Martin, J. 2001. Improving cycling performance: How should we spend our time and money. *Sports Medicine*, 31(7), 559-569.



The research states that training on the bike is the most important factor in improving cycling performance.

“Commitment leads to action. Action brings your dream closer”

From the Kitchen: Beef and Vegetable Satay Sticks

500 g rump steak, cut into 2-cm cubes
6 spring onions, cut into 3-cm lengths
1 large red capsicum, cut into cubes
200 g button mushrooms, halved
2 large zucchini, cut into thick slices
2 tablespoons oil-free French dressing
1 teaspoon honey



Soak bamboo skewers in water for 10 minutes to prevent them from burning under the grill. Thread the steak, spring onion, capsicum, mushrooms and zucchini onto the skewers. Place skewers on a foil-lined grill tray and baste with combined dressing and honey. Cook under a preheated grill on high, or on a barbecue hot plate, basting and turning a couple of times during cooking until the beef is tender. Serve skewers with a salad or wrapped in a piece of Lebanese bread with rocket. Drizzle with your favourite sauce. Serve with salad on the side, if desired.

Source: <http://www.ausport.gov.au/ais/>

In the Spotlight: Brian Kempson

How did you get involved in triathlon?

After a lot of years of swimming / water polo & playing competitive soccer I started to run marathons. That lasted a few years until I saw a local triathlon happening on one of my Sunday morning runs. Looked a challenge -- so entered the next available one -- I was challenged big time that day!!!!



What is the best part about being involved in triathlon?

Getting athletes to succeed in their goals & seeking to achieve almost the perfect big surf wave scenario -- all of the 3 disciplines working so smoothly on race day for that elusive ultimate score of 10/10 swim 10/10 ride 10/10 run (You always want to improve one leg just another 1%).

What is the worst part about being involved in your sport? Winter

Greatest sporting moment? I would say any first experiences in different sports can bring a great moment - but hard to beat finish chute buzz in your first Ironman as a "moment".

If you could have dinner with one person, who would it be and why?

Neil Craig - because really intrigued & interested in his merging of sports science into the mainstream sport of footy and changing it all forever.

What keeps you busy outside your sport?

Coaching a large Tri & Multisport group, beach days, being an ongoing sports spectator, veg out on some DVDs.

Favourite movie? Men in Black I.

Favourite music? Everything from ACDC to Paul Kelly or Angelique Kidjo.

Number one place in the world you would like to visit and why?

South America - Soccer in Brazil - Patagonia - Argentinean steaks - Chile Marathon.

Philosophy on life? Enjoy the day -- Nobody knows what's around the corner.

"If you don't like where you are than change it—you are not a tree!"

**ARE YOU
AUSTRALIA'S
NEXT SPORTING
CHAMPION?**

To find out, visit
ausport.gov.au/etid

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**NATIONAL TALENT ID
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Upcoming Events

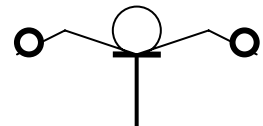
Date	Event	Location
11/12—13/12	2XU Junior Sprint Race Weekend	Runaway Bay
13/12—16/12	Junior Development Camp	Runaway Bay
25/12	Christmas Day	Everywhere
01/01	New Years Day	Everywhere
17/01	Challenge Series Race 1	Geelong
23/01—24/01	Challenge Series Race 2 / Youth Olympic Qualifier	Canberra
26/01	Australia Day Aquathlon	Illawarra
13/02—14/02	Challenge Series Race 3 / Junior National Championships	Hobart

Stretching to the Limits: Arm Exercises

A lot of triathletes fear that doing exercises for arms/shoulders they will become too big, as they usually try to lose all the extra weight in that area. But a lot of them also report that their arms tire before their legs during the bike leg. Another reason for doing a few arm exercises: with the position the head and neck are in when riding a bike, over time some of these "long" neck muscles with their increased tone pull the shoulders up and it looks like you have a short neck. Long term elevated and pronated shoulders can lead to the feeling of a stiff neck, rounded thoracic spine (as the pectoralis will pull the shoulders even more anterior), headaches, and restricted breathing into your chest.

Prone Flys

Lying on your stomach on a bench or the Swiss ball, holding a dumbbell in each hand, the hands point to the floor → shoulder plates squeezing together, then raise the dumbbells up to shoulder level with a bent elbow. 12 - 15 repetitions.



One arm rowing

One knee kneeling on a bench or Swiss ball, hand on same side resting on there as well, other hand holding a dumbbell → back straight → pull shoulder plate back towards your spine first → move elbow up beside your body → then straighten your elbow, weight finishes next to hip → same movement in reverse

12 – 15 repetitions each side

Pulley machine or elastic band or Pilates reformer

If using the pulley machine, start with easier weight to get control and proper technique first.

All exercises can be done "kneeling" for better control of your back and abdominal area.