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ED'S LETTER



How are you feeling then, as you pick up this shiny new copy of 220 at the start of a shiny new year? Whether you've been competing for years or are new to triathlon (if so, welcome!) there's no better time to think about what you want to gain from the upcoming race season. So as inspiration, I decided to turn this column over to you this month. Using the hashtag #TriGains we asked you to tweet us the best things you've gained from triathlon. Many answers were short and to the point. Your list included 'calves!', 'health', 'a husband' (nice work!), 'a love of the outdoors', 'bikes' (yep, that'll happen) and 'the best

Lyca and trainer collection in Norfolk' (the mind boggles). One reader even tweeted us a photo of their body in response! For those of you still looking for a reason to tri though, here are a few more...

- General overall fitness. I'm the fittest and strongest I have ever been. Triathlon has made me feel unstoppable! #TriGains - @Lipstick_Runner
- Proved something I thought impossible, was within reach. Made me think about other things in life the same way - @jonathanrendall
- Tri has given me amazing experiences that I previously thought were out of my physical reach and capabilities #TriGains - @periodceiling
- Greater self-confidence & self-love. Tri helped me realise my body's pretty freaking fab & I'm damn hardcore #TriGains - @srjharris
- A great group of friends who all share a passion for triathlon & give plenty of support & advice #TriGains - @lucylunges
- Loads of new like-minded friends. Most inclusive sport I've ever been a part of. And flatter abs! #TriGains - @vickiewoodsford

Helen

Helen Webster, Editor

So there you have it. In short, there's a lot to gain from being a triathlete! I hope you achieve all you want and more in 2016 - and that we give you plenty of inspiration as they year goes on. Enjoy the issue!

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PACE, BOOST
YOUR POWER



IMAGE PAUL WHITFIELD PRODUCT IMAGES THESECRETSTUDIO.NET

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IMAGE THESECRETSTUDIO.NET

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MEET THE EXPERTS

We've pulled together the biggest names in tri to give you the best advice



PAT LEAHY

NEW YEAR, FIRST TRI, P43
 "My new year gym-based plan is designed to strengthen newbies in advance of the increased volume in their tri training. The mix of exercises and intervals will have them fighting fit!"



MATT BAIRD

NOT YOUR AVERAGE JOE, P58
 "The straight-talking Joe Skipper is one of the most exciting Brit stars to emerge in recent times. But how did he get there? And what Ironman-beating tips does he have for you?"



JOHN WOOD

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 "Now is the time to build strength in the right places while you swim, so that you can vary your pace and effort and not become a one-paced swimmer. My session will help you achieve just that."

MEET JOE SKIPPER
 Fresh from his debut in Kona, where he finished 13th, Joe Skipper achieved another first for 2015 – a shoot with 220! Check out the results from p58.

IMAGE REMY WHITING



NIK COOK

HIGH GEAR/LOW CADENCE, P106
 "A staple in my winter training since I can remember; I dread these sessions but I know, with every tortuous pedal stroke, my entire cycling-specific musculature is getting stronger."



SPENCER SMITH

HIT THE TRAILS, P108
 "It's time to get a little more serious and specific. With the inclusion of a specific strength session every week you should see some very nice improvements in your muscle power and speed."



DERMOTT HAYES

TRAINING PLAN, P110
 "It's time to focus on creating strength and power ready for a new race season. So let's go uphill and make climbing your friend, not your nemesis! Yep, it's time for the Build Phase..."

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"30th out of 31 in my age-group. 203rd out of 212 overall. Yep, the Wildman opened up a can of whoop-ass on me!"



"Finishing the tough Movember 10k run at Ashton Court Estate. Unfortunately I lost my stick-on mo in the melée!"

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What 220 means

The original method of estimating your training heart rate range was to find your theoretical maximum heart rate by subtracting your age from 220.

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Edward Gurney, of Winchester and District Athletics Club, navigates a path through the wet and boggy trails that punctuate heather moorland and make up the 18km Wildman bike leg. Over 240 athletes started the race, with 210 finishing. For more from Wildman, see p124.

IMAGE MATT ALEXANDER



Simon Whitfield's Olympic Games performances were analysed at the ITU Science and Tri Conference



TRI NEWS

SCIENCE EQUALS GOLD

The recent ITU Science and Triathlon Conference showed how the world's elites are gaining a winning edge. 220 Triathlon travelled to Paris to hear what the experts had to say

The opening statement from the Institut National du Sport et de l'Education Physique's (INSEP) leading sports scientist, Yann Le Meur, at the third ITU World Conference on Science and Triathlon in Paris, at the end of November, was, 'Diversity drives progress'. Meur's soundbite set the tone for two days of seminars and presentations that uncovered the training and racing secrets of the world's best triathletes.

As well as 220 Triathlon, also in attendance were some of the world's best coaches including Joel Filiol, whose disciples include Mario Mola and Richard Murray, the triathletes ranked second and fourth in the world at the end of 2015; Darren Smith, whose 'D Squad' features Commonwealth Games gold

medallist Jodie Stimpson and 2012 Olympic silver medallist Lisa Norden; and Sergio Santos, currently coach to the Brazilian national squad and, prior to that, the man who guided Portugal's Vanessa Fernandes to silver at the 2008 Beijing Olympics.

"The conference offers access to the most innovative advice around for triathletes and paratriathletes," ITU president Marisol Casado told the 250-plus coaches, athletes, sports scientists and media. "It offers both ground-breaking sports science and practices that have led to championship results."

Casado's comments followed those of INSEP's director general Jean-Pierre de Vincenzi, who also led the conference in a minute's applause in memory of

French triathlete Laurent Vidal, who died of a heart attack just over two weeks before the conference, and the victims of the Paris attacks. The attacks meant the non-attendance of speakers Kevin Currell (UK) and Keith Baar (US), who weren't allowed to travel by their respective employers.

STRENGTH AND SPEED

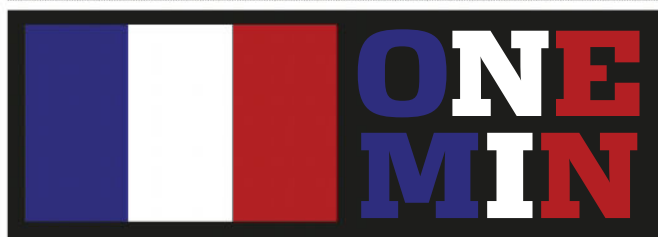
INSEP, France's sporting equivalent to England's Loughborough University, hosted the conference and there were many highlights to take away from it. Perhaps the most noteworthy one being the growing body of evidence suggesting that endurance athletes should – nay, must – integrate strength training into their programmes.

"There is conclusive scientific evidence that strength training improves all levels of triathlete," world-leading sports scientist Iñigo Mujika said, who revealed he'd employed this type of training during the 10 years he spent coaching Eneko Llanos. What proved less clear was the 'perfect' use of strength training. While Mujika had evidence that supported the benefits of plyometrics – explosive exercises such as jumping – Darren Smith preferred a focus on more subtle strength work.

"Our athletes tend to undertake three core sessions a week," Smith said. "These include exercises such as planks. We originally brought in this type of work with Bella Bayliss through to Cat Morrison, and now use it with athletes like

triathlon
250

Number of attendees at the ITU Science and Triathlon Conference



Round of applause held for Laurent Vidal and the victims of the Paris attacks



80%

The level 2 x Olympic medallist Simon Whitfield trained at in his career



10km run improvement over control group when training glycogen-depleted



Number of days Darren Smith is away from home during a season of coaching athletes



The number of injuries Simon Whitfield suffered during his 16-year career



Drop in skinfold measurements in just two months on a Spanish long-course paratri world champ, strength trained by Iñigo Mujika



Total minutes of the 24 seminars at the conference

“ There is conclusive scientific evidence that strength training improves all levels of triathletes ”

Norden and Stimpson. Although it's evolved to be as triathlon-specific as possible.”

Stimpson, in particular, has benefitted from becoming a more economical and stronger runner thanks to core and mobility work. “Previously Jodie had poor ‘reactivity’ off the ground,” Smith continued. “Now she’s better aligned and is in good shape to qualify for Rio 2016.” If she does, she’ll complete Britain’s Olympic female trio by joining Non Stanford and Vicky Holland, who booked their Olympic slots after placing second and third in September’s Grand Final.

MAKING OF A LEGEND

One athlete who won’t be in Rio is one of only two athletes to have competed in the four

previous Olympic triathlons: Simon Whitfield. (The other being America’s Hunter Kemper). Whitfield called time on his 16-year racing career in 2013 after winning Olympic gold and silver in Sydney and Beijing, respectively. His coach, Joel Filliol, revealed what made Whitfield possibly the finest triathlete of a generation.

“A process called ‘gamification’ was key to Simon’s success,” said Filliol, who’d flown over from Scotland where he lives with his wife, former-elite athlete Kerry [née Lang], and daughter. “Simon saw the sport as a game and that meant he studied the history of the triathlon like no athlete I’ve ever known. It made him one of the world’s most tactically astute triathletes.”

Filliol stressed everyone can learn from watching the styles and strategies of elite athletes over the years, and also revealed that part of Whitfield’s success stemmed from ‘taking it easy’. “After he retired, Simon told me he trained at 80% of his maximum,” Filliol said. “He suggested this left him 100% ready to race. It also meant he experienced two, maybe three injuries in his career, which is key for any athlete.”

As are finances. Smith, who sent six athletes to London 2012, told 220 that he’s lost seven athletes during the 2015 off-season, including Ireland’s Aileen Reid, who’s currently ranked ninth in the world. “I lost four in one day!” he elaborated. “The reasons? Primarily financial. If you finish, say, 20th

in a World Series race, that’s not a bad result. But you win absolutely nothing. As some races can cost up to \$2,500 for flights and accommodation, that’s not sustainable.”

Reid’s decision, however, appeared to be down to numbers of a different kind. “Darren had 12 people there and 12 people to keep happy,” the 23-year-old told Irish internet news site www.the42.ie. “That’s hard as we didn’t have the same strengths and weaknesses.” Reid has returned to her old coaching team of Chris Jones and Tommy Evans.

The conference will return in 2017, in Edmonton, Canada, but we’ll report more from this year’s event, and what the findings mean for age-groupers, in a future issue. ■ 220



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RŌKA



220 Triathlon AWARDS 2016

TELL US WHO YOU RATE IN THE WORLD OF TRIATHLON AND YOU COULD WIN AN ALTIUM i10, DESIGNED TO RECREATE THE BENEFITS OF ALTITUDE TRAINING

Twenty-fifteen was the year we saw new races launch, iconic races celebrate milestone anniversaries and more innovative products released than one can shake a lightsaber at. But which were best? It's time for you to let us know, as polling for the 220 Triathlon Awards 2016 is now open. You can choose any athlete, race or product you like – plus this year every voter will be entered into a draw to win an Altium i10 specialist performance device, worth £499.

HOW TO VOTE

The ballot boxes are now open in all 21 categories. Things to note when voting: you must vote for the individual coach and not the coaching company; choose just the brand and not the model for the gear categories.

This year we're holding two rounds of voting. In the first round (open until 29 January 2016) it's an open vote, so you can vote for absolutely anyone you like. We'll then put forward the top five in each category into the second round, where you'll have the chance to vote again (second round of voting open from 1 February to 4 March 2016).

The results will then be announced at a star-studded awards evening in London on 9 April 2016 and published in issue 325 of 220 Triathlon. Get voting!

WIN! AN ALTIUM i10

Every vote in this first round will go into a prize draw that will see one lucky entrant win an Altium i10, worth £499. This specialist performance device, as reviewed in issue 319 of 220, is designed to simulate the effects of altitude training. The athlete breathes in and out of the device, which passively reduces oxygen inhaled from 21% down to 9-12% – simulating altitudes of around 4,500-6,000m.

Used at rest, the user's body quickly adapts to these six-minute hypoxic bursts, with the changes that occur improving the body's ability to transport and extract oxygen into the muscles. Ultimately, this'll increase power, speed and endurance. Plus, the device is WADA-legal.

Go online to find out more about the i10 at www.altium-i10.com. Plus, meet the team behind this innovative new performance device at the 2016 National Triathlon Show (see p68).



THE AWARD CATEGORIES

Vote in this first round online at www.220triathlon.com now!

MEN'S ELITE TRIATHLETE OF THE YEAR
Last year's winner – Alistair Brownlee

WOMEN'S ELITE TRIATHLETE OF THE YEAR
Last year's winner – Jodie Stimpson

DUATHLETE OF THE YEAR
Last year's winner – Emma Pooley

MEN'S AGE-GROUPER OF THE YEAR
Last year's winner – Neil Eddy

WOMEN'S AGE-GROUPER OF THE YEAR
Last year's winner – Kayleigh Adams

MALE PARATRIATHLETE OF THE YEAR
Last year's winner – Phil Hogg

FEMALE PARATRIATHLETE OF THE YEAR
Last year's winner – Lauren Steadman

YOUTH TRIATHLETE OF THE YEAR
Last year's winner – Ben Dijkstra

INTERNATIONAL TRIATHLETE OF THE YEAR
Last year's winner – Javier Gomez

COACH OF THE YEAR
Last year's winner – Simon Ward

CLUB OF THE YEAR
Last year's winner – Leeds & Bradford Tri Club

RACE OF THE YEAR (ENTRY LESS THAN 500)
Last year's winner – The Ilkley Triathlon

RACE OF THE YEAR (ENTRY OVER 500)
Last year's winner – The Long Course Weekend

TRIATHLON WETSUIT BRAND OF THE YEAR
Last year's winner – Huub

TRI-SUIT BRAND OF THE YEAR
NEW CATEGORY FOR 2016!

BIKE BRAND OF THE YEAR
Last year's winner – Boardman Bikes

RUN SHOE BRAND OF THE YEAR
Last year's winner – Asics

220 TRIATHLON GAME CHANGER OF THE YEAR*
NEW CATEGORY FOR 2016!

TRIATHLON RETAILER OF THE YEAR
Last year's winner – Total Fitness Nottingham

ONLINE RETAILER OF THE YEAR
Last year's winner – Wiggle

THE JANE TOMLINSON AWARD FOR OUTSTANDING CONTRIBUTION TO TRIATHLON**
Last year's winner – Iain Hamilton

* A shortlist of five will be announced at the second voting stage.
** The winner of the Jane Tomlinson Award will be chosen from your top five entries by a panel of industry experts.

TO CAST YOUR VOTE

HEAD TO WWW.220TRIATHLON.COM AND CLICK ON THE '220 AWARDS 2016' TAB

UK RACES



Swap the swim for a paddle board and you get a new type of triathlon that's growing in popularity

SUP AND COMING

More paddle board triathlon events to appear in 2016

Whether it's on city centre harbours, rural rivers or remote lakes, the rise of stand up paddle boarding (SUP) has been unavoidable in recent summers. And with a major new series being hosted across England and Wales, 2016 looks to be the biggest year yet in terms of triathlon SUP events.

Kicking-off at Chepstow diving centre on 8 May, the triSUP Series is a five-date affair from Martin Barden, the

founder of UK Cycling Events. Each event will have short (1.5km/25km/3km) and standard distance (3km/40km/5km) SUP tris, with a paddle board leg replacing the swims. Relay races as well as SUP/bike and SUP/run events will also be offered and paddle boards can be hired for the day at each event for just £10.

The series continues at Studland (11 June), Cotswold Water Park (2 July), Bewl Valley

(11 Sept) and Grafham Water (1 Oct). The triSUP Series will join an existing trio of trail Supbikerun events run by SurfDome on the 2016 calendar, held at Exmoor, the Peak District and the South Downs in 2015, but with locations unconfirmed for 2016 (keep an eye on www.supbikerun.co.uk).

We'll have more on paddle board triathlon in a future issue, but head to trisupevents.co.uk for more on the series.

SHORTS

THE NITTY GRITTY WORLD OF TRI...

DANUBE DEBUT

Challenge has announced a new multi-day sports festival in Slovakia - its first in the nation. Challenge Šamorín will host Olympic and middle-distance races from 15-21 August, with the major draw being the 100 hectare Elements Resort, touted by Challenge as a 'leading triathlon training facility in Europe' (www.challenge-samorin.sk).



