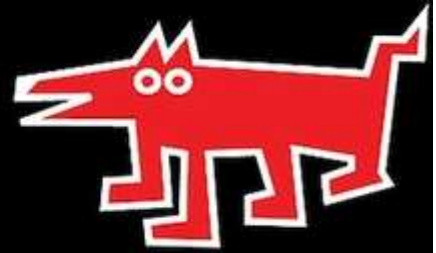


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Byron Rienstra, AOTM for January 2020.

Byron wins for his 1st place at QTS Series Robina Triathlon in 90-99kg Clydesdale category. 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](#)

FEBRUARY 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™ SPORTS NUTRITION

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



[Jack Riviera](#) is offering RDTT members 15% off your entire order using the discount code: REDDOG. [Click here to access the store.](#)



[AvantiPlus the Valley](#) is offering RDTT members Moon lights (front) for \$39.95 (RRP \$69.95)



[Blueseventy](#) are offering RDTT members 20% off RRP. Use the discount code reddog20 in their online store.



[RHP Physiotherapy](#) is offering RDTT members a FREE knee pain seminar on Friday 7 February at 6pm.



[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 CANCELLED

There is no Night Ride in February as it is Valentine's Day.

FOOTY TIPPING

Red Dog members only footy tipping is back! \$20 per competition - please place cash in an envelope with your name and competition on it and give it to Trent before Round 2.



[NRL](#) Competition

[AFL](#) Competition

RDTT LADIES DAY

The Inaugural RDTT Ladies Day will be held on Sunday 23 February from 2pm-4pm. This will be an excellent opportunity for the ladies in the club to come together for an afternoon of fun, inspiration, education and laughter.

LOCATION: New Farm Park

DATE: Sunday 23 February 2-4pm

COST: \$20 per person

PAYMENT: Please put money in an envelope with your name on the front to Cath Collis or Nikita Porth by Monday 10th Feb.

RSVP: nikitaporth1@gmail.com by Monday 10th Feb

INCLUDES: Information session, afternoon tea, alcoholic and non-alcoholic beverages, goodie bag including a voucher from the Brow Bar

SCHEDULE:

2:00-2:15 Drinks and afternoon tea on arrival

2:15-2:30 Welcome and Intro

2:30-3:45 Information session and question time with presenters (see below)

3:45-4:00 - Wrap Up

[Kate Feely - Fitness with Food](#): Important nutrients for female athletes focusing on optimal performance, recovery and hormones

[Dr Kellie Rose - Dr Kellie Rose Performance Science](#): Hormones, the menstrual cycle, and the female performer - physiological effects and how it relates to training.

Kelly Penfold - QAS Strength and Conditioning Coach: Strength and Conditioning for female athletes including menstrual cycle and the effects of progesterone levels.

Rosie McGeoch - 2016 40-44 Ironman World Champion, 2018 40-44 Standard Distance World Champion: Managing training with a full-time job.

RDTT KINGSCLIFF LONG COURSE TRAINING CAMP



**Kingscliff Long Course
Training Camp**

INTERESTED IN STEPPING UP TO LONG
DISTANCE OR TAKING YOUR PERFORMANCE TO
THE NEXT LEVEL?

JOIN US ON THE ANNUAL RDTT LONG COURSE
CAMP.

FRIDAY 27 MARCH (3:30PM AEST) - 29 MARCH 2020
(11AM AEST)
DAYLIGHT SAVINGS APPLIES

Cost: **\$250** (includes gift and Endura products)

For further information and to register your interest,
contact: Catherine@rdttfortraining.com or
0408 792 552

RSVP by 22 February 2020

RDTT FREE BIKE MAINTENANCE COURSE

LOCATION: Avantiplus the Valley
DATE: Saturday 15th February, post regular squad ride
SCHEDULE:
8:00 - 9:00 Squad breakfast
9:00 - 10:00 Avantiplus the Valley Bike Maintenance Course



PRIZES: Make any purchase during the month of February and go in the draw to win a pair of Oakley's Radar EV Path Prism sunglasses.

SESSION CHANGES

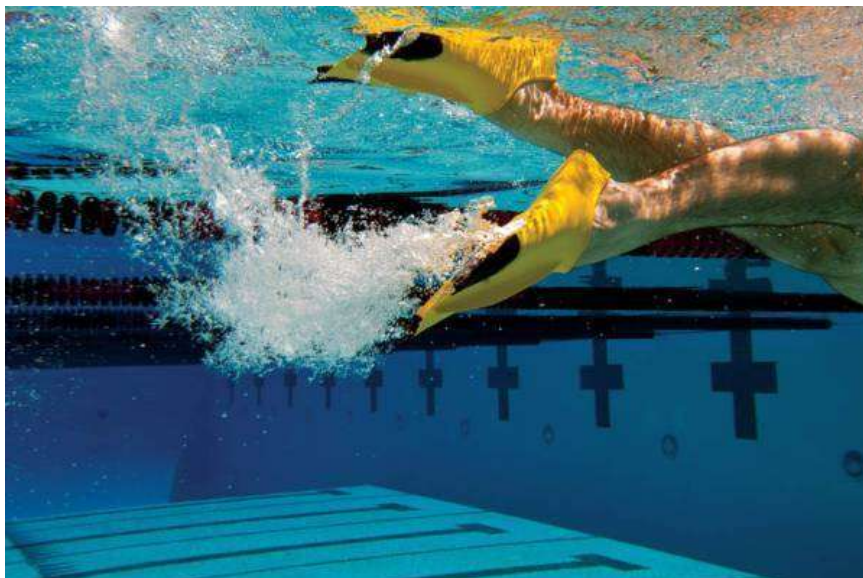
There will be no lunch squad at the Valley Pool on Monday 3 February, Wednesday 5 February, Friday 7 February, Monday 10 February, Wednesday 12 February, Friday 14 February, Wednesday 19 February, Friday 28 February. Please check the [timetable](#) for alternative sessions.

DATE CLAIMERS

Saturday 15 February 2020 - RDTT Bike Maintenance Course - Avantiplus the Valley
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 **[8 Benefits of Swimming with Fins](#)**

Sometimes it's hard to know how or when to use your swim equipment. Each piece of equipment can improve some technical or training component to your swimming. Fins are a great piece of equipment for improving technique and performance as shown below.



- 1 - Improves kick technique
- 2 - Improves ankle flexibility
- 3 - Reduces shoulder stress
- 4 - Improves body position
- 5 - Improves stroke technique
- 6 - Increases strength and endurance
- 7 - More efficient workout
- 8 - It's more fun!

BLAST FROM THE PAST

[GREG BUSH](#)

AOTM November 2015



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

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?

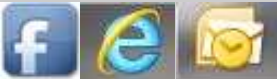
Check out the club's page for all the best photos from events, training and races!

If you have Red Dog training photos send through to nikitaporth1@gmail.com 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](#)