

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH




Congratulations to Michelle Grauf on being selected as Red Dog's Athlete of the Month for November 2020.

Michelle wins this month's award for her commitment to training and the club culture. Well done!

A big thank you to our sponsors for donating this month's prizes.

[Read More](#)

DECEMBER SPONSOR SPECIALS



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Tell us in 50 words or more why/how remedial massage helps with your overall health/wellbeing/training + include a cool photo for us to use on our social media & get your next treatment FREE!

VALID FOR THIS MONTH ONLY

Make your post and tag us on Instagram, or send through your script and photo to emma@nomoreknots.com.au

Red Dog Members or Ambassadors Only. One entry per person. Not to be used with any other discount or offer.





[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

NUTRITION MAINTENANCE OVER CHRISTMAS

With Kate Feely from [Fitness With Food](#)

I know a lot of you have just commenced training programs in the lead up to Port Mac IM etc and with Christmas coming up it can be tricky to find your balance.

Try not to focus too much on weight loss over this period (if that is your goal). Maintain your progress so far and then kick things off again in January.

Alcohol intake can have a big impact on your training performance, recovery including sleep quality and hydration. If you're choosing to drink alcohol try to keep yourself well hydrated with water in the lead up to the event, have a glass of water every 2-3 alcoholic drink and then make sure to have some hydralyte before going to bed.

Don't be too strict on yourself with foods. The minute you tell yourself you can't have something is when you will really want it and this often leads to over eating. Be mindful of your food intake but also make sure you have balance – aim for the 80/20 approach. 80% of the time you're eating to nourish your body and 20% of the time is for the social + enjoyment aspect

Lastly it's easy to get out of routine with your meal pattern when you're on holidays. You still have a high training load so making sure to fuel well is really important. Set alarms on your phone at your meal & snack times if you need to remind yourself. It's also really hot and combine with tough sessions this can really drop your appetite as eating isn't as appealing.

This is when liquids can be a great option – think smoothies, acai bowls etc.

I'll be having some time off over Christmas, but will be back in clinic from Thursday 7 January. If you want to get your nutrition sorted get in touch and we can organise a time to catch up. \$20 discount for RDT members, just let me know when you're booking in.

Happy Holidays, Kate ☺



RDTT CHRISTMAS PARTY

Come and celebrate the festive season with the squad at the Annual RDTT Christmas Party at [Darling & Co](#) from 1pm on 13 December.



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- \$10 Welcome credit for all new members
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DARLING & CO Australian Venue Co. **RED DOG TRIATHLON TRAINING**

UPCOMING RACES



Raby Bay Rumble – 13 Dec 2020
Hell of the West – 7 Feb 2021
Tweed Enduro – 6 Mar 2021
Port Macquarie Ironman and 70.3 – 2 May 2021

RDTT CHRISTMAS STOCKING FILLERS

Say "Merry Christmas" with some RDTT merch in 2020!

RDTT socks \$20

RDTT visors and mesh caps \$25

RDTT togs: Mens \$50, Ladies \$80 [Sizing Chart](#)

Speak to Trent to request your stocking filler.



CHRISTMAS TIMETABLE CHANGES

RDTT will be operating on a reduced timetable from 14 December 2020 to 17 January 2021.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14-20 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike O'Reilly's ride. Meet at Canungra Hotel. 6:00	Bike/Run UQ 6:00
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 6:15-7:15			
21-27 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Christmas Day	Boxing Day	Bike/Run Solo
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00	Swim VP 12:00-1:00 VP 6:15-7:15	Christmas Eve			
28 Dec-3 Jan	am	Public Holiday	Public Holiday Run UQ 5:30-6:30	Bike Nundah 5-6:30	Run VP 5:30-6:45	New Year's Day	Bike VP 5:00	Bike/Run Springfield 6:00-9:00
	pm			Swim VP 12:00-1:00 VP 6:15-7:15	New Year's Eve			
4-10 Jan	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00	Off
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 6:15-7:15			
11-17 Jan	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00	Swim/Bike/Run YP 6:00
	pm	Swim VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00	Swim VP 12:00-1:00	Swim YP 6:15-7:15			

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool

BLAST FROM THE PAST



[AOTM June 2017 Ben Castles](#)

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](#).