BRITS CRUSH COZUMEL

A trio of Britain's top long-course females dominated the top five at November's Ironman Cozumel to finish their race season on a high. The Mexican event was won by Corinne Abraham in 9:06hrs, with Leanda Cave finishing second and Emma-Kate Libbury in fifth, who went straight to the medical tent before labelling the event as her toughest ever.

RIDE LIKE WIGGINS

Fancy trying out a session at the Olympic Velodrome? The National Triathlon Show (Lee Valley VeloPark, 8-10 April 2016) will be releasing Velodrome taster sessions in January to advanced ticket bookers only. Find out more on p68 and use special offer code NS52 to get 2-for-1 tickets at www.220triathlonshow.co.uk.

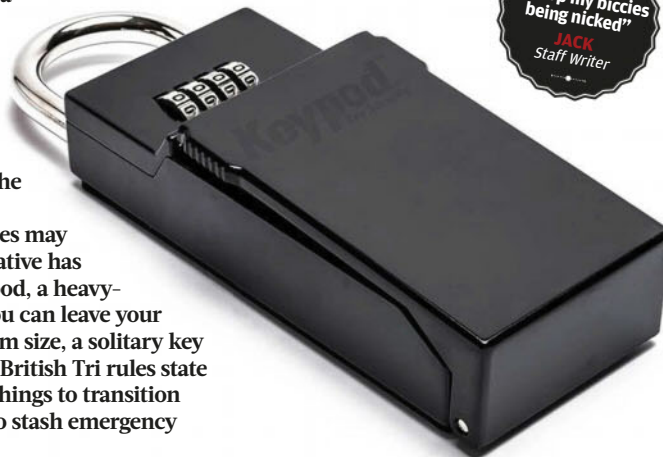


QUIRKY GEAR

IN THE OFFICE...

Funny things sent to 220 this month

While tri folk are generally a fairly decent, law-abiding bunch, it's still a little troubling having to leave our keys/wallet/phone/engagement ring/favourite *Star Wars* figures unsecured in a tri bag come race day. Especially as transition has often been dismantled by the time we cross the line... While spending more time training and less time eating pasties may be the obvious solution, an alternative has appeared in the shape of the Keypod, a heavy-duty and portable padlock that you can leave your valuables in. Well, given its 11 x 6cm size, a solitary key and a handful of wine gums. And British Tri rules state that you're not allowed to clamp things to transition racks... so maybe we'll just use it to stash emergency snacks around town.



"The only way to stop my biccies being nicked"
JACK
Staff Writer

IMAGES: THESECRETSTUDIO.NET, NADJA ODENHAGE, MATT ALEXANDER, BRIAN BAHR, GETTY IMAGES, BRIGHTROOM PHOTOGRAPHY, ISTOCKPHOTO.COM



Athletes will have the chance to qualify for the Swedish Swimrun Worlds when ÖtillÖ make its UK debut in June

UK RACES

SWIMRUN SET FOR SCILLY

Two-up island-hopping race comes to the UK's shores

The team behind ÖtillÖ, the celebrated Swedish Swimrun World Championship in Stockholm's archipelago, has announced that a UK qualifying event will launch in 2016.

The date will be 18 June 2016 and the location will be the Isles of Scilly, the group of islands 45km from the south-western tip of the Cornish coast. There'll be space for just 100 teams of two athletes at the event, with eight qualification spots for the Swedish ÖtillÖ, in September, up-for-grabs.

Back in our November issue we reported on the 10th anniversary of ÖtillÖ (meaning 'island to island'), which witnesses competitors swimming and running across a series of islands while always within 10m of a race partner. At the time, adventure racer and organiser Michael Lemmel told 220 they were keen to bring the format to the UK, but that finding the right venue was key.

"The most important three things for us," said Lemmel, "are to keep our races personal not anonymous, to create awesome races in awesome places and the belief that love makes everyone stronger. Swimrun is natural. We go back to the stone-age mentality of moving through nature as effortlessly as possible and taking care of yourself and your partner."

The Isles of Scilly archipelago is made up of 140 islands (five of which are inhabited), making it seem the perfect choice for a swimrun race. The event will force teams to tackle a course close to 45km long, with a minimum of eight swims.

The open-water swim sections will total around 10km of swimming with the remaining 35km made up of trail running around the major islands of St Mary's, Tresco, St Martin and Bryher. Registration is open at www.islesofscillyswimrun.com.

10km
THE OPEN-WATER DISTANCES

35km
OF TRAIL RUNS TO BE TACKLED

100

NUMBER OF TEAMS ALLOWED AT DEBUT ÖTILLÖ UK RACE

TRI BAROMETER

What's hot and what's not in multisport this month...



PRO PRIZE MONEY
Challenge Family announce €140,000 end-of-season bonus

WILDMAN WINNERS
Tom Elwood and Jackie Field take wins at Human Race toughie in Ash Vale



LAGUNA PHUKET TRI
Team Dillon Brits Stu Hayes and Emma Pallant on podium in Thailand

USAT HALL OF FAME
Siri Lindley and Ken Glah inducted into USA Triathlon Hall of Fame



IRONMAN UK
Pro Lucy Gossage on hunt for teammates to help raise vital funds for Teenage Cancer Trust

FITNESS MONITORS
Fitness wearables sector said to be worth \$10 billion by 2020



ALCATRAZ FACE-OFF
Tri-Cal revive San Fran race in response to Escape from Alcatraz's price hike

SPORTS DRINKS
Study claims adding a spoonful of sugar in water better than some sports drinks



SAYONARA
Discontinuation of race leaves Japan with no Ironman events in 2016

WADA DOPING REPORT #2
Dick Pound's second report said to be even more seismic than the first



TIM HEMING



Could GPS tracking on athletes solve the problem of doping?

“It’s currently too easy to get around a test’, says Sebastian Kienle, who would rather just be tagged 24/7”

Head the one about the professional triathlete treated like a convict? Not a lame gag about the race experience at Escape From Alcatraz, but a far more serious proposition to use GPS tracking to solve the foibles of collecting urine and blood samples for drug testing. Currently athletes must use an online system to log their whereabouts in advance for one hour, every day. Sebastian Kienle, the 2014 Ironman World Champion, would rather just be tagged 24/7.

The German is exasperated as to the trampled reputation of endurance sport. It’s worth reiterating his quote from last month’s news item in 220. “If there’s one big doping case in German triathlon, the sport is completely f**ked. I’d consider stopping doing triathlon because nobody would believe in me again.” What there wasn’t space to address was Kienle’s belief in a seemingly more draconian solution to not only instil public faith in out-of-competition doping controls, but – while it may seem contrary – give the athlete more freedom.

Before screaming that GPS tracking runs roughshod over Article 8 of the Human Rights Act, it’s worth listening to Kienle – tested 23 times out-of-competition last year – emote on the issue. “It’s currently too easy to get around a test,” he says. “If you knew you’d test positive, your girlfriend could just answer the doorbell and say you had a drunken row and spent the night in a hotel. In other cases it’s too easy to miss one without meaning to. For example, if I take my camper van for a three-week trip to Canada, it’s an impossible situation. There’s no way I could tell them my location every day. With GPS the athlete doesn’t have to be worried about sending a change of address.

“I’ll be criticised for perceived lack of privacy, but if you’re a pro sportsman you already use Facebook, Instagram and Twitter. Nobody could tell me they’re afraid of giving away data... they’re giving away blood, and honestly, I’d far rather give both to NADA [German anti-doping] because I trust them more than Google or Facebook.” Kienle would go further by insisting on mandatory inclusion to the scheme and a two-year ban for a single missed test as opposed to the current three strikes before any sanction is imposed.

None of this sounds cheap and a 1% tax would be levied on all professional earnings to fund

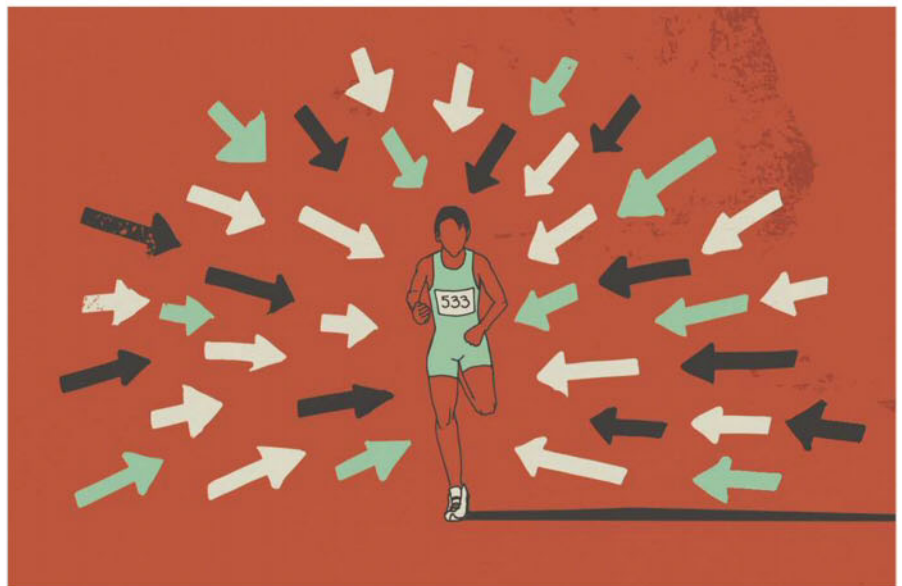


ILLUSTRATION DANIEL SEEK

independent anti-doping measures. The sense is that those in the more financially-blessed sports have the greatest incentive to cheat, so the effort to fight doping should also be proportional.

Finally, there’s no suggestion that this resolves broader issues such as systemic state-backed doping or corruption within governing bodies, where (and possibly this is why I warm to Kienle’s company) he understands the role journalism has to play. “It’s a cornerstone of democracy,” Kienle says. “The problem with the German sports media was that for a long time they had to be proud of their countrymen, act as fans, and wouldn’t go digging for other stuff. German national television backed cycling’s Team Telekom until it became clear they were sponsoring a team that was pretty good at cheating. It was even worse than US Postal because it was funded by the taxpayers.”

» A former colleague of mine will compete in the Ironman Worlds in Hawaii in October after pledging to raise what looks an eye-watering/second mortgage-inducing £50K for the charity Scope. He turned to the slick online fundraising platform JustGiving to facilitate. Honourable at every turn except he had scant knowledge of how much JustGiving syphon for themselves.

That total is a questionable 5%, calculated after they have reclaimed the Gift Aid, thus making their own slice even bigger. Some simple maths show if he opts to use BT MyDonate (and there are alternatives), Scope will receive around £2,800 extra from his efforts. This is one man, raising for one cause. Consider last year JustGiving said it had over 10million users and had grown by three million in 12 months.

A spokesperson for JustGiving said no shareholder had taken a penny out of the business since it started 15 years ago, all money has been ploughed back into the business, and that they are a “different, more social platform” to other services. I neither understand nor buy this – the fundraiser simply wants to raise cash for their chosen charity. What’s more, wording on fees on its website is misleading. It claims ‘We take our 5% from the Gift Aid’. That’s not true. JustGiving take 5% on the full amount. It calls its model ‘for-profit-for-good’ – ‘for good profit’ is more apt.

» It’s said triathletes don’t earn any money and that when it comes to training, quality trumps quantity every time. If BitWalking – a new digital currency that purports to pay its users \$1 for every 5miles – takes off, I think we can dispel those myths once and for all. ■ 220

SALE

on cycling's most famous brands



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SCOTT

SHIMANO

ENJOY THE RIDE

EVANS
CYCLES



ASK THE PROS

DAVID MCNAMEE

The victor at this year's Ironman UK and Britain's top finisher at the 2015 Ironman Worlds takes your Qs...

Just how awesome is [2015 World Ironman Champ] Jan Frodeno?

PAUL BAILEY, VIA EMAIL

Jan was dominant all day. If he'd needed to find another gear he could have. It was an exhibition. Personally, I feel he's up there with the best guys our sport has seen. But what Javier [Gomez] has done over the last decade stands him apart from the rest.

What was your post-Kona blowout meal?

ANDY SHAUNFIELD, VIA EMAIL

I was dull and had a plain pizza as my stomach is never great after racing. It was followed with some cocktails and something called a 'fire ball'!

What do you do now, training-wise, to get into the top 10 at Kona 2016?

JAKE MANSON, VIA EMAIL

I need to improve my biking, and fully adapt to the time-trial bike. It's something I'm moving forward with but I haven't adapted to the riding style as quickly as I'd hoped. I need to strengthen my body to be able to stay in the correct position, delivering power for the entire 180km. That means a lot of long rides over the winter on the TT bike where I try and lift the power over the final two hours.

How have you managed financially since leaving the ITU scene?

PETER BLOOMEN, VIA EMAIL

Financially, this year has been a disaster, mainly due to the amount of equipment I ended up buying. But I prefer to see it as an 'investment' year. I think

you're only a pro athlete when you make a living from the sport. This year, I'd say I was an enthusiastic hobbyist.

What's your favourite off-season session?

TRACEY DICKENS, VIA EMAIL

Switching off the GPS and just going for a long run on some trails. In the build-up to Kona my long run was always done to a certain pace, which I found was a very effective session but I missed the freedom you get from just exploring at whatever pace your legs feel like.

Where are you based for training? Who do you train with?

LORNA MCLOUGHLIN, VIA EMAIL

I've recently relocated to Spain to try and cut down on travelling. I was based in Stirling at the Scottish Performance Centre, where Fraser Cartmell was kind enough to impart his wisdom as I've moved up the distances. His help has allowed me to speed up my progress and learn how to deliver in Ironman races. I've also been working with Joel Filliol and his group. Training with [ITU pros] Mario Mola and Sarah True has shown me the importance of being consistently good each day and leaving the stand-out performances for race day.

How do you choose which races to do?

ALEC BENSON, VIA EMAIL

The big aim is Kona but I want to challenge for other Ironman wins. Right now I'm thinking Lanzarote - it's a race that excites me and that's my main determinant for selecting races.

"Fraser Cartmell's help has allowed me to speed up my progress and learn how to deliver in Ironman races"

FEATURING SOON

Got a Q for former ITU world champ and Rio Olympian, **Non Stanford**? Then send us an email (elitefocus@220triathlon.com), tweet (@220Triathlon) or Facebook message (220Triathlon).

IMAGE: FINISHERPIX

SALE

on cycling's most famous brands

EVEN MORE BRAND FOR YOUR BUCK

Our Sale is now on in-store
and online until 1st February.



Cannondale
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2015
was ~~£1299~~
£849



Sportful Pista LS
Jersey Full Zip
was ~~£50~~
£35



Tacx Vortex
Smart Trainer
was ~~£375~~
£264

ENJOY THE RIDE

EVANS
CYCLES

✉ HAVE YOUR SAY

TRI TALK

Got an opinion to share? Then email us: tritalk@220triathlon.com

★ STAR LETTER ★

ALL SHAPES AND SIZES

I thoroughly enjoyed your 'Women's Guide to Tri' in the December issue, particularly as I completed my first super-sprint triathlon last September, the Brownlee Tri in Leeds, at the grand old age of 37.

I'd never swum in an open-water lake before then, and hadn't touched a bike for 15 years. But I got round in one piece, still smiling, and will be back next year, in no small measure due to the support from the organisers before the event and the brilliant atmosphere on the day.

I did, however, raise a wry smile at the advice in your feature to 'choose a female-specific wetsuit'. I'd a budget of up to £120, and after spending weeks searching, managed to find only two wetsuits that fit my measurements (5ft 6in and a size 16). I found most women's wetsuits lengthen in body as they go up in size. For most in my price range, taking my measurements, they assumed I would have a height of 5ft 10in upwards. Going by the weight guides, I was on average 10lb over their maximum suggested poundage for the suit!



There are many tri wetsuit brands, but are they catering to all shapes of female racer?

It was the same with the tri-suit. 'Great!', I thought, when Aldi advertised bargain tri-suits one Sunday morning. Disappointing then, to find the women's version stopped in a medium size, whereas the men's went to a large.

As I stood on the start line alongside women of all sizes, I noticed I was by no means alone in my proportions, yet many were shoehorning themselves into men's kit. Who knows, my winter training is cracking on, and next year I'll hopefully have shed a dress size or two by the time I walk out on the

pontoon. In the meantime it'd be great if manufacturers began to produce women's kit for all of us, without the assumption that we've already obtained the figure of a classic triathlete. We all have to start somewhere!

