

THE NEWSLETTER

Stowmarket 20 mile time trial.

On Saturday 2nd April I competed in the Stowmarket 20 mile trial. This was my first race since competing in New Zealand. I took a week off after the race and then got back into training on the 14th March. I was hoping for a good result and with it having some decent riders taking part like Mark Arnold and David McGaw I was looking forward to the challenge of taking them on. Unfortunately for me I was 2nd 5 seconds behind Mark Arnold who won with David McGaw 3rd another 17 seconds back. All 3 of us broke the previous course record. My power meter ran out of battery so I didn't have any power data for this race. After the Time trial I finished off with 11*1 minute efforts with 30s recovery before resting as much as possible for the Wymondham 20 mile running race the next day.

Wymondham 20 mile running race.

This race was great preparation for me for the upcoming Tri races. I was just using it as a hard long run. I didn't feel good in the race and it felt like a bit of a battle from the start. I got a bit of a lead after the first couple of miles. This was due to me going for a sub 1.50 time however once we hit (cont p2)



Lowestoft Training Camp.

Over the weekend of the 9th and 10th April

Reece Barclay, Gary Lock, and Eleanor Haresign travelled up to Lowestoft to do some training with me and Lee. We started on the Thursday night with a time trial on a loop which we use (30k) and then followed it off with 8*1 mile along the sea front off 6m45 turn arounds. I think I averaged



Wymondham 20



the first decent sized hill after 2.5 miles I was caught by another runner. Rob Chenery was pacing me for a sub 1.50 time but I told him I didn't have to today and to help the other guy get a time. The pulled away over the course of the next mile. I started to feel a bit better and clawed the 2 in front back a little. After 4.5 miles I was caught by Dominic Blake, as I was Caught by Dom we re-caught the guys in front to make a lead group of 4. I felt pretty terrible so my plan was to just sit in the group and hope that I felt better later on. I thought about slowing down lots of times and just cruising round, I tried to justify it to myself by saying it would still be a good long run, I even bought about pacing my mate Lee round at 6 minute miles as he wanted to go sub 2. After 7 miles Dom upped the pace and this helped my legs come round. It was a fast section of the course and I got a second wind. I actually dropped him at around 9.5 miles and ran by myself before getting caught on the hills at 12.5 miles into the race. I ran with him until 4 miles to go before putting an effort in on the faster section. I was really pleased to get the win although I would have liked a faster time than 1h 54.

5m27. On the Friday morning we did a 19 mile run, then a swim session in the afternoon where I attempted to Swim with Reece who was making 2m20 200s look very easy! On the Saturday we did a 4 hour ride in horrible weather to the Olive Tree Cafe, a local cycle cafe. Me, Ele, and Lee attempted a swim in the sea and then on the Sunday we finished it off with the Wolsey RC 25 mile time trial and a 10 mile tempo run. It was an early start for this time trial and after the fatigue of the weekend when my alarm rang at

5.45 Sunday morning I was so tempted to turn it off but races aren't won in your dreams! I was pleasantly surprised when I started that I didn't feel quite as



bad as I feared I might. I managed to get the win in the time trial in 53 minutes and an average power of 353w. I was pleased with this power output as I can tell there's a lot more to come if I'm fresh. Once back from the time trial I quickly got changed and did a 10 mile progressive run, I started off with a 6mpm average for the first 2 miles and then over the course of the next 8 I managed to gradually get faster finishing with a time of 57 minutes 43 and feeling better as the run went on. A very solid session which bodes well for challenge Fuerteventura on the 23rd April.



Challenge Fuerteventura 23rd April.

Going into challenge Fuerteventura I'm feeling pretty good. I felt a bit of a cold coming on after the Training weekend but in an effort to nip it in the bud straight away I have taken it easy since then. I've been very surprised by how much of a difference being rested has actually made despite suffering from a little bit of a cold. I've been using training peaks recently and am getting into the number on the performance management chart so I've been using this over the last week to help me maintain fitness but freshen up as well. Its been a great help as I have found myself not overdoing it but not doing too little and the numbers I've been hitting have been really good for the perceived effort. Thursdays session in particular where I did a few 10 minute efforts, the first and last one were done in a group so we were taking turns on the front etc, the second one was done as a normal effort and I was pleased to average 375w despite holding myself back and having to come to a complete stop twice at junctions. The normalised power for the ride was 335w for 1hr17, avg 288w. Then after the ride we got changed and headed out on a 5k run, it was pretty cold at the start so my first mile was pretty slow (5.18), I got faster as it went on finishing in 16.07 and feeling good.



Testing the Zone 3 Vanquish

I'm so happy to be wearing this wetsuit. I did a swim set yesterday where I did 4*50s 300,200,100. I did the first set without the wetsuit and the second set with the wetsuit and I was pleased to see that I averaged over 7 seconds per 100 faster with the wetsuit. I tried to do the reps at the same perceived effort although the last 100 was swam harder with the wetsuit on. The only problem is now I don't have any excuses if I don't do a decent swim!

Team Skipper is Officially Affiliated To

I've officially registered team skipper for British Triathlon Events and Cycling time trials. The team Skipper kit next to this was designed by Duncan Samwuel. If you are interested in joining the team please contact me



Fuerteventura continued

Here's the brick session, (bike) <https://www.strava.com/activities/545473423> (run) <https://www.strava.com/activities/545473423> on the Monday before the race I did a nice 50 minute effort at 34rw. and felt good doing it which gave me some confidence for the race <https://www.strava.com/activities/549417189>. Looking ahead to the race and the competition theres been a great field assembled for the race with last years winner Jonathan here, 2012 kona winner Freddie van Lierde, Will Clarke, Andi Botherer, Timo Bracht, Patrick Nilson, as well as a load of other big names. A podium performance would be a good performance and a win would be something special and a great confidence booster. I'm looking forward to getting out there and doing a good performance and am am excited to be back racing again after New Zealand.

Here's a video preview I did with James mitchell prior to the race <https://t.co/BEZR6TFXW3>



