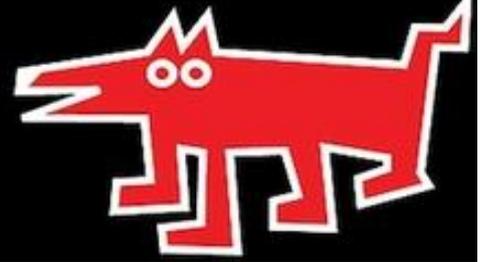


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Vincent Schoupe, AOTM for August 2020 for his performance at the Rainbow Beach Triathlon, 40km TT and commitment to training. Well done!

A big thank you to our sponsors [Harvey Noman Aspley](#), [RHP Physiotherapy](#), [No More Knots](#), [the Brow Bar](#), [Newbridge Financial Services](#) and [AvantiPlus the Valley](#) for donating this month's prizes.

[Read More](#)

EXCLUSIVE RDTT MERCHANDISE



RDTT Togs: Mens \$50, Womens \$80.

Limited sizes available [Sizing Chart](#).

Email Trent to secure your pair for summer.



At the request of one of our members, RDTT has you 'COVID Safe' with this custom Champion System face mask for \$30.

Please email Trent at reddogtriathlon@optusnet.com.au. Limited stock remaining

Be quick! You only have 'Juan' chance to make this iconic purchase!

REVISED RDTT TIMETABLE

A new timetable will commence on 21 September as shown in red below.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Swim: 5.15-6.30am Corinda Pool	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 Swim: 5.15-6.30am Corinda 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 Yeronga Pool	Swim: 12.00- 1.00pm Valley Pool Swim: 6.15-7.15pm Valley Pool	Swim: 6.15-7.15pm Yeronga Pool	Swim: 12.00- 1.00pm Valley 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.

AUGUST SPONSOR SPECIALS

\$20 Off
All Appointments!

Any treatment, any time!

VALID FOR THIS MONTH ONLY

Call us on 3891 6555

*Red Dog Members or Ambassadors Only. Not to be used with any other discount or offer *



RED DOG
TRIATHLON TRAINING



No More Knots
— We'll straighten things out —

Newbridge

FINANCIAL SERVICES

Newbridge has partnered with RDTT to provide members with a free branded T-shirt. Please email Richard Jefferies at rj@nbfs.com.au with your shirt size by 14 September.



MEN'S Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest (cm)	49.5	52	54.5	57	59.5	62	67	72	78	83
LADIES' Sizes	L6	L8	L10	L12	L14	L16	L18	L20	L22	L24
Chest (cm)	41	43.5	46	48.5	50.5	53	55.5	58	61	63.5
KIDS' Sizes	2Y	3Y	4Y	6Y	8Y	10Y	12Y	14Y		
Chest (cm)	26.5	30	34.5	37	39.5	42	44.5	47		



Endura offers 20% discount products when purchased online at Endura's Amazon Store.

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.

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AM	Swim: 5.15-6.30am Corinda Pool	Run: 4.30-5.30am and 5.30-6.30am UQ gravel track under Green Bridge*	Bike: 5.00-630am Ship Inn	Run: 5.30-645am Valley Pool	Swim: 5.15-6.45am Valley Pool Swim: 5.15-6.30am Corinda Pool	Bike: 5.00am Ship Inn Bike: 5.00am Valley Pool
PM	Swim: 12.00-1.00pm Valley Pool Swim: 6.15-715pm Yeronga Pool Swim: 615-715pm Valley Pool	Swim: 12.00-1.00pm Yeronga Pool	Swim: 12.00-1.00pm Valley Pool Swim: 6.15-715pm Valley Pool	Swim: 6.15-7.15pm Yeronga Pool	Swim: 12.00-1.00pm Valley Pool	

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DATE CLAIMERS

Open Water Swim – 8am 25 October 2020 (Venue TBC)
RDTT special event – 1 November 2020 (Stay tuned for more details).

UPCOMING RACES

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

COACH'S CORNER

Topic 7: Recovery Modalities

Recovery is often an underestimated factor of the overall training program, possibly because it's not something you can always see the immediately results of. However, recovery is extremely important for age groupers in particular, as it's not only the triathlon training that you're recovering from, it's the mental and physical aspects of working full-time, managing a family, and other life commitments, as well as training 10-12 sessions per week – that takes a toll!

Recovery essentially has a two-pronged effect: first, it allows for the physiological and neurological recovery of your bodily systems, muscles and mind; and second, it acts as a counterbalance to all the training volume that you do, with the rest period helping to prevent mal-adaptations such as overreaching and overtraining states. It also preserves immune function, manages training load, and helps you to avoid injury.

If we look at recovery from a broader perspective, the short rest periods between two training sessions usually don't allow sufficient time for full recovery, meaning that you are generally in an under-recovered state during the course of your training week (this is part of the process). So at regular intervals, it's important that you give your body extra time to fully repair damaged muscle, and reduce soreness and fatigue so that it is ready to perform the next block of training feeling rested, healthy and free of injuries.

So what types of recovery are best?

1. For muscle damage:

Cold water immersion, contrast water therapy and whole-body cryotherapy techniques tend to be the most effective. Practical applications of these include making your own ice bath, by simply filling your home bathtub with bags of ice and water, or immersing yourself in a cold river/ocean/lake for the muscles affected. Around 11-15 degrees for 5-10 minutes should do the trick.

For contrast water therapy, alternate a hot-cold shower, with 30s hot (40 deg) and 30s cold (11-15 deg), 3-5 times, always finishing on cold.

It's important to note that not every session requires this type of recovery, as the muscle damage incurred is part of the strengthening and adaptation process. Limit this to the highest intensity sessions, like long bricks or very intense/long runs every few weeks/month.

2. For muscle soreness:

One of the most effective methods is massage. Good news, right? This can also include self-massage for sore and tight muscles.

Compression garments are the next best, along with the cold water immersion mentioned above. Compression garments can be worn under clothing during the day or overnight during sleep, to prepare for upcoming sessions.

These strategies are well supported by research. New techniques, like the Normatec boots, electrostimulation devices, and heat therapies are becoming more popular as a way to reduce muscle soreness, but they're not yet supported by the literature.

At the end of the day, sleep, nutrition and hydration remain the key ingredients to a solid recovery protocol, all of which are simple, quick to implement and can be done after each and every training session. Covering these foundations will go a long way towards achieving full recovery!



BLAST FROM THE PAST



[AOTM March 2017 Dan Bush](#)

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](#).