CLARE CLISH, EMAIL

220 replies Thanks for the message Claire, and congrats on your Brownlee Tri finish. You certainly cite some pertinent points here and we'll put these to the major tri brands when arranging our big wetsuit and tri-suit tests later this month.



For writing the **Star Letter** this month, Claire, you'll receive a two-month supply of Curranz, worth £58. This blackcurrent-based supplement is packed with antioxidants and claim a whole host of performance benefits. For more on the range visit www.healthcurrency.co.uk

IMAGE COLIN BALDWIN

WOUND UP!

I'm a subscriber to your magazine and felt the need to email you in response to the article in December's issue. 'The Women's Guide to Tri' felt, to me anyway, patronising, as triathlon is the same regardless of your gender.

As ladies' captain for my running club, I'm fully supportive of the This Girl Can campaign, but it was the rest of the article that wound me up! All the sections are equally applicable to men (except menstruation!) and I haven't come across a men's guide to tri in previous issues.

I'm not sure how I feel about women-only events either, as one of the challenges for me is competing against men as equals and there are no men-only events - again I feel this discriminates! Otherwise, a great magazine.

MEL MUNDAY, SOMERSET

220 replies We're sorry to hear that you found the article patronising, Mel. But the feature was very clear in its aim and target audience - newbies to the sport. Women who have never done a triathlon and who may be daunted at the prospect. While it's



Taking on the men is a draw for many racers, yet women-only events also serve a key purpose

IMAGE MATT ALEXANDER



Black kit certainly looks cool, but should there be more colour options that encourage safety?

great that you relish the challenge of competing against men, women-only events exist to encourage women to triathlon who may lack that initial confidence. For many, triathlon isn't the same regardless of gender. And this is who we wanted the feature to appeal to, to advise them of all options available if they're considering doing their first multisport event.

BLACK AS NIGHT

I was recently driving my son to his rugby match through the driving rain and sleet, when we came across a local cycling club dressed all in black, bar a few slithers of yellow or green! We managed to avoid them, despite the conditions and their lack of visibility, but on pages 98-99 of 220

[December's issue 319] the rider for those 'long endurance rides' was also dressed all in black, including the bike! And your winter bike jackets review then featured 10 jackets of which seven were either completely or mainly black.

Now I know that manufacturers claim they add reflective strips, but in low daytime light these are as good as useless. And at night-time you may as well go out and wave a piece of string at approaching traffic for all the good these 'strips' will do.

Come on everyone, use your head! This brainless trend for wearing nothing but black may make you feel very stylish but I wonder how stylish you'll feel from a hospital bed, or worse.... Also bear in mind that people have been known to die from

exposure when they've crashed and the body is effectively invisible as they lie by road or in a ditch. For everyone's sake, dress to be seen!

RICHARD MILES, EMAIL

SERENDIPITY

Ages ago I sent in a picture of Tim Don handing my daughter, Kate, age 10, a trophy and you replied with a note along the lines of "Maybe one day Tim will be telling people about that photo". Then a couple of weeks ago the British Triathlon prizewinners were listed in the order below and I thought of you: British Triathlon Male Elite Long Distance Triathlete of the Year - Tim Don; British Triathlon Female Elite Junior Triathlete of the Year - Kate Waugh. Proud parent!

KEVIN WAUGH, EMAIL

JUST BAD LUCK?

Inevitably the more you use equipment the quicker it's going to wear out. But one thing that I cannot abide is equipment that costs a lot of money and then doesn't perform to its alleged expectations.

This year I have had my fair share of equipment failures: a new road bike and wheels (admittedly it was only a cosmetic failure - the paint peeled off the hubs); the integrated stem housing on my tri bike; a power meter developed a fault and will not turn off; a pair of shoes where the upper separated from the sole; and a wetsuit, which, after

just four swims, the Velcro at the neck started to detach from the backing neoprene.

On the whole, I've found all the manufacturers of these items to be more than amenable in providing a satisfactory outcome. As long as you can provide them with 'concrete' evidence, such as a receipt or photos, then they're very receptive to my demands from their equipment. Is it just me, though? Have I just had a run of bad luck or is triathlon equipment just not made to be triathlon durable? I'd love to hear what others readers think.

MARCUS RICHARDSON, FINLAND

WHAT'S BEING SAID ONLINE...

Winter miles = summer smiles and a sausage sandwich for lunch
@lucygoss VIA TWITTER

Struggling up the mountains of the Marina Alta today - fitness feels one big mountain away
@AliBrownleeTri VIA TWITTER (We're sure Brownlee senior's fitness levels aren't really too shoddy!)

November training has largely been fuelled by mince pies #addiction #britishproblems
@vixholland VIA TWITTER

Who needs a reason to run? We don't need one; we just need a road. Lace up and hit the ground running. #Triathlon
Dave Scott VIA FACEBOOK (some motivational words of wisdom from The Man)

10 weeks ago @CorinneAbraham was in hospital undergoing surgery for a rogue cyst. Today #IMCozumel Champion.
@tristutto VIA TWITTER

Feel like I have been hit by a truck and haven't stopped sleeping all weekend! What's happening to me?!
@chriessmiles VIA TWITTER (an expectant Chrissie W gets in some vital kip)

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SEE SPECIAL OFFER ON PAGE 98



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The Exhilaration in Exhaustion



NEW Predator swimwear exclusively at Wiggle





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**MAX
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CAN STILL BE
BEAUTIFUL**

Progressive Forward Roll with a super cushioned platform and Zoot's patented BareFit™ upper. Assures maximum comfort for even your longest runs



DIEGO



BUILD TRI FITNESS

GREAT NEWS: YOUR 2016 TRIATHLON CAMPAIGN STARTS HERE! AND BETTER STILL, YOU DON'T EVEN HAVE TO VENTURE OUT INTO THE FOUL WINTER WEATHER. KICKSTART YOUR TRAINING BY HITTING THE GYM WITH OUR KEY INDOOR SWIM, BIKE AND RUN STRENGTH SESSIONS

WORDS PAT LEAHY **INTERVIEW** NICK HUTCHINGS
ILLUSTRATIONS WWW.ACUTEGRAPHICS.CO.UK

Building strength in the gym over the winter months is hugely important for triathletes of all levels. For newcomers, it helps build the base strength and conditioning you need to cope with heavy training volumes when the weather improves. For experienced triathletes, it ensures your fitness doesn't drop off a cliff when the winter hits and helps you build the strength and power to be more explosive and stable during each leg of a race.

Stationary bike sessions, treadmill runs and pool swims aren't the same as outdoor sessions, but they still allow you to work on increasing your endurance and speed. And as for using weights to improve your strength, the key is to replicate the same movements you'll make during a race. Doing the movements with the added resistance of the weight will significantly increase your power when you come to do them load free.

Triathletes need a lot more muscle in their lower body than their upper body. This is because your lower body

plays a much bigger role in powering you round a race - particularly during the bike and the run. As such, it's worth focussing on the lower body exercises to build more mass and strength. You'll still need to work your upper body but the weights for those exercises can be lighter so you don't bulk up too much and lose the flexibility and mobility that's vital for fast swimming.

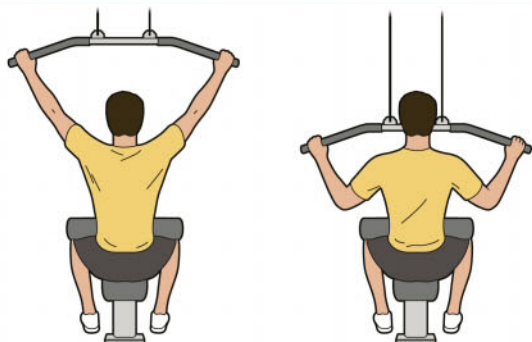
Athletes that include well-structured gym workouts in their winter training come into spring stronger, faster and more resilient than those who don't. Over the next six pages, we've broken the strength exercises down into swim-, bike- and run-specific sessions and included pool, static bike and treadmill workouts to retain some variety. On the final page, you'll find the first four weeks of a six-week training plan (the remaining fortnight can be found on www.220triathlon.com) that incorporates all the exercises and sessions. Finally, always ask a member of staff to explain how all the weight machines work whenever you begin a new programme at a gym. 🏋️





SWIM-SPECIFIC STRENGTH EXERCISES

THE FOLLOWING WORKOUT HAS BEEN DESIGNED TO INCREASE YOUR RANGE OF MOTION AND POWER SO THAT EVERY STROKE YOU MAKE BECOMES MORE DYNAMIC AND HELPS YOU COVER MORE DISTANCE



STRAIGHT ARM PULL-DOWN

MUSCLES TARGETED Latissimi dorsi, posterior deltoids, rhomboids, biceps.

SESSION 3 x 6, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.

METHOD Sit on the lat pull-down machine seat with your legs held under the padded restraint and your hands gripping the bar at twice shoulder-width. Pull the bar down powerfully to your chest, then let it travel back up under control. There should be tension in your muscles throughout each set so make sure the cable that connects to the weight is never slack.

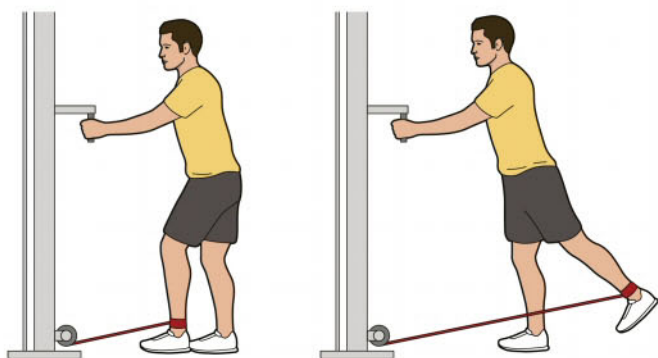


TRICEPS KICKBACK

MUSCLES TARGETED Triceps brachii, posterior deltoids.

SESSION 3 x 10, 2mins rest between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD With a dumbbell in one hand, bend over and put your opposite hand and knee on a bench in front of you, and plant your free foot on the floor to the side of it. Bring the arm holding the dumbbell up so the upper part is in line with your back and bend your elbow to 90° - this is your start position. From there, straighten your arm out behind you then return it to the start position under control.

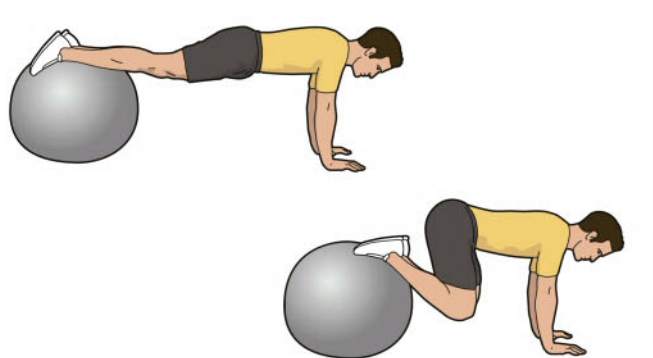


HIP EXTENSION WITH CABLE

MUSCLES TARGETED Quadriceps, glutes, hamstrings, hip extensors.

SESSION 3 x 10, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.

METHOD Stand facing a vertical cable machine with the strap of a low pulley around one ankle and grip the bar at chest height. Stand on your free leg and take any slack out of the cable with your strapped leg - that's your start position. Keep your back straight, pull the cable by stretching your leg behind you to 30°, then return it to the start under control.



SWISS BALL JACKKNIFE

MUSCLES TARGETED Rectus abdominus, transverse abdominis, obliques, triceps, pectorals.

SESSION 3 x 8, 2mins rest between sets.

METHOD Get into a press-up position with your legs up on a Swiss ball. Hold the ball in place by pressing your shoelaces into it - this is your start position. Brace your core muscles and pull the Swiss ball towards your arms, bending your legs to allow the ball to roll forwards. Once your legs are fully tucked, return to the start position under control.

“The key with gym training is to replicate the movements you’ll make during a race”

POOL SESSION

If an 800m swim is daunting, pick a shorter distance that you feel comfortable with. Swim at a moderate to fast pace (7/10 effort level) and time yourself. Use this as a benchmark and re-test after completing the training plan (p50).

WARM-UP

- 100m relaxed swim
- 50m pulling hold a pullbuoy between your legs and just use your upper body for propulsion
- 50m kicking hold a float to concentrate on using only your legs

MAIN SESSION

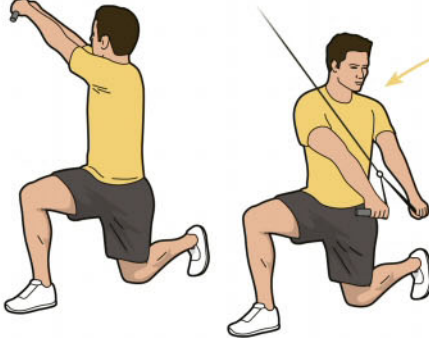
- 2 x 50m, focus on exhaling into the water so you can take a full breath on the recovery stroke. Practise turning your head to breathe without lifting it out of the water. Swim at a 4/10 effort and rest for 30secs after each 50m.
- 2 x 50m, focus on extending the lead arm to lengthen your stroke and allow you enough time to breathe. Swim at a 5/10 effort. Rest for 30secs after each 50m.
- 2 x 25m, start with clenched fists so you use your forearms as a paddle. Open your hands for the last 10m and swim normally (you’ll feel an increased rate of propulsion from having a larger paddle).
- 2 x 25m, start with clenched fists, one finger extended. Open your hands at halfway, swim normally.
- 2 x 25m, start with clenched fists, two fingers extended. Open your hands at halfway, swim normally.
- 1 x 100m at a 6/10 effort level, incorporating previous skills into your stroke, with a 1min rest.
- 1 x 50m, at an 8/10 effort level, with a 30-60secs rest.
- 2 x 25m, at a 9/10 effort level, with 30-60secs rest.

COOL-DOWN

- 50m gentle swim



Give your stroke more propulsion with focussed resistance exercises



CABLE ROTATIONAL PULL

MUSCLES TARGETED External and internal shoulder rotators, biceps, latissimus dorsi.

SESSION 3 x 6 to each side, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.

METHOD Kneel down on one knee beside a vertical cable pull machine with the pulley set high. Hold the handle so your arms are stretched out above and to your side - this is your start position. With your back straight, pull the handle down across your body in towards the opposite hip. Return the handle to the start position under control.

EASY DOES IT

When weight training, ditch the run shoes... Chuck Taylors have long been a gym staple thanks in no small part to their hard flat sole.



HIP FLEXION WITH CABLE

MUSCLES TARGETED Hamstrings, glutes, quadriceps, hip flexors.

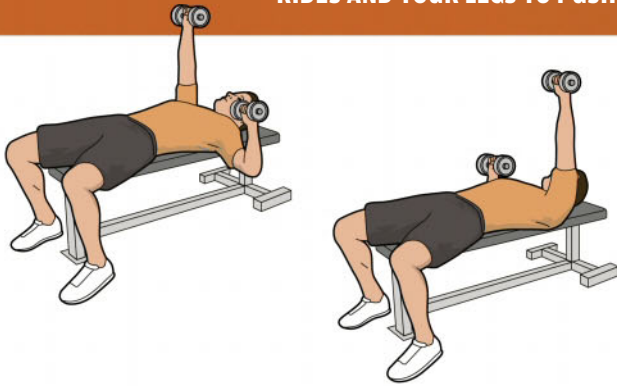
SESSION 3 x 10, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.

METHOD Stand with your back to a vertical cable machine and the strap of a low pulley around one of your ankles. Stand with your bodyweight on your free leg and take any slack out of the cable with your strapped leg by bending it slightly at the knee - that’s your start position. Hold your hips or another machine for extra stability and, with a straight back, pull the cable by kicking your leg out in front of you and straightening it as you go. Once your leg reaches 30°, return your leg to the start position under control.



BIKE-SPECIFIC STRENGTH EXERCISES

BUILD STRENGTH ACROSS YOUR FRAME SO YOU'RE ABLE TO BETTER USE YOUR CORE AND UPPER BODY TO CONTROL YOUR BIKE DURING LONG RIDES AND YOUR LEGS TO PUSH HARDER DURING EVERY PEDAL STROKE...

