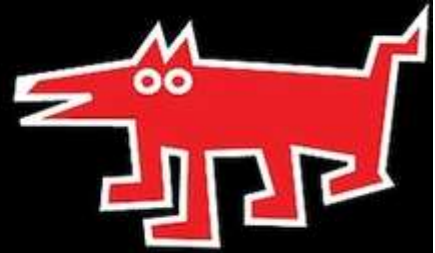


**RED DOG**  
**TRIATHLON TRAINING**



## ATHLETE OF THE MONTH



Congratulations to Ben Petrie, AOTM for December 2019.

Ben stepped up to the “Rumble” as his first ever triathlon on a borrowed road bike after a bit of banter during squad. Ben's “have a go” attitude is what we love at Red Dog!!! It resulted in him dominating his match up and leaves him looking for a bigger fish to fry in 2020. Well done!

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](#)

---

## JANUARY 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.



[Endura](#) is offering RDTT members 20% off all products online. [Click here to access the store.](#)



[No More Knots](#) is offering RDTT members ONE FREE 1 hour treatment when you buy a 5 pack. That's 6 for the price of 5!



[Fitness with Food](#) is offering RDTT members discounts as below:

**Initial Consultation** \$140 (\$20 discount)  
60mins consultation covering training schedule, current dietary intake, medical history, goals etc  
Includes nutrition plan tailored to training program & goals  
Includes ISAK 7 site skinfolds assessment (optional)

**Review Consultation** \$80  
30mins consultation covering progress, changes to training

Includes skinfolds assessment (optional)  
Includes update to nutrition plan (as needed)

**Extended Review Consultation \$110**

45mins consultation covering progress, upcoming race outline  
Includes skinfolds assessment (optional)  
Includes additional race day nutrition plan

**Triathlon Nutrition Package \$280 (valued at \$340)**

1 x initial consultation  
2 x review consultations  
Skinfolds (as needed)  
Nutrition plan tailored to training program & goals  
Additional race nutrition plan

**Ironman Nutrition Package \$370 (valued at \$430)**

1 x initial consultation  
4 x review consultations  
Skinfolds (as needed)  
Nutrition plan tailored to training program & goals  
Additional race nutrition plan

Please present your Red Dog membership tag for your discount.

---

## **NIGHT RIDE 10 JANUARY**

6:15-7:45pm on the second Friday of each month.  
January's ride is River Loop, departing from and returning to the Ship Inn, Southbank.

---

## **RDTT LADIES DAY**

The Inaugural RDTT Ladies Day will be held on Sunday 23 February from 2pm-5pm. This will be an excellent opportunity for the ladies in the club to come together for an afternoon of fun, inspiration and laughter.

There will be further details to come via social media so please make sure you keep an eye on the [RDTT Facebook Page](#). Please send expressions of interest to [nikitaporth1@gmail.com](mailto:nikitaporth1@gmail.com) by Friday 31 January 2020.

---

## SESSION CHANGES

Westside Bike Session kicking off Wednesday 8 January 2020 at 5am from Genesis Fitness Centre Jindalee. This will be replacing Wednesday's swim session at Corinda Pool. There will be no lunch squad at the Valley Pool on Monday 13 January, Wednesday 15 January and Friday 31 January. Please check the [timetable](#) for alternative sessions.

---

## DATE CLAIMERS

Sunday 23 February 2020 - RDTT Ladies Day  
Saturday 21 March 2020 - Red Dog Race Day - Eagle Farm  
Friday 27 - Sunday 29 March 2020 - Port Macquarie Training Camp  
Sunday 3 May 2020 - RDTT Targeted Ironman Race - Port Mac Ironman and 70.3

---

## COACH'S CORNER

### HOW TO RUN HILLS

The key to running hills efficiently is to use your normal running form as much as possible. Of course, your stride length and stride rate will change, depending on the grade and length of the hill but the essentials remain the same as when running on flat ground.



**TOP TIPS**

1. Think about “running tall,” with your head, shoulders, hips, and ankles aligned.
2. Look ahead rather than down.
3. Keep your shoulders and arms relaxed, and the insides of your wrists passing near your waist.
4. Focus on maintaining your stride rate (cadence). Your stride length will naturally shorten as a result of gravity and the ground riding to meet each foot strike.
5. Focus on maintaining an even effort. Whilst running uphill your pace may drop however once you have crested the hill ensure you continue your forward momentum.
6. When running moderate downhill focus on a quick cadence (spending as little time as possible on the ground) and landing underneath your body, not out in front of yourself.
7. When running intense downhills you'll need to find the sweet spot between forward lean and braking based upon your own experience and fitness. If a downhill is so steep you are concerned about falling, shorten your stride and decrease your cadence.

---

## **BLAST FROM THE PAST**

[AOTM October 2015 Sarah Richmond](#)



---

## **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!

---

## UPCOMING EVENTS

- 12/1/2020 - [QTS Series Round 5 Robina](#)  
8/2/2020 - [Hell of the West](#)  
9/2/2020 - [QTS Series 6 Caloundra](#)  
16/2/2020 - [Bribie Triathlon Series Race 3](#)  
23/2/2020 - [Ironman 70.3 Geelong](#)  
7/3/2020 - [Tweed Enduro](#)  
8/3/2020 - [QTS Series Round 7 Raby Bay](#)  
15/3/2020 - [Mooloolaba Triathlon](#)  
22/3/2020 - [Bribie Triathlon Series Race 4](#)  
22/3/2020 - [Kingscliff Triathlon](#)  
5/4/2020 - [Gold Coast Triathlon](#)  
5/4/2020 - [Tour de Brisbane](#)  
17/4/2020-18/4/2020 - [Julia Creek Dirt n Dust Festival](#)  
19/4/2020 - [Moreton Bay Triathlon](#)  
3/5/2020 - [Ironman](#) and [70.3 Port Macquarie](#)  
9/5/2020 - [Byron Bay Triathlon](#)  
9/5/2020-11/5/2020 - [Ultraman Australia](#)  
7/6/2020 - [Ironman](#) and [70.3 Cairns](#)

## INSTAGRAM

Do you follow the club on Instagram yet?

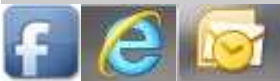
Check out the club's page for all the best photos from events, training and races!



If you have Red Dog training photos send through to [nikitaporth1@gmail.com](mailto: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](#).  
If you wish to sign up for the Customer Portal, please register [here](#).  
You can view our privacy policy [here](#).



Please support our Platinum Sponsors

[GMN Vegie Prepi](#), [All Hose and Valves](#), [Haier](#) and [Endura](#)

