

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Campbell Schmidt on being selected as Red Dog's Athlete of the Month for September 2020.

Campbell wins this month's award for finishing second in his Age Group at Cairns and qualifying for Kona on his Ironman debut. Well done!

A big thank you to [RHP Physiotherapy](#), [No More Knots Massage Therapy](#), [Newbridge Financial Services](#), [Champion Systems](#), [Fitness With Food](#), and [Finis](#) for donating this month's prizes

[Read More](#)

REVISED RDTT TIMETABLE

A new timetable took effect on 21 September as shown 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.

EXCLUSIVE RDTT MERCHANDISE



Togs, masks, trucker hats, mesh hats and visors.

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

OCTOBER SPONSOR SPECIALS



[Big Ass Fans](#) is offering 25% off purchases – check out their products on the [Red Dog Triathlon Lookbook](#).

To take advantage of your discount, please purchase over the phone and mention your RDTT members number.



[Finis](#) is offering 20% discount on products purchased at The Valley Pool and Yeronga Pool when you present your 2020-2021 membership tag.

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.

COACH'S CORNER

Topic 8: Wellbeing

Athlete wellbeing is certainly the hot topic in the sports world at the moment. And for good reason. Your overall feeling of wellbeing, and underlying health status, will have a huge impact on how well you perform in training and racing in the short-term, but also in the long-term.

What we tend to forget as age group triathletes is that stress comes in many forms, and “stress is stress”. Whether that is physical stress from training, environmental stress, psychological stress from work, home life and/or training, or social stress, it all adds up and takes its toll on your body and mind. Like a battery, slowly our energy drains away, we get tired and run down, and eventually we become ill from a suppressed immune system. Psychological stress can also have detrimental effects, and if chronic, may increase the risk of burnout.

There are many free apps available that monitor health and wellbeing parameters, and training management programs are now including training stress markers in their metrics. But even without apps and gadgets, there are some quick and easy things you can do to check in and keep tabs on your wellbeing on a daily basis.

One of the simplest methods is to keep a record, either on your training program or a diary, of your feeling of wellbeing each morning. A simple Likert scale from 1-5, upon which you can rate

any or all of:
energy levels
readiness to face the day
readiness to train
soreness
fatigue
happiness / mood state

Monitoring these parameters over time, say during a race preparation, will help you keep track of your actual state of wellbeing, identify patterns, and highlight sustained periods of low scores. Often we don't realise just how many days we are “down” for, until we see it in black and white.

Similarly, with the hustle of life, we aren't too quick at picking up alterations in our physical or mental states. Many times I've heard athletes say “Maybe I'm more tired than I realised”. If this is your realisation after looking at the numbers across your week, then there are a few things you can do:

1. Speak with your coach, and discuss the potential for a session off or rest day/s.
2. Implement some of the physical and mental recovery strategies.
3. Increase your quantity of sleep and/or naps
4. Do something fun! (NOT triathlon-related).
5. Speak with someone, or seek professional support, if you feel you need it.

Through awareness, you can make change. And through early action, you can keep your training and performance on track!

Thanks to RDTT member Kellie Pritchard-Pescek for her 8-month contribution to Coaches Corner.



DATE CLAIMERS

Open Water Swim – 8am 25 October 2020 Enoggera Reservoir

RDTT Claytons Tri

30 Oct - Finis 1500m Swim Time Trial - Yeronga Pool - 530pm warm up, 6pm start

31 October - 40km Bike Time Trial - Mt Petrie - 530am warm up, 6am start

1 November - 10km Run Time Trial - UQ Gravel Track 530am warm up, 6am start

RDTT Birthday Party 7 November

UPCOMING RACES

Raby Bay Rumble – 13 December (enter early in the Red Dog Mates Wave)

Hell of the West - 7 February

Tweed Enduro – 6 March

BLAST FROM THE PAST



[AOTM April 2017 Karen Ward](#)

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](#).