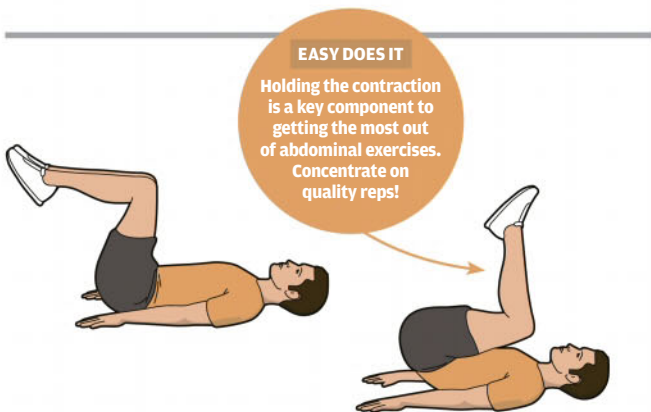


ALTERNATE DUMBBELL CHEST PRESS

MUSCLES TARGETED Pectorals, triceps, deltoids, rotator cuffs, abdominals.

SESSION 3 x 8 to each side, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD Lie on a flat bench with dumbbells held in a hammer grip position to either side of your pecs. Press one weight up explosively until your arm is straight, then, under control, lower the weight back to the starting position and repeat to the other side. Brace your core and leg muscle throughout the move to maintain balance.



EASY DOES IT

Holding the contraction is a key component to getting the most out of abdominal exercises. Concentrate on quality reps!

REVERSE ABDOMINAL CRUNCH

MUSCLES TARGETED Rectus abdominus, transverse abdominis, obliques.

SESSION 3 x 20, rest 2mins between sets.

METHOD Lie on a mat with your hands by your sides. Lift your legs off the floor and bend 90° at the knees - that's your start position. Brace your core and pull your knees to your chest while keeping your legs bent. Allow your lower back to come away from the floor as you pull your knees towards you. Then - under control - lower them to the start position so your lower back comes back into contact with the floor.



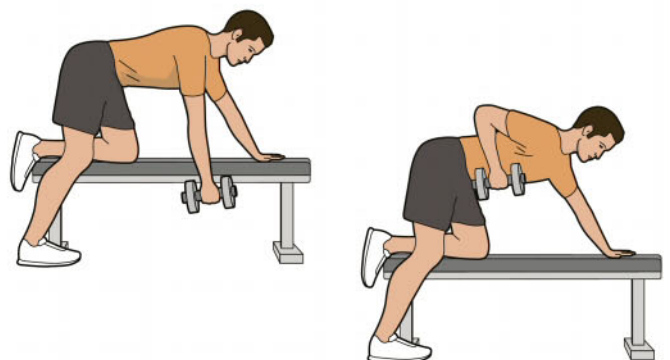
DUMBBELL SQUAT PRESS

MUSCLES TARGETED

Quadriceps, glutes, deltoid, bicep, tricep and adductors.

SESSION 3 x 6, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD Stand with dumbbells held with a pronated grip at shoulder height. Bend at your hips and knees to lower into a squat until your thighs are just past parallel to the floor. As you stand back up, press the weights above your head, then bring them back to the start position.



SINGLE-ARM DUMBBELL ROW

MUSCLES TARGETED Latissimi dorsi, triceps, trapezius, biceps.

SESSION 3 x 8 to each side, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD With a dumbbell in one hand, put the opposite hand and knee on a bench in front of you, and plant your free foot on the floor to the side of it. With your arm hanging and your back straight, pull the dumbbell up to the side of your pec by bending your arm. Lower the dumbbell back to the starting position under control.

“Well-structured gym workouts in your winter”
training equals a stronger, faster and more resilient athlete

ROMANIAN DEADLIFT

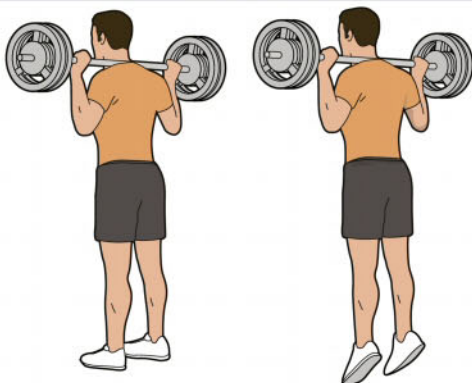
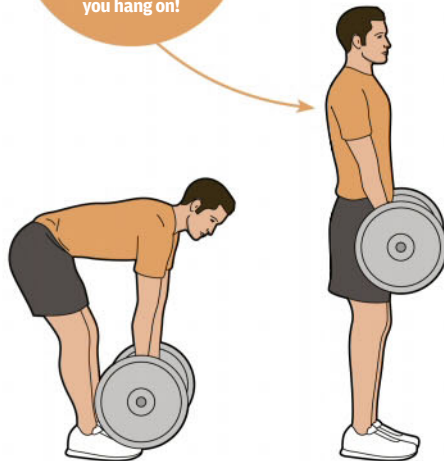
MUSCLES TARGETED Hamstrings, spinal erectors, abdominals.

SESSION 3 x 6, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD With a barbell on the floor in front of you, bend at the hips and slightly at the knees to grasp it with a pronated grip, with your hands shoulder-width apart. Keeping a slight bend in your knees, but your back and arms completely straight and hips back, stand, pulling the barbell up your shins. Lower the bar back down your shins, stopping just before the weights hit the floor.

EASY DOES IT

Grip strength can hinder your progress; there's no shame in using lifting straps or liquid chalk to help you hang on!



BARBELL CALF RAISE

MUSCLES TARGETED Calves

SESSION 3 x 6, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD Stand with a barbell against the back of your traps and hands in a supinated grip roughly 10cm outside of your shoulders. Body in a straight line, raise heels off floor as high as you can before lowering under control.

**STATIC BIKE/
TURBO SESSION**

Build power and endurance indoors with this gym-based workout...

WARM-UP

- 10mins going from 70-100rpm and maxing out at an effort level of 6/10

MAIN SESSION*

- 4 x 3mins @90-100rpm 7/10, 2min recovery @80rpm 4/10
- 4 x 2mins @90-100rpm 8/10, 3min recovery @80rpm 4/10
- 3 x 1min @90-120rpm 9/10, 1min recovery @60-70rpm 4/10

COOL-DOWN

- 5mins @60-70rpm 3/10

*Keep track of your wattage during each of your intervals and try to beat them each session.



When winter hits, power and endurance can be easily built by training indoors



RUN-SPECIFIC STRENGTH EXERCISES

THE SINGLE-LEG MOVEMENTS IN THIS WORKOUT ENSURE YOU BUILD UP BALANCED STRENGTH. IT WILL ALSO INCREASE THE STABILITY OF YOUR MUSCLES SO EVERY STEP IS CONTROLLED AND POWERFUL

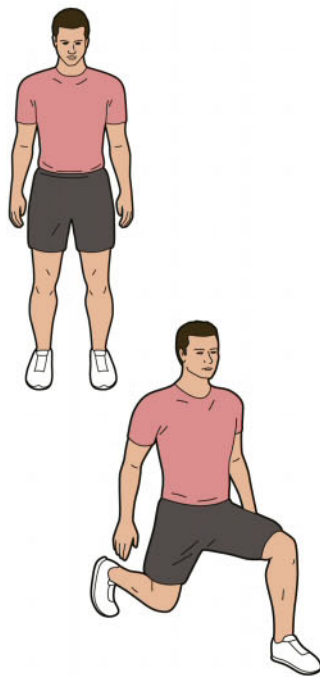
DIAGONAL LUNGE

MUSCLES TARGETED

Quadriceps, glutes, adductors, calves, abdominals.

SESSION 3 x 10 reps to each side, rest 2mins between sets.

METHOD Stand with your feet shoulder-width apart. Take a big diagonal step - about 45° - with one leg so your back knee brushes the floor as you sink down into a lunge. Push off your front foot to return to the start position.



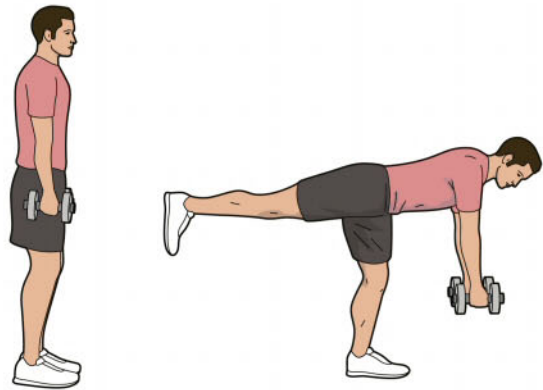
SINGLE-LEG DEADLIFT

MUSCLES TARGETED

Hamstrings, glutes, abdominals.

SESSION 3 x 6 to each side, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD Stand with your feet shoulder-width apart, holding a dumbbell in each hand. Start the movement by bending at the hip, extending a free leg behind you for balance. Continue lowering the dumbbells until you're parallel to the ground, and then return to the upright position.



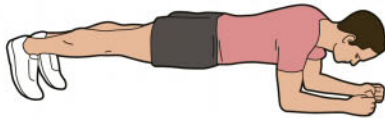
PLANK

MUSCLES TARGETED

Rectus abdominus, transverse abdominis, obliques.

SESSION 3 x 30secs hold, rest 2mins between sets.

METHOD Get into a press-up position, lower down onto your elbows and hold, keeping your body in a straight line from heels to shoulders.



EASY DOES IT

Squat to at least parallel, so where the crease of your hip is just below the top of your knee. If this is a struggle, try widening your stance.



DUMBBELL SQUAT JUMP

MUSCLES TARGETED

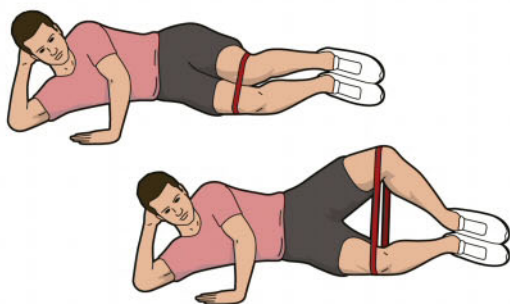
Quadriceps, hamstrings, glutes, calves, abdominals.

SESSION 3 x 6, rest 2mins between sets; work with a weight that would only allow you to get out a couple more reps if you had to.

METHOD Stand with your feet shoulder-width apart, holding a dumbbell in a hammer grip position in each hand. Lower into at least a parallel squat, then explode up into a vertical jump.

Run strength exercises help increase muscle stability so every step is controlled

“ Triathletes need a lot more lower body muscle to power them around the bike and run ”



RESISTANCE BAND CLAM

MUSCLES TARGETED External hip rotators, glutes.

SESSION 3 x 10 to each side, rest 2mins between sets.

METHOD With a resistance band (you can also use inner tubes, just wrap them around your legs and tie a knot) around your lower quads, lie on your side with your head resting on your arm and the other hand on the floor in front of you for balance. Bend your legs so they form a V and, keeping your feet together, lift your top knee so you open up a space between your legs, then return to the start position under control. Keep your hips locked in place while you do this move.



Boost your race speed by mixing up the pace on the treadmill

TREADMILL RUN SESSION

Whether you're doing a 5km sprint run leg or an Olympic-distance 10K, this indoor running session will help build speed and endurance to complete either at a decent pace...



PRE-SESSION

- First run a 5km time trial to find your average km/hr speed, which you will use as your Running Threshold Pace (RTP) during the following session.

WARM-UP

- Build up from 55%-75% of your RTP over 10mins.
- 4 x 400m, 100m walking recovery. In the first interval run @85% of your RTP, increasing your pace by 5% over each interval so you're running at your RTP or 5km pace in the last one.

MAIN SESSION*

- 4 x 800m, 200m recovery walk. Do the first interval @90% of your RTP, increasing your pace by 5% in each interval so that you're running @105% of your 5km speed in the last one.
- 4 x 400m, 100m easy recovery walk. Do the first interval @100% of your RTP, increasing your pace by 5% in each interval so that you're running @115% of your 5km speed in the last one.

WARM-DOWN

- 5mins @55% of your RTP for 5mins

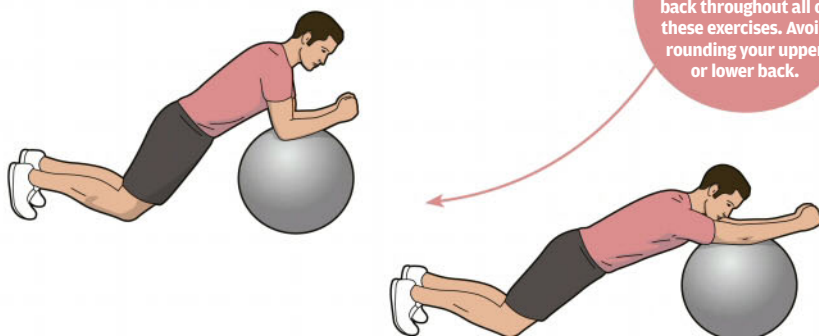
*Keep track of your interval speed during each of your intervals - you can record your scores on your phone during your recovery periods - and try to beat them each time you do the session.

SWISS BALL FORWARD ROLLOUT

MUSCLES TARGETED Rectus abdominus, transverse abdominis, obliques.

SESSION 3 x 6, rest 2mins between sets.

METHOD Kneel and rest your elbows on a Swiss ball. Bracing your abs and keeping your elbows on the ball, roll it forwards as far as you can while keeping your body in a straight line from knees to shoulders.



EASY DOES IT

To avoid injury, keep a neutral spine and flat back throughout all of these exercises. Avoid rounding your upper or lower back.

Turn the page for your four-week, gym-based training plan by tri coach Pat Leahy



THE TRAINING PLAN

HERE'S HOW TO PUT ALL THE PREVIOUS WORKOUTS TOGETHER INTO A WEEKLY TRAINING PROGRAMME. BELOW ARE THE FIRST FOUR WEEKS OF THE SIX-WEEK PLAN - HEAD TO 22OTRI.COM TO DOWNLOAD IN FULL...

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|--|--|--|-------------|--|--|--|
| WEEK ONE | Swim SWIM SETS AND REPS: As on pgs44-45. | Bike STATIC BIKE/ TURBO SESSION: See workout box, p47. | Run RUN SETS AND REPS: As on pgs48-49. | Rest | Swim POOL SESSION: See workout box, p45. | Bike BIKE SETS AND REPS: As on pgs46-47. | Run TREADMILL RUN SESSION: See workout box, p49. |
| WEEK TWO | Swim SWIM SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Bike STATIC BIKE/ TURBO SESSION: Every time you do the workout, increase your wattage in every work set. | Run RUN SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Rest | Swim POOL SESSION: Every time you do the workout, increase your speed by a second in every work set. | Bike BIKE SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Run TREADMILL RUN SESSION: Every time you do the workout, try to increase your speed slightly in every work set. |
| WEEK THREE | Swim SWIM SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Bike STATIC BIKE/ TURBO SESSION: Every time you do the workout, increase your wattage in every work set. | Run RUN SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Rest | Swim POOL SESSION: Every time you do the workout, increase your speed by a second in every work set. | Bike BIKE SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Run TREADMILL RUN SESSION: Every time you do the workout, try to increase your speed slightly in every work set. |
| WEEK FOUR | Swim SWIM SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Bike STATIC BIKE/ TURBO SESSION: Every time you do the workout, increase your wattage in every work set. | Run RUN SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Rest | Swim POOL SESSION: Every time you do the workout, increase your speed by a second in every work set. | Bike BIKE SETS AND REPS: Add two reps to each bilateral move (two sides of your body working at the same); four reps (two to each side) to the unilateral movements; for timed moves add 10secs each time. | Run TREADMILL RUN SESSION: Every time you do the workout, try to increase your speed slightly in every work set. |

To train with Pat Leahy, go to provo2.com or visit him at his bike shop, Department of Endurance in Fulham, London (doendurance.com).

