

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH

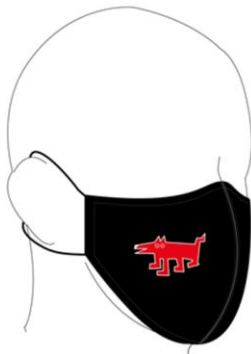


Congratulations to Morgan Farley, AOTM for July 2020 for her commitment to training and positive attitude. Well done!

A big thank you to our sponsors [Endura](#), [RHP Physiotherapy](#), [No More Knots](#), [the Brow Bar](#), [Newbridge Financial Services](#) and [AvantiPlus the Valley](#) for donating this month's prizes.

[Read More](#)

REDDOG COVID SAFE MASKS



At the request of one of our members, RDTT has you 'COVID Safe' with this custom Champion System face mask for \$30.

Please email Trent at reddogtriathlon@optusnet.com.au by Friday 7 August 2020.

Be quick! You only have 'Juan' chance to make this iconic purchase!

AUGUST SPONSOR SPECIALS

[Endura](#) offers 20% discount products when purchased online at Endura's Amazon Store.



GET YOUR NUTRITION BACK ON TRACK STARTING NOW!

Do you feel a little off-track post COVID lockdown?

Are you a bit lost with what to do nutritionally with the changes in training and not having a set upcoming race?

Have you changed in weight and want to get back to feeling more comfortable in your body and strong when training?

Are you struggling with your relationship with food, maybe feeling it is a little too controlled/restricted after the stress of COVID?

Do you want to make sure your nutrition is well balanced and optimising your fuelling and recovery now that training is back on?

If you are saying yes to any of the above it would be a great time to check in with Kate Feely from Fitness with Food. She's an Accredited Practising Dietitian and Accredited Sports Dietitian and here to help you get your nutrition back to where you want it to be!

Kate has clinics in Newstead, Toowong, Hawthorne and Morningside. Telehealth is also available (phone or video consultations) if you can't make it to a clinic or need an out of hours appointment time.

Mobile: 0434 422 714

Email: kate@fitnesswithfood.com.au

Red Dog has developed a number of strategic partnerships with product and service providers that directly benefit members with a range of discounts and special promotions.

Taking advantage of these offers helps Red Dog further develop these relationships and negotiate even better benefits for members in the future.

Please support our sponsors where possible and provide feedback on your experiences to ensure they continue to deliver quality products and services to our members.

Please present your Red Dog membership tag for your discount.



ENTERTAINMENT BOOK UPDATE

Buy a single or double Entertainment Membership before 11.59pm Thursday 13 August 2020 to receive a bonus \$10 or \$20 Priceline eGift Card!



Entertainment Memberships are now 100% digital which means a significantly simplified experience, reduces the impact on the environment and provides flexibility for members and merchants.

Benefits of the App include:

User-friendly: Instantly search and redeem offers or check out the Near Me tab to find offers, wherever you are.

Memberships start anytime: Flexible start date, Memberships are valid for 12 months from when you activate (16 months if you take advantage of the Early Bird offer now on in Feb!).

New offers automatically added: As soon as we sign a new offer, you get access to it. No more waiting for the next print run!

Multiple devices: You can still share your Membership with your family. Encourage your partner and kids to download the App so they can access valuable savings when out.

Convenient: The App means that as long as you have your phone, you have your Membership too (no more lugging around the book).

Easy gifting: We've made it simpler than ever to gift an Entertainment Membership – simply purchase from your chosen fundraiser and the gift Membership will be delivered instantly to your inbox

[Click here to get your entertainment book today!](#)

COACH'S CORNER

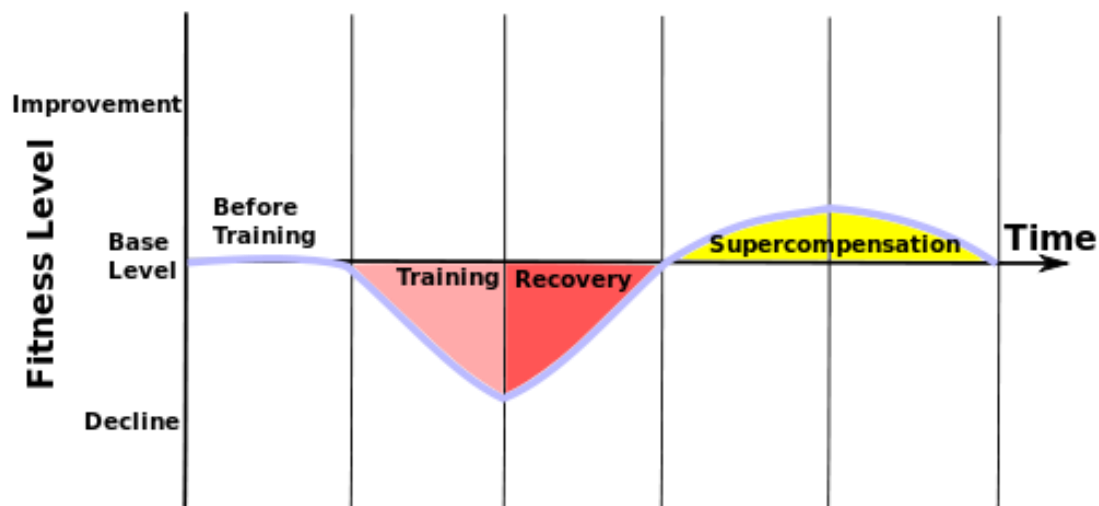
Topic 6: Common Training Mistake #3: Insufficient recovery

