

b-fit news

issue 2

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Nutrition and diet – get it right!

Welcome to issue two of the b-fit coaching newsletter. As of next month I hope to bring onboard Julia Shambrook, Julia runs her own nutrition and dietary advice business, she is a state registered dietician and will be offering tips on good diet and nutrition, and how best to balance your training and nutritional needs. By all accounts six pints of best bitter is not the best method of re-hydration.

You can contact Julia at jules@food-rules.co.uk

Here are a few of my thoughts/opinions on diet nutrition.

- Most people, athlete's included, are over fed and under nourished.
- Athlete's very rarely give nutrition/diet the same detailed planning they do their training.
- Just because you have been training for 4 – 6 hours during the day does not mean you can put the first thing that comes to hand in your mouth. We have all been guilty of this I suspect.

Will Julia agree or disagree with me? You will just have to wait until next month to find out – it's nearly as exciting as Dr Who.

Good news for cider drinkers...

Would you doubt that a Glaswegian would say anything derogatory about the benefits of drink? Well apparently not. A news snippet in this months Running World reports that Scientists at Glasgow University have discovered that cider is packed with phenolics – antioxidants that protect you (allegedly) against heart disease, cancer and stroke. One glass contains the same levels as red wine. They don't say if that's a pint glass, half-pint glass or wine glass, but for the sake of scientific research I'm going for the pint glass.

At this point I would like to apologize to any Glaswegians reading this for suggesting that they may be partial to any form of alcohol, I'm afraid it's the Scottish company I keep – and that's just landed me in deeper trouble so it's best I just stop digging.

Triathlete's and Cross Country

Should triathlete's run cross-country?

Now I know some of you reading this will already have your x-c season planned, but there are a surprising number who won't entertain the idea of x-c, which in my opinion deprives them of an excellent training tool. The most common excuse/reason for not running x-c, "I have weak ankles and worry about twisting them". Yes, you can twist an ankle running x-c, you can also twist an ankle walking down stairs, wearing high heels (men, take note), or in just about any aspect of your daily life. Running x-c will help to strengthen your ankles, because of the uneven surface and the constant movement of your foot the

muscle groups which help support the ankle and the knee become stronger and the stronger your supporting muscle groups the less likely you are to twist your ankle. Most x-c leagues take place once a month, which means, it gives you a focus, you get a break from your training, and the most important point you get a good speed/endurance run workout. You may get a bit muddy, but isn't mud good for the complexion? Now you can buy cross-country spikes for these races but a good pair of trail shoes will do on most courses, they also offer a little more support than spikes. Go on give it a try you might just enjoy it.

Turbo Sessions

I know the words turbo session fills some triathletes with dread, but it's one of the best ways to improve your bike speed/pedal cadence. Some triathletes only ever use a turbo when the weather is inclement, but I strongly believe you should use the turbo once a week year round. So at no extra cost to you the reader I will give! Yes give! you a free turbo session that you can enjoy (maybe) at your leisure (that's my sales pitch).

This session will be for 1-hour duration but you can lengthen or shorten it to suit your training needs. If you are new to the delights of the turbo, I would suggest you start with 30 minutes max.

Warm up – 10 minutes using a gear that you can spin comfortably. Done as – 5 minutes steady pace, 5 minutes as 30 seconds comfortable, 30 seconds increased cadence by 5 – 10 r.p.m.

Drills – One leg pedal - alternate legs, 10 minutes duration. Place your non-pedaling foot on frame of your turbo or somewhere comfortably out of the way, select a gear you can comfortably pedal with one leg, concentrate on trying to achieve an even pedaling cycle throughout. Try not to stomp down

or just pull up on the pedal, you want it to be a smooth action passing through the bottom and top arc of your cycling stroke, keep an even pressure on the pedal at all times. My suggested time frame would be 30 seconds one leg, 15 seconds transition, 30 seconds opposite leg.

The purpose of this drill is to attain an even pedal stroke throughout your cycling cadence, making you a more energy efficient and faster cyclist.

Main set – done as;

60 seconds effort – 60 seconds easy.

45 seconds effort – 45 seconds easy.

30 seconds effort – 30 seconds easy.

15 seconds effort – 15 seconds easy.

Repeat this six times continuously, using a gear you can sustain for the whole workout at a cadence of between 95 – 100 r.p.m. This should feel comfortably hard.