For the full, six-week indoor training plan by Pat Leahy, head online to 22otri.com where you will also find a wealth of swim, bike and run advice. ■ 220

*Includes bottle mount

Tri



Elite: Chromoly rail £54.99*

Race: Titanium rail £64.99*



The new Fabric Tri saddle is UCI compliant and designed to suit the specific requirements of triathlon and time trial. Featuring a centralised pressure relief channel, integral bike hanger, removable bottle mount and built using Fabric's award winning saddle technology the Tri saddle is designed for performance but not at the expense of comfort.

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GEAR FOCUS

AEROBARS

On the one hand, aerobars can cut drag and shave precious seconds off your race time. On the other, it's argued that they can hinder your speed and compromise power if used incorrectly.

Nik Cook gives the lowdown on the components that divide the two-wheel community... [👉](#)

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TRI PIONEERS

Triathletes pioneered the use of aerobars for racing, and - if used optimally - they'll do more than any other piece of equipment for shaving time off your bike split. Scott bikes long held the patent for the design, but today Zipp, Vision, Easton, Profile Design, 3T, Deda and more are all major aerobar players.

RAISING THE BAR

Some of the greatest names in cycling and triathlon have clawed back vital seconds using aerobars, which were dreamt up in the 1970s, and are a regular sight in tri today...

After Bradley Wiggins' successful Hour Record attempt, the component of his bike that attracted the most attention was his 3D printed titanium aerobars. Designed and machined precisely to his position, they played a major role in his staggering 54.526km ride. With a rider's frontal area one of the key determinants for drag, bars that facilitate a low and narrow position have been sought since the importance of aerodynamics was first realised.

The story of the aerobar began in the 1970s when Swiss cycling visionary Toni Maier created cowhorn bars for time trials. A proto base-bar, these were the bars to have for racing against the clock well into the 1980s. The first extensions, allowing a flat, stretched-out riding position, were seen in ultra endurance events such as the Race Across America but it was US World Cup ski team head coach, Boone Lennon, who's usually credited with their invention.

Mimicking the tuck his ski racers adopted, in collaboration with ski and cycling brand Scott, the

DH aerobar was launched in 1987. Triathletes were the early adopters of this new technology, with legends such as Scott Molina, Scott Tinley and Mike Pigg among the early converts.


TREND TAKES HOLD

In 1989, when Greg LeMond used aerobars to claw back a 50sec deficit in the final time trial to win the Tour de France by 8secs, the conservative world of pro cycling woke up to aero. Suddenly they were a must-have and, even in the peloton, compact aerobars, such as the Cinelli Spinaci bars, appeared bolted to riders' handlebars. Although banned by the Union Cycliste Internationale in 1997 for safety reasons, these bunch-racing aerobars were the prototype for the bars used by draft-legal triathletes today.

Aerobars aren't a one-shot, go-faster solution, however. For the rider, aerobars can facilitate a more aerodynamic riding position but, if that position isn't sustainable or compromises power output too much, the net result can be less speed.

The bike, its components and the rider have to be considered as a whole dynamic unit. Focus too much on one part, such as the bars, and the real-world riding results may surprise and disappoint you. Andy Smallwood, Boardman Bikes company director, found this to be true when developing their TTE bike.

"When we took Pete Jacobs' Kona-winning AiR 9.8 set-up and started using it as the baseline for our new TTE model, we decided, within the parameters of fit and adjustability, to make the cockpit as aero as possible," says Smallwood.

"CAD and CFD testing on their own showed the new bars to be extremely slippery, and the bike, as a whole, was posting numbers showing it to be 14-24% faster. But when we factored in a rider, the whole set-up was 4% slower. The problem was the bars were too good. The air was flowing over them but then slamming into the rider's knees. Learning from this, we redesigned the bars to manipulate the airflow and produced a whole set-up that was 4% faster." 

KEY FEATURES

Aerobars have a range of components that enable adjustability and can vary greatly according to drafting and non-drafting races. Let's analyse an integrated pair...

PADS

For a non-drafting set-up, pads should support your arms at or near your elbows and your shoulders should be close to perpendicular above them. Look for width, rotational adjustment and the ability to remove for washing. On draft-legal bars, there often aren't pads or they'll be more minimal. You won't be on the aerobars for extended periods, you won't be so far forward and any pads will give your forearms a bit of support.

EXTENSIONS

For non-drafting races, these come in a number of shapes, from straight to ski-curves, allowing a variety of hand positions. Choose based on personal fitness, adjustability and comfort, not what looks fastest or what the pros are using. For draft-legal races, the extensions cannot extend more than 15cm in front of the wheel axle or the brake levers' foremost line. They must also be bridged.

RISERS

A key component for adjusting the height of the elbow pads. As risers can be more aerodynamically shaped than stem spacers, running your base bar low and using risers to add stack height is the faster set-up. However, gains will be fairly marginal so, if you also need a couple of stem spacers to get your position right, don't stress too much.

BASE BAR

Aside from aero profiling, for non-drafting TT set-ups, they're largely unchanged from Toni Maier's original cowhorns. On flat courses, you should hardly touch your base bars for the entire ride but, throw some hills or tight bends into the mix, and they need to be set up well for both comfort and handling. Draft-legal racers have to use traditional drop handlebars.

SHIFTERS

For non-drafting races, shifters are sited at the end of the extensions, allowing easy shifting while in your aero tuck. Recent innovations include return-to-centre shifters but the advent of electronic shifting has been most significant. These allow racers to have shifters both on their extensions and basebar (see the Scott, right), and offers a real edge on hilly and technical courses.



THE RIGHT ADJUSTMENTS

Adjustability is a vital factor when it comes to aerobars, as the wrong set-up can impact greatly on speed and comfort. Here we discover how and when to perfect the aero tuck...

For many novice triathletes, their first aero upgrade is to bolt a set of clip-on aerobars to their road bike and expect chunks of time to fall off their bike split. Yet many find they end up slower and more uncomfortable. Road bikes have a different geometry to dedicated TT bikes and this has to be considered when fitting aerobars. As Phil Burt, lead physiotherapist of the Great Britain Cycling Team and author of *Bike Fit: Optimise Your Bike Position for High Performance and Injury Avoidance*, explains...

"A road bike and a TT position won't be compatible unless you make a few more adjustments than simply clipping on a set of aerobars. Your normal riding position has to be rotated forwards for an effective aero tuck but without stretching you out too much and compressing your hip angle. The seat angle and top tube length on most road bikes make this hard to do. You'll probably need to move your saddle forwards, maybe fit a seatpost that steepens the seat angle and obviously adjust your saddle height to accommodate these changes. At the front end,

you'll also probably need to consider a shorter stem to reduce reach. Once you have the position right, it's then essential that you train in it and don't wait until race day."

Even if you decide on a dedicated TT set-up, being able to adjust the bike, especially the cockpit, to your position should be a top consideration. Many integrated systems don't allow the range of adjustment necessary and, although they may look sleek, slippery and tempting, remember that more than 80% of drag is down to the rider.

A DESIRED FIT

When the Zipp engineers were designing their Vuka bars, adjustability was their core consideration. Nathan Schickel, Zipp product manager, says: "From the inception of Zipp aerobars in 2006, the focus has been on adjustability to allow the rider to find their most comfortable aerodynamic position. Our designers know that not having a position you can stay in for your entire race is a wasted opportunity to go fast.

Therefore, our focus is on ensuring the bars and bolts are as easy to adjust as possible."

Although it's important to train in your race position, there are times when hunkering down on your aerobars isn't a good idea. Group situations such as club rides are an obvious example. Don't turn up to sportives with them either, especially those run under British Cycling rules. With the International Triathlon Union (ITU) making some age-group championship races draft legal for 2016, some riders are going to find themselves in bunch racing situations with the option of using short aerobars. If you have any doubts about your handling ability, opt for a straight road set-up. If you do use aerobars, make sure they comply with the ITU regulations for draft-legal races.

Even in a race situation, don't be a slave to your aero tuck. If the course is hilly, there'll come a point during climbing when the increased power of sitting up or standing will outweigh the aero gains of using your aerobars. Even on closed roads, if you're unfamiliar with a descent it's better to lose a bit of speed and cover your brakes. ■ 220

“A road bike and a TT position won't be compatible unless you make a few more adjustments to your set-up”

CLIP-ON APPEAL

Ideal for beginners, clip-on aerobars are cheaper and more versatile than integrated sets, and allow you to set them up on the day depending on the course or weather conditions. They don't allow shifting on the extensions, however, and be careful how tight (or loose) you attach them to your bars.





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SHARP SHOOTER

SELF-COACHED, STRAIGHT-TALKING AND A MAN WHO SEEMINGLY FEELS NO PAIN, JOE SKIPPER IS ONE OF THE MOST EXCITING TALENTS IN IRONMAN. WE MEET THE NORWICH-BASED BRIT TO TALK M-DOT ADVICE, GOING SUB-EIGHT AND WHY FACING JAVIER GOMEZ DOESN'T WORRY HIM...

WORDS MATT BAIRD
IMAGES REMY WHITING

The faithful at Tottenham Hotspur F.C. sing a song about their local lad made good, a boy brought up on the North London terraces who's become a world-beater, undaunted by the opposition he's faced on the field. 'He's one of our own, Harry Kane, he's one of our own', goes the refrain. While tri may lack football's tribal rivalry, if the homegrown Kane has a triathlete equivalent it'd be Britain's Joe Skipper. He's a man who's shared a course with us age-groupers at the Cowman, Fritton Viking, the Marshman Middle, Ironman UK and more, and is now laying siege to reputations and egos across the long-distance landscape.

The third-fastest Ironman bike leg in history – plus Britain's first ITU long-distance worlds men's medal for nearly two decades – have been just two highs of Skipper's breakout 2015 season. The headline-grabbing results build on his Challenge Weymouth win from 2014 and establish Skipper as arguably Britain's most exciting Ironman male force since Spencer Smith made the jump from ITU racing to Ironman in the late 1990s. And all of this while basing himself away from the distant Ironman pro athlete cliques of Boulder, Arizona and Stellenbosch in favour of being self-coached on the outskirts of Norwich.

EAST ANGLIAN ROOTS

Born in 1988 and raised in Lowestoft on the Suffolk coast, Skipper comes from an athletic family, with two sporty sisters and a dad who loves cycling. Swiftly fed-up with the university drinking culture, Skipper's first brush with triathlon came while studying sports science at Manchester in 2010 at Weymouth's middle-distance Bustinskin event.

Lucy Gossage, our new columnist and another Brit pro who has also chosen to base herself in East Anglia (and where one Chrissie Wellington spent her formative years), provided Skipper with plenty of advice early in his career

that paved the way for Joe to become a pro. The two shared a house in Hawaii this year, and the mutual respect between the two popular age-groupers-turned-pros runs deep.

"Joe is one of the most driven athletes I've encountered and he also has masses of self-belief," says Gossage today. "We share a similar work ethic and are both fans of keeping it simple. There's nothing too complicated about triathlon – hard work and consistency gets you a long way. He's incredibly focused when he needs to be but also keeps it fun and will always support slower athletes who train with him, as long as they work as hard as he does. I wouldn't be surprised if he finishes on the podium in Kona one day... I just hope he doesn't get drawn to a 'clever' coach who tries to change too much. There's no need to change something that's working!"

STATE OF INDEPENDENCE

By 2011, Skipper was already winning races outright, with victories at the Cowman, Fritton Viking, Marshman and Ely middle-distance events before turning pro in 2012. Where many UK athletes have been brought up around the British Triathlon hubs in Loughborough, Stirling or Leeds, Skipper has remained independent throughout, his decision to remain self-coached both a choice and necessity.

"The decision to be self-coached originally came down to finances. [To be coached] was £100 a month and I didn't have that spare," says Skipper at our cover shoot in Norwich. "I read the sports science journals and set the training plans myself. I started improving anyway so I must've been doing something right. I don't like the pressure of hitting certain times on certain days set by coaches; I like the flexibility of knowing my own body."

Paula Findlay and Vanessa Fernandes (see issue 317) are examples of pro athletes pushed too hard, too young, by their respective coaches, but there are countless examples of

coaches elevating their charges to new heights. "No-one knows what works for them until they've tried everything," admits Skipper. "And my swimming is really inconsistent, so I need to analyse my data more. I've just bought the Garmin 920XT, though, and it already makes the swimming more fun. But the swim is what's costing me the big races. Now more than ever I need to improve the swim."

If Skipper, who swam three times a week as a child, knows his 3.8km swim times need an overhaul, it's a case of marginal gains with his 180km bike and 42.2km run splits going forward, as his road skills have made Skipper a rising presence on the worldwide Ironman scene. And a man who seemingly feels no pain in both training and at races.

"I haven't got a clue where that determination comes from. I just love it. I really enjoy seeing how hard I can push myself and how much pain I can take," laughs Skipper. "Then at the next race I want to push myself harder and see if I can go further. I find the feeling of being at your limit and going as fast as you can addictive. Add into that the competitive element and it's intoxicating."

TALKING THE TALK

Like Spencer Smith, whose fifth-place finish at the 1998 Ironman World Champs in Kona, Hawaii, is our nation's best male finish, Skipper is refreshingly candid and talks the talk of a champ. In a sporting world where athletes are media trained at a young age to say plenty, without saying anything at all, Skipper's claim that the "power numbers of the top elites don't impress me much" has become a Shania Twain-referencing office favourite. Expecting Skipper to backtrack when we told him of this, the 27-year-old is unrepentant.

"I just find that talk quite funny really. It's like banter with my mates when we go out training and take the piss out of each other. And the power watts of the top athletes don't impress

FEATURE

me, I could do 270-280 watts in a hard training ride and that's what they're doing at races. And that's with me doing the 20-30hrs of training that week."

If the above paints Skipper as a man whose ego is greater than his talent, spend time in his company and he's genuinely down-to-earth and unassuming. The conversation is two-way throughout, whether that's quizzing various members of 220 about their favourite interviewees, talking *Breaking Bad* or discussing pro finances over a kebab outside a Boardman launch in Shoreditch.

If Skipper talks the talk of a sportsman, he also walks the precarious line of a pro triathlete existence, with his second place at Ironman Texas in May ensuring Skipper didn't return to England and land straight into the Job Centre queue. "It was make or break. Luckily my mum and dad covered the costs of the hire car for me [in Texas]. If I'd injured myself at Texas, that would've been the end of my career. I actually raced without a back brake as it had a rub that we couldn't fix pre-race. But I still thought I'd smash it and win on the run. I've just never experienced heat like that."

UNFINISHED BUSINESS

Skipper finished ahead of the decorated likes of Lionel Sanders and Ben Hoffman in the Lone Star State, scooping a \$15,000 cheque in the process to extend his pro career. Skipper followed that with a third place at the ITU Long Distance Worlds in Sweden, before returning to Ironman UK in Bolton for a title that once again - following podiums in 2013 and '14 - stayed out of his reach, finishing third behind the Scottish duo of David McNamee and Fraser Cartmell.

"I was sure I'd win Bolton and I took my eyes off the ball. I became a target and I know David and Fraser wanted to beat me. And they did that fair and square. You have to give Ironman the respect it deserves." So will Skipper be back to Bolton in July to make it fourth time lucky? "You can get too wrapped up in winning and I



don't want to get to the stage where I raced there six times and never won. I've missed out on so many amazing races worldwide and I don't want to be racing in Bolton town centre every year. The atmosphere is incredible, though, and I've unfinished business there."

Joe's 2016 business includes the Kiwi double of Challenge Wanaka and Ironman New Zealand two weeks apart in the spring, before the tantalising prospect of Skipper attempting the fast, flat PB-hunting ground of Bavaria's Challenge Roth in July, scene of history's fastest Iron time in 2011 by Andreas Raelert (7:41:33). And it's here that Skipper is aiming to become the first Brit triathlete in history to break the magical eight-hour barrier in 226km racing.

"I really want to go sub-8hr at Roth, as racing isn't just about Kona for me. I'll target Kona in 2017 if I do well this season, but a lot depends on sponsors and Kona means putting your eggs

in one basket. Which could leave me screwed. [Brit pro] Rachel Joyce doesn't race that much before Kona, but she's proved she's up there for years and has earned her stripes. You have to get the results before you do that."