This month we cover Common Training Mistake #3: Insufficient Recovery. If you missed [Mistake #1: More is Better](#) and [Mistake #2: Racing Training](#) you can find them in the past two newsletters.

Perhaps one of the easiest mistakes to make is not taking enough recovery throughout the training block. It seems counterintuitive to take rest when we are devoting every spare minute to improving our performance. But ironically, taking the rest *is* what is going to make you faster!

The common belief here is that: Taking a break = loss of fitness/speed/strength = decreased performance. Everything we do in training is to stimulate a particular adaptation. During rest and recovery is actually when this adaptation process takes place.

The diagram below shows this process. Essentially, we start at a base level of fitness we want to improve. So we go through a period of training (usually days or a week), and over the course of this period we get progressively more fatigued and our performance declines. We then take some recovery, and it is in this time that our body repairs itself, and *adapts* to the stress of training, and we come out the other side stronger than we were at the start. That is called supercompensation. This cycle is repeated throughout the training program, throughout the season, and builds year on year (i.e. your baseline won't be at the same level each time). These rest and recovery phases can be taken within the training program (i.e. day/s off) and also at the end of the season or post-goal race (i.e. 1-3 weeks).



Courtesy of Haus, 2011

This downtime also provides psychological recovery, by letting you “switch off” from the constant focus on your training and performance. It can reduce feelings of stress, both from training and from other life factors, and promotes a feeling of freshness that keeps you interested and able to train and perform for the long-term.

Hopefully you're convinced that rest and recovery are not the enemy and are in fact your secret weapon that will help you smash your next race goal!

So, what can you do?

1. Take rest when your program states “Rest”! And enjoy it. (If it’s good enough for Lionel Sanders, it’s good enough for us).
2. If a session is at “recovery” intensity, do it at recovery intensity.
3. Plan a longer period of rest after your goal race, before starting the new season/race build. This will allow for an intensified recovery and supercompensation period.

Next month will be the final instalment, covering Recovery Modalities.



RDTT TIMETABLE

RDTT squad sessions on an [adjusted timetable](#).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Bike: 5.00-6.30am Ship Inn	Run: 4.30-5.30am and 5.30-6.30am UQ gravel track under Green Bridge*	Bike: 5.00-6.30am Ship Inn	Run: 5.30-6.45am Valley Pool	Swim: 5.15- 6.45am Valley Pool	Bike: 5.00am Ship Inn Bike: 5.00am Valley Pool
PM	Swim: 12.00- 1.00pm Valley Pool Swim: 6.15- 7.15pm Yeronga Pool Swim: 6.15-7.15pm Valley Pool		Swim: 12.00- 1.00pm Valley Pool Swim: 6.15- 7.15pm Valley Pool	Swim: 6.15- 7.15pm Yeronga Pool		

*Will transition to the UQ athletics track when it reopens

While we are all establishing our ‘new normal’ for the COVID-19 environment, please be patient with the coaches and each other.

All coaches and members are expected to maintain social distance, arrive, train and leave as best as practical – especially if there is another session starting after you finish and ensure good hygiene – sanitising prior to and after training.

Attendees are encouraged to have the COVID safe app downloaded to their mobile device.

UPCOMING RACES

Ironman 70.3 Sunshine Coast - 13 September 2020
Triathlon Queensland Club Championships – 27 September 2020
Ironman and Ironman 70.3 Cairns - 27 September 2020
Noosa Triathlon – 1 November 2020

BLAST FROM THE PAST



[AOTM February 2017 Ralph Dehlen](#)

RESULTS

[The latest time trial and Tuff Laps rankings](#) are now available.
The results show your best time over the last 12 months and are maintained for active RDTT members only.

[Best ever time trial results](#) since Red Dog commenced in 2008 are also available.
See who is the Top Dog in each discipline!

RED DOG SOCIAL MEDIA

Do you follow the club on Instagram and Facebook yet?

Check out the club's pages for all the best photos from events, training and races!

Click on the links to follow! [Facebook](#) [Instagram](#)

If you have RDTT photos to share, please send to nikitaporth1@gmail.com and get yourself featured on social media!

YOUR DETAILS

To update your contact details, please [email us](#) or do it [online](#).
You can view our privacy policy [here](#).
