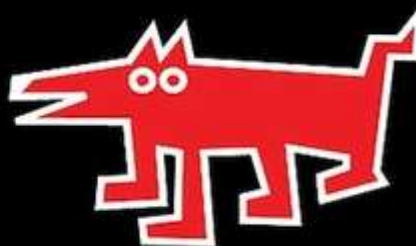


**RED DOG
TRIATHLON TRAINING**



Email RDTT Newsletters will be phased out by 30 June 2020.

Newsletters are now posted on the [website](#) under GENERAL > Newsletters at the start of each month.

ATHLETE OF THE MONTH



Congratulations to Reeny Jurczynszyn, AOTM for May 2020 for knocking out 3.8km swim, 180km ride and 42.2km run over the RDTT Long Course Weekend. Well done!

A big thank you to our sponsors

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

[Read More](#)

NEWSLETTER UPDATE

Apologies for the delay in the June newsletter while RDTT has been locking in a revised swim, bike and run schedule.

Please note from next month, the newsletter will be accessible on the RDTT website only and no longer distributed by email. A notification will be posted on Facebook and Instagram when it is available.

<http://reddogtriathlontraining.com/index.php/general/newsletters>

SESSION CHANGES

RDTT has recommenced squad sessions on an adjusted timetable.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike - Shepparton - 5am Swim - Valley Pool - 5.30am-6.30am	Run - UQ Green Bridge - 4.30am Run - UQ Green Bridge - 5.30am Run - UQ Green Bridge - 6.30am	Bike - Shepparton - 5am Bike - Jindalee - 5am	Run - Valley Pool - 5.30am Run - Jindalee - 5.30am	Swim - Valley Pool - 5.30am-6.30am	Bike - Valley Pool - 5.00am Bike - Shepparton - 5.00am
Swim - Yeronga Pool - 6.15pm-7.15pm		Swim - Valley Pool - 6.15pm-7.15pm	Swim - Yeronga Pool - 6.15pm-7.15pm		

While we are all keen to get back to normal as soon as possible, please be patient with the coaches and each other as we resume sessions in the new COVID-19 environment.

This means 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.

SQUAD FEES

All squad fees were put on hold when sessions were suspended in March. Now sessions have resumed, if you are in credit with your fees, your options moving forward include:

1. Reinstate my credit on the same package (default option)
2. Please clear my credit and invoice me for sessions moving forward
3. Please convert my credit to a different package (e.g. program to monthly pass)

**To active options 2 or 3, please contact
reddogadmin@reddogtriathlontraining.com by Tuesday 30 June**

JUNE SPONSOR SPECIALS

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.



[GMN Vegie Prepi](#) are offering RDTT members fresh fruit, vegetables and eggs delivered to your door.
[Click here to order online.](#)

Grant Collis
 Phone: 0411 339 248
 Email: jimsmowingflc@rocketmail.com

Mowing · Gutters Cleared · Garden Clean-Ups · Garden Maintenance · Rubbish Removal · Hedge & Tree Trimming · Pruning · Weed Spraying · Fertilizing · Top Dressing · Mulching · Planting · Landscaping · New Gardens · Odd Jobs



[Jim's Mowing Forest Lake Central](#) is offering RDTT member the following specials when you mention REDDOG20 in service areas that are up to a 25km radius from Forest Lake.

Gutter clearing minimum charge was \$120 now \$100.
 Laying garden mulch was \$100.00 per cubic meter now \$90 (excluding product).
 Driveway pressure wash incl. stain removal chemicals was \$220 now \$180 (single) or \$330 now \$250 (double).
 Garden tidy incl. poisons, green waste removal and trees up to 5m \$330 for a half day or \$660 for a full day.

Harvey Norman

Harvey Norman Aspley is offering RDTT members staff pricing on Electrical Department items including whitegoods, small appliances, cooking and audio visual. Members are also open to special pricing on computers, flooring, bedding and furniture on request. For pricing and enquiries please call Adam Alison on 07 3834 1120 or email Adam.Allison@au.harveynorman.com



[Endura](#) is offering RDTT members 30% off RRP products online using discount code J7MN4CNG [Click here to access the store.](#)

[Bluseventy](#) are offering RDTT members 20% off RRP when using the discount code reddog20.



[Mizuno](#) is offering RDTT members 20% off RRP on all Mizuno products purchased at [Shoes Feet Gear](#) using the discount code RD2020.

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

Common Training Mistake #1: More is Better by [Dr Kellie Rose](#)



When it comes to training endurance sports, there are a few mistakes that athletes commonly make that are detrimental to their performance. Over this 3-part series, we will look at 3 of the easiest traps to fall into as competitive age group triathletes.

The common belief is: Increased training volume = improved fitness = improved performance.

With all the training apps, Strava, etc that are out there today, it is easy to get FOMO, to stress about not doing enough, and to be on a mission to out-train everyone else, thinking that you'll get the best performance on race day. Sorry to say, that's not how it works.

Why?

For starters, the quantity vs. quality trade-off. It is no good churning out hours of training if it is done with poor technique, bad movement patterns, and low quality - a slower pace, a lower power, or other metric that is different to what is prescribed for the session. All you're doing is ingraining poor movement patterns, and preventing the right training stimulus because you can't hit the intensity target. Also, excess volume increases fatigue, so you'll be compromising your ability to perform future sessions correctly.

Second, the principle of specificity. Each session is designed by the coach to provide a stimulus to elicit a specific physiological response, whether it be developing endurance, speed, or your energy systems. When you're excessively fatigued from the higher volumes, your body isn't primed as it should be, it doesn't work at the right intensity, and thus you don't get the intended training stimulus. If this becomes your norm, your body doesn't adapt effectively to get those long-term performance improvements.

What to do?

Cut out the "junk" miles where possible (i.e. excessively long commutes, training without any real purpose).

Avoid "extra" training to what's written on your program (either extra sessions, extra kms etc). Prioritise quality over quantity; also in the sense of single sessions. Cut a session short if you are physically incapable of executing it without poor technique or risking injury.

UPCOMING RACES

Ironman 70.3 Sunshine Coast - 13 September 2020
Ironman and Ironman 70.3 Port Macquarie - 13 September 2020
Ironman and Ironman 70.3 Cairns - 27 September 2020

BLAST FROM THE PAST



[AOTM MARCH 2016 Matthew Boevink](#)

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!

INSTAGRAM

Do you follow the club on Instagram yet?

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

If you have Red Dog training photos send through to nikitaporth1@gmail.com and get yourself featured on social media!



[Click here to follow!](#)

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



[Customer Portal](#)



Please support our Platinum Sponsors
[GMN Vegie Prepi](#), [All Hose and Valves](#) and [Endura](#)