HAWAII-BOUND

After Roth, another crack at the Ironman World Champs in October for Skipper is on the cards, having finished 13th in October. "I didn't have a great race," says Skipper on his debut showing in Hawaii. "I had my heart set on the top 10. My swim was with the chase pack, my bike numbers weren't what they could've been and my run was shocking. If I'd known I would've done a crap run, then I would've gone harder on the bike and got the fastest bike leg. And I rode the whole course by myself. So I've got an idea on how Kona works. But I wouldn't do a July race like Challenge Roth if I was going to seriously target Kona."

Unlike the 38-year-old Tim Don, the years are on Skipper's side when it comes to Kona glory (the average age of men's winners this decade is 34). But standing in his way in 2017 will be the latest influx of post-Olympic Games short-course speed merchants, likely to include the formidable 69kg shape of Javier Gomez. Yet Skipper is typically bullish on the prospect of lining up against the Spanish superstar in Kailua Bay. "Seeing Gomez coming up doesn't worry me. Ironman is a completely different ball game. I'd enjoy racing him as I want to beat the best people."

And with that Skipper climbs into his Volkswagen estate and drives off into the fading East Anglian light; self-coached, self-made and ploughing his own furrow until Kona, Roth and Bolton town centre have been conquered. It's going to be an engrossing ride following his progress. After all, he's one of our own, Joe Skipper, he's one of our own...

Turn to pages 63-64 for Joe's essential Ironman sessions and advice... ➔

IMAGES DAVID PEARCE, NILS NILSEN, TRIATHLON.ORG/JANOS SCHMIDT

★ ★ ★
KEY RACES

THE MAKING OF SKIPPER

Three major races in the evolution of the Norwich-based star



CHALLENGE WEYMOUTH, 2014

Skipper's first long-course win came after a duo of Ironman UK podiums, made all the more memorable for Skipper as Weymouth was the host of his first tri, the Bustinskin Middle, in 2010. The sub-8hr time (Skipper finished in 7:49hrs) is skewed by the short 176km bike and 37km run.



IRONMAN TEXAS, 2015

In a make-or-break race, Skipper scores second in America courtesy of a 4:10hr 180km bike split, the third-fastest Ironman bike leg in history. His numbers include a 42.89km/hr average speed and a 299 watts average output. And in unforgiving conditions of 30°C+ heat and 90% humidity.



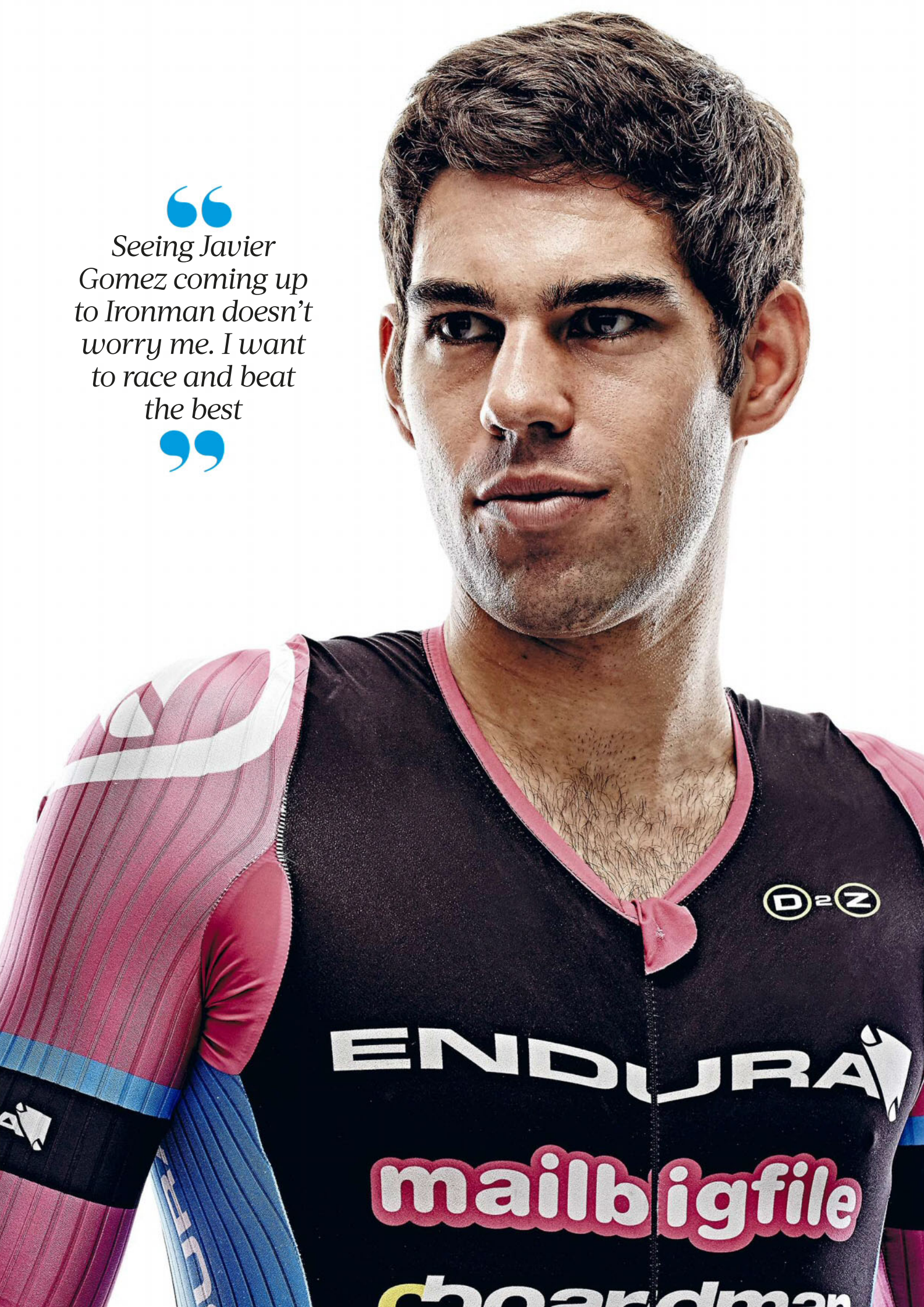
ITU LONG DISTANCE WORLDS, 2015

After suffering during the shortened, bitterly cold 1.5km swim in Motala, Sweden, Skipper moved up 25 places on the 120km bike leg. Seven minutes in arrears to the leaders at T2, the Brit produced the day's fastest 30km split of 1:47:06 to finish in third and within touching distance of silver.

“

Seeing Javier Gomez coming up to Ironman doesn't worry me. I want to race and beat the best

”



FEATURE

JOE SKIPPER FACTFILE



AGE 27

LIVES Norwich

TRAINS Norwich

RIDES Boardman Air TTE 9.8

TOP FIVE RESULTS

3rd, 2015 ITU Long Distance Worlds

2nd, 2015 Ironman Texas

1st, 2014 Challenge Weymouth

2nd, 2014 Ironman UK

1st, 2011 British Tri Middle Champs





“These sessions will build muscular endurance and stamina, and get your Ironman pace dialled in”

SKIPPER'S SESSIONS

Joe's mandatory two-wheel and brick sets for beasting the Ironman bike and run...

LONG RIDE WITH FTP EFFORTS

This long ride will make you strong as an ox, says Skipper, by building your endurance capabilities...

Aim To build muscular endurance and stamina. This session is a good one to do for your long ride. It's not a high intensity but will make your long ride more specific. A way to progress the session and build it up over time would be to make the big gear reps longer and, over time, add more threshold reps.

Distance 80-120km depending on fitness and terrain

Equipment Bike, training kit

Location Open country roads

Benefits Will make you as strong as an ox!

Duration 3-4hrs as: start with 60mins steady pace, 3 x 10mins in a big gear (cadence around 60rpm, power around 85% FTP) with 10mins steady riding in between. Then ride steady for 30mins and do 3 x 5mins at FTP with 5mins steady riding in between. After the last effort, ride steady to finish.

THRESHOLD BIKE AND RUN

This brick will give you clues on threshold and pacing, as well as getting you used to running off the bike...

Aim A great bike and run session for developing your threshold bike and run paces. I'd do around 80-90mins on a turbo followed by around 17km of running intervals afterwards.

Distance 90mins bike, 16km run

Equipment Turbo, bike kit, run kit

Location Turbo for the bike, a lapped 2-3km run course

Benefits It'll improve your threshold on the bike and running, and will also enable you to get used to running fast off the bike.

Duration 2:30hrs for the bike and run. A typical session might be: 40mins @ 90-95% FTP, 4mins rest, 20mins @ FTP, 3mins rest, then a set of 2:30mins @ FTP, 90secs rest. Have 10mins rest before getting changed into running kit and doing 7km at half marathon pace, 2mins rest, 7km at half marathon pace, 2mins rest, 3km at or above threshold to finish.

IRON BRICK

A key set in the Skipper locker is this Ironman-paced bike and above-Ironman paced run a month before race day...

Aim To get your Ironman pace dialled in. On the bike, the target is to ride for 160km at your target Ironman power, or target speed if you don't have a power meter. I'd suggest using a flat course for this, as it's generally more specific to what terrain you'll get at many Ironman races (Tenby and Lanza aside!). After the bike, do a transition practice and run for 15km at just above Ironman race pace.

Distance 150km bike/15km run

Equipment Race bike, race kit or training kit

Location Flat, non-technical course

Benefits This session will give you a lot of confidence, as you're doing the bike at target race pace and then trying to run at above race pace. I'd do this session four weeks before your Ironman race. The session also gives you an idea of whether or not you can push the bike harder than you thought, or if your target power on the bike is too ambitious. 🖱️

JOE'S M-DOT ADVICE

From manning-up to threshold power, here's Skipper's 10-step guide to long-distance nirvana. "Winner, winner, chicken dinner!"

- 1** Consistency, consistency, consistency. So many people like to be a hero for one session and then are nailed for days after. Train hard but consistently, and train to your own zones not your mates!
- 2** Train to improve your threshold power and speeds across the three disciplines, as this is the biggest limiting factor in a lot of long-distance athletes.
- 3** Either get a coach or write your own training plan; having something written down will make a big difference.
- 4** Record your training data. It's great to look back on your training to see what you were doing when you were going well, and also to see how you can improve.
- 5** Some people have mantras while racing; I just tell myself to stop being a pussy and to dig in! At the ITU Long Distance Worlds I got dropped after 8km on the run, gave myself some stern words and ran my way up to third place with the fastest run split. Sometimes your head is your biggest rival, or your best asset!
- 6** At the swim start, find some swimmers that you know are a bit quicker than you and start next to them with the aim of getting on their feet. They'll probably drag you round to a faster swim split for less effort! Winner, winner, chicken dinner!
- 7** If you have a power meter, use it to stop yourself going too hard at the start of a long-distance event. A lot of people start off way too hard and you don't suddenly gain 30watts on your functional threshold power (FTP) on race day. It'll catch up with you later on in the event and you'll end up racing much slower.
- 8** Expect to feel like rubbish at some points in the race. This is perfectly normal and, in every Ironman event I've done, I've wondered if I'm going to make it to the finish. You have to expect this and have confidence in that; it's just a phase and you'll feel better again soon. Just push through and embrace it!
- 9** If it really hurts, you're probably going too fast. If it doesn't hurt at all, you're either on a great day or not going fast enough.
- 10** A little post-race pet hate of mine. If you finished fourth in your age-group but were 35th overall don't tell people you came fourth. You know full well you were 35th. If you're not happy with your overall position, train harder, train smarter and race harder! ■ **220**



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We're at the start of a brand-spanking new year of tri, so it's time to start thinking about race season – and thanks to the generous teams at **The National Triathlon Show** and neoprene wizards **Huub**, we've got just the prize this month to get you kitted out and ready for the year ahead.

Presented by the UK's number one triathlon mag, *220 Triathlon*, The National Triathlon Show promises to be the must-attend event of 2016. Running from 8-10 April at the Lee Valley VeloPark, over 100 of the leading triathlon brands will be there presenting the sport's best technology and gear. Not only that but you'll get the chance to ride the velodrome, meet the 220 team and receive tips from the sport's best coaches. Use code SW57 to get 2 for 1 tickets (standard ticket price £12 – offer ends 31 January 2016) at www.220triathlonshow.co.uk

Exhibiting at The National Triathlon Show are Huub, the triathlon apparel specialists who you'll see adorning elite athletes including the Brownlees, six-time Ironman champ Dave Scott and GB Ironman Harry Wiltshire. This month, they're providing one lucky 220 reader with a fantastic package including an Archimedes II (male) or Axena (female) wetsuit, a Core tri-suit and Aphotic goggles.

The Archimedes II (£549.99) is the second incarnation of Huub's top-end wetsuit. Worn by both Brownlees, it features Chloroprene foam material with a variety of thicknesses to maximise stretch and performance. Added to that, you get calf and bicep-release panels to aid natural movement and a quick-release zipper for easy transitions. A female winner will be sent the Axena suit, which benefits from the same tech but with a design aimed at supporting the female physiology.

Not only that, but our lucky winner will receive a tri-suit from Huub's Core range (£99.99), created to aid performance at all distances, plus a set of Huub Aphotic open-water swimming goggles (£39.99) that use photochromatic technology to adjust their tint depending on light conditions.

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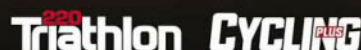
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Helen Webster, Editor, 220 Magazine

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220 Triathlon AWARDS 2016

ZIPP 808 FIRECREST
Speed over to p94 to discover how the 808s from race wheel pioneers Zipp perform

HOW WE TEST

We test more tri-specific gear than any other mag. 220's team of expert independent testers puts each product through its paces in real-life training and racing situations. They report back honestly, rating the product on performance and value.

HOW WE RATE

We rate out of 100%. The higher the score, the better the product

| | |
|--------|-----------------|
| 91%+ | BUY IMMEDIATELY |
| 81-90% | VERY IMPRESSIVE |
| 71-80% | GOOD |
| 61-70% | WORTH A PUNT |
| 51-60% | AVERAGE |
| 0-50% | POOR |

OUR AWARDS



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THE TEST TEAM



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JOEL ENOCH is a nutrition expert and tri coach

TRI GEAR

The latest tri tech tested by our roving band of reviewers

NEW BALANCE BEACON

£130.00 newbalance.co.uk

Like the Helly Hanson jacket reviewed last ish, the New Balance Beacon run jacket seems to exist in that autumn/spring niche where a base layer and t-shirt aren't enough, but the weather's too warm for a genuine wind-stopper. The Beacon, as the name suggests, has two major selling points that elevate it above the competition, however.

The first is the surprising degree of water-resistance that, despite lacking a classic hardshell feel, withstood an aquatic attack on the run (and, helped by the dropped back hem, on the road bike, too). This lightweight polyester/spandex mix, coupled with the back vent, also provided plenty of breathability compared to the vast majority of run shells out there.

Where many jackets offer reflective hems and decals, the Beacon takes this to the next level by proactively glowing in the dark. Simply charge it under a light before you go out, and the graphics will glow, even if you're nowhere near any nocturnal illuminations. Coupled with the reflective trims, this is a brilliant and inventive way of being seen and hopefully staying safe on pre/post-sunlight pursuits.

While the marketing bods at New Balance tout its athletic fit, we did find the Beacon excessively loose, even with a base layer and t-shirt underneath, with the hood adding to the floaty feel. Elsewhere, we would've appreciated the addition of a smaller MP3 or key pocket to complement the vast zipped pockets on the sides. The price is acceptable, too. **MB**

» VERDICT

86%



Some questions over fit, but an inventive way of being seen after sunset

NEW ENTRY

'Charge' the Beacon's reflective detailing by hanging it under a light and it'll glow throughout your run even when there are no street or car lights shining on it.



AFTERSHOKZ
BLUEZ 2S

£89.95 www.aftershokz.co.uk

The Bluez 2S is the latest model in AfterShokz's line of bone-conducting headphones, and there are a few new features rather than just an aesthetic update. The first is PremiumPitch+, a refinement of the sound quality that promises to deliver more bass. Bass is where AfterShokz headphones have struggled in the past and, although these won't blow the lower registers of your mind, there's clearly more bass than before. Then there's LeakSlayer (we're honestly not making these names up), designed to minimise sound leakage. With this pair, sound quality is definitely up on this model. The fit is good and keeps the headphones firmly in place, even during Paula Radcliffe-esque head bobbing. On top of that, sweat-proofing, a six-hour battery life and the ability to work as a hands-free phone kit make these an attractive proposition. **MA**

» **VERDICT** **85%**
 ●●●●●●●●○○
 Packed with features and a better sound quality than ever before



KNOG
BLINDER ARC 640

£89.99 www.todayscyclist.co.uk

Knog is known for its simplistic approach to illumination, and its range mostly consists of USB-rechargeable bike lights with integrated mounts for quick attachment. The Arc 640 is the most powerful in Knog's Blinder range and - for commuting or partially lit roads - it's fine.

