

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Leon Bowes, AOTM for June 2020 for his commitment to training during lockdown. Well done!

A big thank you to our sponsors [Endura](#), [RHP Physiotherapy](#), [No More Knots](#), [All Hose and Valves](#) and [AvantiPlus the Valley](#) for donating this month's prizes.

[Read More](#)

UPDATED TIMETABLE

RDTT has recommenced 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.

JUNE SPONSOR SPECIALS



GET YOUR NUTRITION BACK ON TRACK STARTING NOW!

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

Are you are 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

Blueseventy are offering RDTT members 20% off RRP when using the discount code reddog20.



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

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 5: Common Training Mistake #2: Racing training



This month we cover Common Training Mistake #2: Racing Training. If you missed Mistake #1: More is Better, see [last month's newsletter](#).

It's natural to want to feel fitter, faster and stronger than your training buddies, it gives you a sense of confidence about your performance now and for that future race day, right? But the sad thing is, when you race your training, rarely do the race day performances live up to expectations.

The common belief here is that: Higher intensity = increased speed = improved performance.

This only works to a degree; it's not a linear equation. You'll likely experience a stagnation in your speed and/or power, poor race performances, difficulty to recover, and you become more prone to injury and illness.

Why?

For one, training specificity. Like the volume of training, the intensity plays a part in determining the stimulus the session elicits in the body, and the subsequent training response i.e. endurance, speed, race pace etc. Training with too much intensity will affect this, and over time training in this "grey zone", you will typically stop adapting and your performance in training and racing will likely plateau (or decline).

Example: A crit session that is supposed to be performed at 80% will be a different power and speed for you than nearly all of your training buddies. Trying to keep up with others and pushing it to 90% will put you in a different training zone, and thus elicit a very different response to what was intended.

For another, increased training stress. When your normal training state becomes all about excessive high intensity work over a long period of time without enough recovery, you significantly increase the stress your body is under and it's unlikely you will adapt to training; there's inevitably a performance decline (which can last for weeks or months). If this becomes a chronic state of stress, then the risk of overreaching and overtraining also increases.

What to do?

1. Train according to your own training zones/perceived effort level.
2. Do the intensity that is prescribed! Easy is easy, hard is hard.

3. Pick a max. of 3-4 priority training sessions per week. Prepare for these appropriately (nutrition, hydration, sleep etc) to get the biggest bang for buck.
4. Routine training “tests” to monitor your progress and get an updated indication of your training zones (these can be kept very simple and practical).

Next month will be the final instalment, covering Training Mistake #3: Insufficient Recovery.

UPCOMING RACES

Ironman 70.3 Sunshine Coast - 13 September 2020
Ironman and Ironman 70.3 Port Macquarie - 13 September 2020
Triathlon Queensland Club Championships – 27 September 2020
Ironman and Ironman 70.3 Cairns - 27 September 2020

BLAST FROM THE PAST



[AOTM JANUARY 2017 Bob Reseigh](#)

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](#).