Each set = 5 minutes.

Warm down – 10 minutes easy spinning.

For the more experienced among you work straight through this session, however if you are new to cycling/turbo workouts you can add a 1-minute easy spin between the drills and main set.

Club Profile

The idea of this is to advertise the triathlon clubs that use the lake to non-club members who swim/train at the lake, if that make sense. If you would like me to include your club profile in future newsletters you can find my details on my web site.

www.b-fitcoaching.co.uk

Cirencester Triathlon Club.

Cirencester tri club is a dual membership club with Cirencester Athletics Club, two for the price of one - better than Tesco's.

The triathlon section was formed in 1987, (4 of us fancied doing a tri, we were all only 4 years old). Since those early days our numbers have grown at a slow but steady rate and now we have about 20 – 30 members who regularly compete in various distances. plus a few who are still thinking about it.

For a small, but lovable club we have produced a number of U.K. age group triathlete's and duathlete's over the years, this year (I am bragging now) we have three of our members going to Hamburg for the worlds, but I'm not one of them, don't like sausage anyway.

We try and cater for all standard of athlete so even if you are new to triathlon (we were all new at one time, even me) you would be more than welcome to join us, in fact why not come along for a three week trail period and see what you think.

We are serious about our sport and train correctly but it has to be fun and enjoyable, besides I can only do serious in short stints.



Training nights or days.

Swim – Sunday evenings at the Cotswold Leisure Centre, 6.00pm – 7.00pm. The fee is £36 p.p. per quarter, these costs are reviewed on an annual basis.

Saturday 8.00am Waterland Lake from April – September, lake fee payable to Waterlands.

Bike – we try and arrange a get together at least once a month (group ride) and during the winter months this could well be a mountain bike ride at various venues.

Running – we train in conjunction with Cirencester Athletics Club.

Sunday – Long run - meet at 9.00am, Cotswold Leisure Centre (in the car park while closed)

Tuesday – same venue, meet at 6.30pm, structured speed session, ideal for triathletes because the club is a road running/cross country club so all session suit the various triathlon distances. Again all standards welcome.

Joining fee is £30 year 1, this includes a club running vest, then £20 p.a. renewal. £30 p.a. family membership, vest extra. £15 p.a. juniors.

What do you get for your membership?

Insurance for both the B.T.F. and U.K.A.

Entry into Cotswold Leisure Centre for club run training sessions.

Well structured training sessions plus a wealth of knowledge and experience in both run/triathlon events.

We also try and highlight certain races where a large contingent of club members would enter,

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**I'm on the web
see my site at
b-fitcoaching.co.uk**

*Buy these publications
in PDF format from
b-fitcoaching.co.uk*

*Beginners Guide
to Triathlon*

*Travellers 30 minute
Workout*

Cirencester Tri Clubs big day out, sort of thing. Next year I have suggested we go for one of the 70.3 events in Europe.

Apart from triathlon you also get free entry into the Oxford League x-c, plus the clubs road race championships, this being a series of road race over various distances each year, you do have to pay to enter the road races.

We also have our social events – Christmas party – summer bar-bee – plus any excuse someone comes up with really.

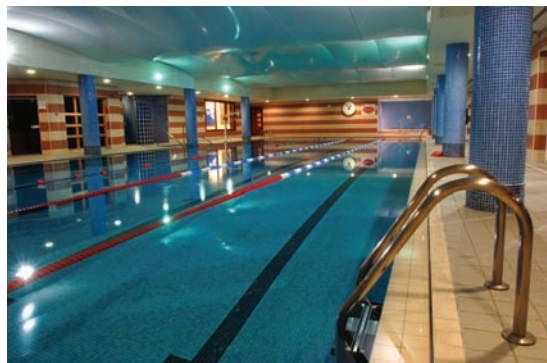
I have no doubt forgotten something important, but I am sure you get the idea.

Note: Cotswold Leisure Centre is closed at the moment due to flooding, it will not reopen until well into the New Year so in the meantime we are in the process of arranging alternative pool cover during the closure.

Finally – did you know that it's against the law, for a divorced woman to parachute jump on a Sunday in Florida. Where do I obtain such valuable information? maybe I will tell you next month.

All the best

Rob Ferris



PS

If anyone has one of these that is available for hire - please let us know. I really don't fancy swimming in the lake in November!