On pitch-black trails or unlit roads it won't suffice, but for a light that comes in at just under £90 we were satisfied with its power. The instructions say that fitting the Arc to bars under 25mm will require the supplied foam tape, but we had to use it to stop the light moving on 27.5mm bars. Even then, there was still some movement when going over drain covers and potholes, a problem seemingly due to the weight distribution of the light and its shape. To charge it you can either plug it directly into a USB port or use the extension lead if angles don't allow, which is hassle-free and simple. **JS**

» **VERDICT** **71%**
 ●●●●●●●○○○
 Easy to use and bright for the price, but wobbles on bumpy roads

BAGS OF SPACE

Clips and adjustable straps on either side of Amphibia's backpack give it room to expand to allow for all the kit you need it to carry.



AMPHIBIA BACKPACK

£40.00 www.amphibia-sport.com

On first impressions we weren't completely sure what purpose this backpack was meant to serve, as it has technical features but doesn't appear big enough to be your go-to kitbag. These concerns were swiftly dismissed, however, as the Amphibia Backpack is an absolute Tardis! Its expansion properties seemed to know no bounds, and you can fill the main section without it affecting the space in the large front pouch. There's a fully waterproof section ideal for a wetsuit, plenty of pockets and a clip for a bike helmet on the front. The mesh padding on the back and the straps were supremely comfortable and, even when fully loaded, we experienced no discomfort on rides to the gym. There's also no reason why you couldn't use it as your tri transition bag as it's plenty big enough. If anything, Amphibia is underselling the backpack by not marketing it as such. **JS**

» VERDICT **94%**
 ●●●●●●●●○
Excellent and affordable backpack with tons of space

TRIBESPORTS HALF-ZIP MID-LAYER

£52.00 www.tribesports.com

Championing the 'everyday pro', Tribesports' goal is to provide comfortable, performance products for everyone. Whether we'd ever use the word 'pro' to describe ourselves is debatable but, regardless, this is a fine long-sleeved top for chillier runs. Designed for a close-fit, it's perfect to use for layering up and, thanks to the brushed four-way stretch fabric, feels great against the skin and moves well with the body. The details are good - a zippy key pocket and thumb holes are neat touches - while the front zip allows you to cool things down mid-run. Although it was welcome on chilly days, we did find the stand-up collar quite tight around the neck, although the zip garage stops any rubbing. Finally, wicking was good for a colder-weather top and the fabric still felt good several washes later. **HW**

» VERDICT **85%**
 ●●●●●●●○○
Lots of good features - a top we'll reach for repeatedly during the off-season



TORQ SNAQ BAR

£1.99 www.zyro.co.uk

UK-based Torq produces a wide variety of high-quality sports nutrition products and their new Snaq range aims to offer an indulgent, yet nutritious, alternative to sweet treats. The White Chocolate and Raspberry Fizz is 'cold pressed' to preserve nutrients, with the main ingredients being dates and seeds, each containing more protein and good fats than the standard Torq energy bar for a more balanced nutrient profile. While the bar works as a pleasant-tasting treat, we question the addition of maltodextrin (a quick-release energy source) to a bar intended to be consumed at rest and note that the bar doesn't meet the recommended 10:1 ratio for carbs to fibre, suggested for moderate energy release. Overall, then, it's great for eating during a hike or easy day on the bike but as a snack with a cup of tea - its intended purpose, as stated on the wrapper - we'd want a higher-fibre, oat/nut-based and lower-sugar option. **JE**

» VERDICT **79%**
 ●●●●●●●○○
Good intentions and tasty but we have questions over the composition



MERRELL BARE ACCESS 4

£80.00 www.merrell.com

With 8mm of cushioning, a zero heel-to-toe drop and 170g per shoe weight (20g lighter than previous), the fourth incarnations of the Merrell Bare Access are stripped-back run shoes that positively propel you onto your mid/forefoot, with little to distinguish them from fully fledged 'barefoot' shoes.

Updates for the fourth versions include the deletion of the tri-friendly heel loop, a welcome increase to the heel padding and telling improvements in both the grip of the Vibram outsole and its durability. An important upgrade is in the mesh construction, which has improved the breathability, ruggedness and, hopefully, the long-term pong-repellence, something that troubled us (and our family) with the previous Bare Access editions.

From a personal point-of-view, we credit the previous incarnations of the Bare Access for reinvigorating our love of running. For a feeling of being fast and having barely anything on our feet, we've experienced few better shoes. This continues with the 4s but much depends on run technique, as the lack of cushioning can intensify any existing knee troubles - as we found. We simply need more than the 8mm of cushioning offered here. So much of the long-term appeal of these will be down to whether your run technique is more efficient than ours. **MB**



» VERDICT **82%**



Fast, light and durable flyers... but much depends on if your legs can handle them

GORE BIKE WEAR OXYGEN 2.0 GORE-TEX

£209.99 www.goreapparel.co.uk

There's no way around it: this men's jacket is an awful colour. Just awful. Fortunately, it comes in other colours if, like us, magenta really isn't your thing. Don't let that put you off, though, because the Oxygen works very well indeed.

Made from Gore-Tex, the Oxygen isn't merely water-resistant, it's a full-on 'you shall not pass' declaration to precipitation. But perhaps even better is the fact that the jacket combines that waterproofing with a breathability rarely found in such clothing. With most waterproof jackets you know that you're probably going to struggle with overheating when you wear it. Not with this one. This is the jacket to choose if it's already hammering down before you leave the house, knowing that it'll keep you dry and comfortable in all but monsoon conditions.

The fit is excellent as well - the cuffs are cut close with zips that help them sit tight over gloves, but also provide extra ventilation should you want it. The collar, cuffs and arm logos are made from reflective material, and there's reflective detailing on the back and shoulders too. Another smart feature is the pair of large zips on the back. They might look like vents, but they're actually well-

positioned ports to allow you to access the rear pockets on your jersey. In fact, the only downside is the huge price tag... which it actually almost justifies. As near as any jacket can, in any case. **MA**

» VERDICT **93%**



Not cheap but one of the very best weatherproof jackets around





EKOI
EKCEL MAGNETIC

£129.00 www.ekoi.fr

Ekoi's Ekcel Magnetic is a funny helmet, one which combines a few lovely touches with some areas that look like they haven't yet been finished off properly. A perfect example of this is the chinstrap, which joins together with a magnetic, sliding buckle, rather than the standard plastic clip. It's a great feature and one that we'd love to see on more road helmets across the market. But flip the lid upside down and the strap is attached to it through a small loop of material at the back rather than more advanced routing, which does seem a little rushed. Overall, though, it's a decent helmet. It's light (233g), comes with a lightweight 30g aeroshell and is actually rather compact, so sits quite close to the head, a feature we always like. And if you're not a fan of the patriotic, Union Jack colour scheme here, there are plenty more options available. **MA**

» **VERDICT** **77%**
 ●●●●●●●●○○○
 A solid road helmet with a superb magnetic chin buckle



ZOOT
LAGUNA

£100.00 www.zootsports.com

Zoot's heritage is built on tri-specific gear, but for 2016 the company's expanding into mainstream run products. So joining last year's entry-level Solana shoe are the cushioned Diego and the new Laguna, seen here, which fits into the stability category. While new, some things will feel familiar to Zoot disciples, such as the no-sew upper and 'BareFit' interior, meaning these are comfy enough to wear without socks. We found they came up a little small - even when barefoot - so we sized up. On our 10km test loops, they felt comfortable, although a little bit flat - partly due to the relatively firm sole, which did soften with subsequent runs. It remains to be seen whether Zoot can find a place in the hotly

» **VERDICT** **75%**
 ●●●●●●●●○○○
 A solid-enough effort from Zoot that doesn't break any ground, or the bank

contested run market, but with prices now hitting £200 a pair (see the Asics Metarun on p25), Zoot fans looking for a training shoe could be onto a winner. **HW**



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EASTWAY EMITTER R4

Eastway has returned, backed by Wiggle. So what can the partnership offer in the training and race-day stakes? We ride their sub-£1k offering to find out...

WORDS WARREN ROSSITER IMAGES THESECRETSTUDIO.NET

EASTWAY EMITTER R4 £950.00 WWW.WIGGLE.CO.UK





1 On to the R4's full-carbon frame are bolted an aluminium seatpost, bars and stem from Ritchey **2** Continental tyres provide a good balance of rolling resistance and grip while Tiagra callipers control your speed **3** The drivetrain comes in the shape of a full 10-speed Tiagra groupset but would benefit from an 11-tooth sprocket

Eastway's sole appearance on these pages was a fine review of their R1.0 Carbon road bike back in 2013, and now the British brand returns transformed by a takeover by online retail giant Wiggle. The move has led to Eastway offering a wider array of road bikes, with cyclocross, track, gravel and urban bikes on the horizon. The first to be unleashed from the new range is the Emitter R4.

The R4 is based around a lightweight (1kg) carbon frame with a matched carbon fork, which is impressive for a bike with a sub-£1,000 price. On to that frame is bolted a full Tiagra groupset, Shimano wheels, Ritchey components and classy finishing touches like Continental tyres and a Fizik Aliante saddle.

The Emitter is very much a race machine, with the 73° head and 73.5° seat angles, a short 99cm wheelbase and a low front-end ensuring the ride position is at the aggressive end of the road bike spectrum. The attacking position is backed up with its low weight (8.55kg), which makes for a flighty and responsive feel when climbing.

The Continental tyres provide plenty of traction when descending, although we'd have preferred an 11-tooth sprocket to fully exploit the R4's propensity for downhill speed. The overriding feel when descending on the R4 is of a bike that's free of the nervousness that's often apparent in frames with the same quick responses.

FANS OF TIAGRA

We're fans of Shimano's new 10-speed Tiagra, and Eastway has used the full groupset on the R4, so not only do you get the expected slick shifts but also a slick-looking bike, too. The Tiagra brakes have quality pads that work well in the wet and dry. There's also a responsive feel at the levers, so you can feed in brake power without having to resort to heavy-handedness.

The RS11 wheelset may be one of Shimano's most basic, but you do get quality serviceable hubs, and a tight wheel build that stayed stiff under cornering and stayed true throughout testing. We were glad to see and feel the 25mm tyres, as the R4 frame and fork is a firm-riding partnership. Firm as it is there's enough give to prevent road buzz from becoming wearing after a few hours of riding.

That Eastway has also chosen a high-quality saddle in the Fizik Aliante, putting another big tick in the comfort column as far as our hindquarters are concerned. Sadly, we can't say the same for our hands. The Ritchey bar's compact drop is a great shape, but the transition from the tops to the drops is a bit extreme and the whole thing is wrapped in a thin, foam-based tape that does nothing to take the sting out of the front end's stiffness. But that's really just nitpicking on a bike at this price.

Overall, as a debut for the re-invention of Eastway, the Emitter is an impressive one, and it's certainly a strong new entry in the competitive £1k, carbon-training-and-racing bike market. It's just a shame the online-only availability means test riding for many is going to be tricky.

» VERDICT



91%

A seriously good bike, with class-leading equipment and a ride to match

TECH EASTWAY EMITTER R4

Size tested **56cm**
Overall weight **8.55kg**
(without pedals)



FRAME AND FORKS

Sizes 50, 52, 54, 56, 58, 60cm
Frame Full carbon composite
Fork Full carbon, tapered

TRANSMISSION

Chainset Shimano Tiagra 4700
Bottom bracket Shimano
Cassette Shimano HG50-10 (50/34t)
Chain Shimano 10-speed
Derailleurs Shimano Tiagra 4700
Shifters Shimano Tiagra STI

WHEELS

Front Shimano RS11
Rear Shimano RS11
Tyres Continental UltraSport 700 x 25c

COMPONENTS

Stem Ritchey OE
Bars Ritchey OE Logic II
Headset Ritchey
Saddle Fizik Aliante
Seatpost Ritchey OE
Brakes Shimano Tiagra (12-28)

DIMENSIONS

1 Head angle 73°
2 Seat angle 73.5°
3 Effective top tube 56cm
4 Seat tube 54cm
5 Standover 77cm
6 Chainstay 40.5cm
7 Bottom bracket 27cm
8 Wheelbase 99cm
9 Head tube 15.5cm

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RIDLEY CHRONUS

Belgium's Ridley has delivered a smart and sleek-looking tri bike.
But is this black beauty's charm more than just skin deep?

WORDS JUSTIN LORETZ IMAGES AS DESIGN

RIDLEY CHRONUS £1,700 WWW.RIDLEY-BIKES.COM





Accomplished performer: the Chronus is easy to accelerate and happy holding a high cruising speed



Good looks and ride quality make the Chronus easy to bond with

While Ridley's well-known for its cyclocross machines and the wind-cheating Noah aero road bike, the Belgian company isn't the first name that springs to mind when it comes to triathlon bikes. The Chronus is intended to change that. It's built for one purpose alone: cleaving the air in two with the minimum input from the rider. Ridley employs a high-modulus carbon-fibre construction for the Chronus's frame - a method in which individual carbon fibres are intensively processed to make their surfaces smoother and able to deliver greater stiffness over their cross-sectional area.

As well as being decent to ride, a frame like this has to cheat the wind. And the Chronus realises all of its wind-cheating potential through a full complement of flattened, flared and tapered tube shapes. The most obvious effort at smoothing airflow can be seen at the top of the seatstays, which meet the seat tube some 10cm below the top tube and are positioned an inch

either side of the seat tube. It's not exactly pretty, but who cares if it's fast, right? The frame is finished off with a matching high-modulus full-carbon aero fork.

LOW GEAR APPROACH

Tri bikes ride a line between helping you ride as fast as possible, while letting you reach T2 with enough conserved energy for the run leg. Ridley strikes this balance by speccing the Chronus with a Shimano RS500 alloy crankset with 50/34 tooth rings matched to a 11-28 Shimano cassette to promote a fast pedalling cadence. This low gear approach is astute.

First, it encourages a light pedalling style that won't deaden your leg muscles. Secondly, tri-bars aren't great for climbing, as there's less leverage available through your upper body, meaning more power has to come from your legs. With lower gears encouraging a lighter style, there's less need to pull on the bars to keep the gears turning.



1 Shimano's 105 components make up much of the Ridley's groupset and provide crisp shifting **2** A 50/34-tooth chainring encourages you to spin the pedals rather than grind them round, and save more of your leg strength for the run **3** 4ZA's stub-nosed saddle provides plenty of cushioning while allowing you to roll forward into a tuck

The transmission uses a Shimano 105 rear derailleur, front derailleur, cassette and bar-end shift levers. Shimano's 105 delivers pin-sharp shifting for significantly less cash than the top-of-the-range Dura-Ace. The brakes are non-series BR571 callipers, effectively unbranded 105s, and give enough control to scrub off speed gradually or pull to a smart stop as and when you need. Some of that credit must go to the Fulcrum Sport wheels, whose rims seemed to get on famously with the Shimano pads.

The Fulcrum Sport alloy hoops tip the scales at 1,892g. A healthy weight, though not one that suggests a flighty ride is lying in wait. They roll well and sport low-profile rims, which absorb road buzz effectively and don't catch the gusty sidewinds that marked the test period. That sort of crosswind stability is ideal if you're new to tri bikes and riding in an aero tuck, but an upgrade for race-day speed is definitely an option going forward.

The 4ZA saddle is a well-padded, chopped-nose design and is especially comfortable, allowing a good pelvic roll when getting down into a tuck on the aerobars without pinching your valuables.

Italy's Deda Elementi makes the stem and the Chrononero alloy aerobars are easily adjustable and promote access to the forward shifters and the brakes, though we would've liked some quicker-drying arm pads.

SAFE AND ASSURED

We've ridden plenty of tri/TT bikes and most are fast, but more than a few leave us wanting in terms of being enjoyable to ride. The need to be a rideable bike rather than just a tool for straight-line speed should never be overlooked. The Ridley Chronus weighs 8.7kg, and gets out of its starting blocks with a flourish that not all tri bikes can match. It keeps this accelerative feel going as you pass 20mph and lets you sit at your desired cruising pace without making unreasonable demands.

The Chronus feels safe and assured at all speeds. Much of this is down to front-end geometry and smooth-riding fork. It copes with crossing potholes and slippery drain covers with aplomb and, if you see them coming in time, has

the ability to flick around them with minimum fuss - just what you need when you're trying to stay aero with your elbows on the bars.

While the aerobars don't exactly lend themselves to climbing, the bike's light weight, low gearing and sprightly demeanour means that steady gradients can be dispatched with relative ease.

Overall, the Chronus is an excellent choice for a first triathlon bike and one of the friendliest, least intimidating tri bikes we've tested. From

the first mile it felt like we'd owned it for ages. Quickly forming a bond with a bike goes a long way towards being able to ride it hard. There's little to grumble about and other than the need for some race-day aero wheels to inject some more speed, it'll do you proud.

» VERDICT

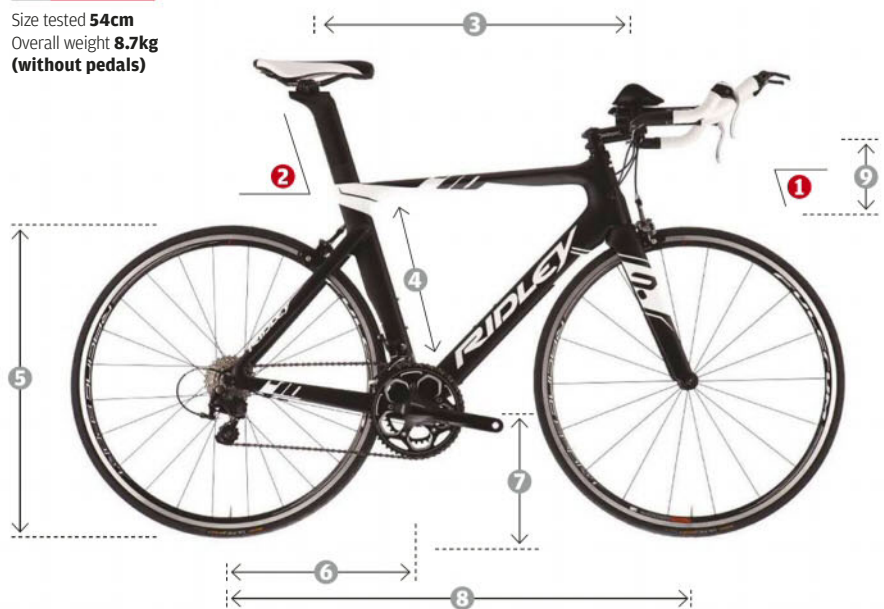


87%

A fast, comfortable easy-to-ride tri bike, ideal for first timers and old hands alike

TECH RIDLEY CHRONUS

Size tested **54cm**
Overall weight **8.7kg**
(without pedals)



FRAME AND FORKS

Sizes available: 52, 54, 56, 58cm
Frame High modulus carbon fibre
Fork High modulus carbon fibre, tapered carbon steerer

TRANSMISSION

Crankset Shimano R5500 50/34t
Cassette Shimano 105 11-28t
Bottom Bracket Shimano
Chain KMC
Derailleurs Shimano 105

Shifters Shimano

WHEELS

Front & Rear Fulcrum Racing Sport
Tyres Continental UltraSport 25L 700 x 25c

COMPONENTS

Stem Deda Elementi Entry Level
Bars Deda Elementi Chrononero
Saddle 4ZA Triathlon Ti rail
Seatpost 4ZA carbon aero micro adjust

Brakes Shimano BR571

DIMENSIONS

1 Head angle 73.5°
2 Seat angle 73°
3 Top tube 55cm
4 Seat tube 50cm
5 Standover 79cm
6 Chainstay 40cm
7 Bottom bracket 27cm
8 Wheelbase 99cm
9 Head tube 16cm

POOL GOGGLES

Despite many summer races being open water, most of a triathlete's swim training will be pool-based, so good pool goggles are vital. Jack Sexty tests six



Triathlon
BEST BUY

Triathlon
BEST ON TEST

ZOGGS AQUA-FLEX TITANIUM

£25.00 www.zoggs.com

We received the Aqua-Flex titanium goggles fresh from production, and despite being somewhat dubious about the colourway, all doubts were cast aside when we started swimming. While £25 is by no means cheap, these are the most sturdy set on test and could last you for a year or more if our experience of Zoggs' previous incarnation of these, the Predator Flex, is anything to go by. A clear lens version is also available at £20, for poorly lit pools or overcast outdoor conditions. But the titanium lens (which provided a slightly darker tint) on test worked well in our dark gym pool. The integrated nosepiece is flexible enough to fit hooters of any size, as are the soft silicon gaskets. While light, the Aqua-Flexes are a bit clunky to use for serious pool racing, but we'd consider them for open water as a good compromise between race- and OW-specific goggles. The Aqua-Flexes are the Everton of the pool - not the out-and-out best performers but they're reliable and will always make the top bunch.

»» VERDICT



They're not the most visually appealing, but a solid set of training goggles that are built to last nonetheless

86%

BLUE SEVENTY NERO RACE MIRRORED

£20.00 www.blueseventy.co.uk

While the Nero Race goggles have performed well in previous 220 tests, the mirrored versions caused us problems as soon as we pushed off the wall. Because the gaskets are very protruding, you get a big blurry spot above your line of vision. This isn't only annoying, it actually hurt our eyes and created a distraction. This was the only pair on test that we actually struggled to finish our swim set in, so for consensus we passed them round our swimming club - reports were mostly the same, with all five other swimmers noting the poor field of vision through the lenses. On a positive note, the anti-fog is very good and the strap adjustment system is nice and simple. They're also well presented in a hard case and come with four nose bridge sizes. This all counts for nothing, however, if you don't like what you're actually seeing out of them. We feel very few swimmers would get on with the mirrored Neros, and unless the lenses are revamped we'd suggest going with the non-mirrored versions.

»» VERDICT



Strain your eyes and make for an uncomfortable swimming experience. Fundamentally flawed

58%

AQUA SPHERE MP XCEED TITANIUM MIRRORED

£44.99 www.aquasphereswim.com

If the aim is to create superior performance swimwear and equipment, it'd make sense to team up with arguably the greatest swimmer in history - and Aqua Sphere have done just that with their MP range, made in partnership with Michael Phelps himself and coach Bob Bowman. We tested the premium titanium mirrored versions of the XCEED goggles, though prices start at £30 for non-titanium lens versions. On first impressions they resemble Speedo's Fastskin goggles, having similar curved mirrored lenses for a wider field of vision - we think the XCEEDs are actually better, though, as the gaskets are tougher and they're comfortable enough to train or race in. The lens design also means you can sight without turning your head, which is beneficial for racing to stealthily check out your competition. The nosepiece (in four sizes) is very secure and caused no discomfort, and we also found the straps to be the most comfortable on test. Plus, they didn't move a fraction from a dive.

»» VERDICT



They're a big spend, but for that you get uncompromising performance. Superb racing goggles

91%

FROM THE TESTER

How we graded the goggles...

When it comes to goggles, one swimmer's perfect pair can be another's nightmare; the shape, straps and gaskets can be wildly different between pairs. So is it possible to test neutrally when goggles are such a personal choice? Well one thing we wouldn't expect is leakage - decent goggles now come with either various nosepieces or are highly mouldable to theoretically

fit almost every face shape. And considering all these goggles are £20 or more, fogging is also a no-no.

We appreciate some here are pure race goggles while others prioritise providing a comfortable fit, so we judged each pair on their own merit. We swam a minimum of 6km in each, and we also tried from a dive to really put fit and leak resistance to the test.



ARENA COBRA ULTRA RACING

£27.40 www.arenawaterinstinct.com

The Arena Cobra Ultra racing goggles look as mean as they sound, with very low profile, razor sharp gaskets to complete a very aerodynamic design. Because of their shape we found it took some time to get the correct fit, and the gaskets almost sink into your eye sockets, which will take some adapting to if you're more familiar with training goggles. They initially failed the dive test, but when we adjusted the fit there was no such problem. The field of vision is fantastic for such a slim profile goggle, while the blacked-out lenses are dark but weren't dark enough to be an issue in our gloomy gym pool (and with UV protection they're suitable for all light conditions). They come well presented with a soft case and six nosepiece sizes, the most of any goggles on test. Whilst they're not as comfortable as the MP XCEEDS, and more leisurely swimmers probably won't get on with them, if you want high-end racing goggles that look the business then the Cobras are a good option.

»» VERDICT



Decent race goggles that provide surprisingly wide vision. May take extra fiddling to achieve optimum fit

82%

HUUB VARGA RACE GOGGLE MIRRORED

£19.99 www.huubdesign.com

Huub have teamed up with Richard Varga, the fastest swimmer on the ITU circuit, to create these sleek race goggles bearing the Slovakian's name. The Vargas are the only pair on test to have a dual strap with two buckles at the back, and while we found this useful for finding an optimum fit it wasn't necessarily better than the other pairs on test with one buckle. The nosepiece, one of three provided, is a decent solid offering, and from a dive and on a long swim set we experienced no leaks or fogging. One thing to mention, though, is that the lenses are very dark, so if your pool has little natural light this could pose problems. But if the fit suits, Huub also offer smoke or clear lens versions. The Vargas do a number of things well but they're not as racey as the offerings from Aqua Sphere or Arena and not as comfortable as the Zoggs or Speedos. If you don't want to spend over £20 they're a solid option though, just consider the lighting conditions in your local pool before you opt for the mirrored versions.

»» VERDICT



Lenses a bit too dark for pools without natural light, but dual-strap adjustment system is a nifty feature

78%

SPEEDO AQUAPULSE MAX 2 IQFIT

£22.00 www.speedostore.co.uk

The upgraded Speedo Aquapulse goggles promise even better fit and easier adjustment than the first incarnation, and after some thorough test swims we'd agree. They straddle the line between race and training goggles, being as the lens shape is quite aero, but the overall build is focused on comfort. The numbered IQfit strap system is great for achieving precision tension every time without resorting to trial and error, while the blue tint lenses are suitable for most light conditions and provide a wide field of vision. The Aquapulses are one of two here with an integrated nosepiece, but they marginally lose out to Zoggs on this front as it's not quite as sturdy. Granted, the nosepiece was comfortable out of the box, we're just dubious about its longevity. Overall they come out with a slightly higher score than the Zoggs, thanks to their aesthetics, lower price point and for being better all-rounders, and will appeal to all levels of swimmer as their go-to pool goggle.

»» VERDICT



Well-fitting and fantastic adjustment mechanism. The longevity of the nosepiece is the only potential issue

88%

MINI GROUPTEST

SPORTS BRAS

Which of these four offers the best support and comfort – and can be worn for triathlon as well as training? **Helen Webster** puts them to the test...



FALKE
CONTROL BRA TOP
£50.00 www.boobydoo.co.uk

We've been impressed by recent run offerings from high-end German brand Falke - and this bra is no exception. The material is soft and stretchy, yet returns to its shape well enough to offer plenty of bust support, something that's helped by the two-layer design. It's described as a 'bra top' because of the slightly longer fit, meaning the deep under-bust band sits quite low on the rib cage. An unusual sensation at first, but one we quickly got used to. The slightly higher shape at the front offered good cleavage coverage, making it a good choice if you prefer something more modest, or like to run in just a bra/crop top in hot weather. It also wicked sweat well and didn't retain much moisture. One small warning, though - the over-the-head design plus hook-and-eye back fastening means you need to be a contortionist to do it up!

» VERDICT **85%**
A comfortable, quality offering that performed well - just a bit fiddly!

ANITA
AIR CONTROL
£51.00 www.amazon.co.uk

At first look, this jazzy orange number from Anita was the least complicated design on test, offering a traditional bra design with triple hook-and-eye back fastening. Once on though, the fit was easily the best on offer in this feature and during our test runs, we barely noticed it was there, yet support was fantastic. The fabric is a very lightweight breathable mesh, which did a superb job of wicking sweat and at the end of long runs this bra had retained a lot less moisture than the other three. This would make it a good choice if you're looking for a supportive bra that can be worn throughout a triathlon too, should your tri-suit not come with integral support. A good range of sizes are available, too - from 32A to 42G. Admittedly this is the priciest on test (by £1!), but due to the quality and the fact that it would be a good option for tri, we think it's worth the spend.

» VERDICT **92%**
Great support without overly-complex construction, and very breathable

MOVING COMFORT
VIXEN
£34.00 www.brooksrunning.com

This V-neck shape bra has to be pulled over the head and is the only one on test without hook-and-eye fastenings - meaning there's no adjustability. We found it comfortable though and although the under-bust band was a little snuggler than others on test, it didn't bother us during our run and the support provided was good. Sizing is a little unusual in this bra - two versions are available (A/B cup or C/D cup) and then you choose between size XS-XL in each based on your usual bra size. Using the online size charts to pick though, we got a bra that felt true to size and fitted well. This is also the only padded bra on test, with contoured cups that Moving Comfort say 'enhance shape and provide complete modesty'. Good if you're worried about nipple visibility through your kit, but in practice we found that it meant sweat pooled under the bust and didn't wick away.

» VERDICT **75%**
A good performer and at a reasonable price - less keen on the padding, though

MARKS & SPENCER
HIGH IMPACT FLEXI WIRE
£19.50 www.marksandspencer.com

We liked the grey and neon design of this bra from M&S, but the inclusion of underwiring in sports bras is always going to divide opinion. As other brands in this test have proved, good construction and fabrics mean you can create great support without it and sadly for this bra, the underwiring didn't seem to provide very good support overall. That said, the underwiring was comfortable and although we were aware of it sitting on our ribcage, it wouldn't put us off wearing it. The hook-and-eye fastening and adjustable straps were good for getting the fit right and the mesh fabric on the back and straps was a nice touch. We did find the grey parts of the bra less wicking though, meaning they were a bit soggy after a long run. Not one we'd choose to wear under a tri-suit, but the reasonable price means it could be worth a punt just for training, if the style suits you.

» VERDICT **70%**
A nice fit but less supportive than others on test, despite the underwire

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MINI GROUPTEST


SWIMSUITS

Unless you're one of these hardy channel swimmer types, winter time means pool time – but which cossie is best? Helen Webster tests eight...




ZOGGS
RUBIX SPRINTBACK
£30.00 www.zoggs.com

Zoggs' Galaxy Flyback swimsuit achieved a whopping 91% in issue 318 of this mag, so we had high hopes for this suit. First impressions were good – the fit was true to size and very comfortable. Zoggs claim the design 'emphasises the waist' and while not a main consideration, the optical illusion is flattering. The material is Zoggs' Aqualast fabric, which we've tested before and which appears impossible to create bobbles in, despite repeated wash 'n' wear cycles. In the pool the suit fared well and the crossover back and high leg allowed for a good range of movement – although we have to say, we found the wider straps of the previously-tested Flyback design more comfortable and secure. It's a minor niggle, but comparably the top half of this design felt a little looser, especially when pushing off, which may be an issue if you need more bust support.

» VERDICT  **82%**
A suit that will last you well – although other Zoggs styles have rated higher

HUUB
TRAINING COSTUME
£29.99 www.huubdesign.com

Huub have introduced a new range of swimwear for 2016 – indeed our sample was so new it hadn't even had the ubiquitous Huub logo added yet. We like the geometric pink and monochrome design (a nice change from last year's plain black and red) and the lined 100% polyester suit is made from a soft, supple fabric that feels good against the skin and which Huub claim has 10 times the chlorine resistance of Lycra swimwear. Fit is true to size, although we'd have liked a tad more stretch in the thin straps, as towards the end of a long session they nipped a bit on our long-bodied tester. We also ended up with a few small snags in the fabric on the bottom from sitting poolside, although the label does recommend avoiding rough surfaces to prevent damage, so wear with care would be our advice. However this is the least expensive suit on test (by a penny!).

» VERDICT  **76%**
A striking-looking suit that performed well – fabric is a touch delicate though

ORCA
ENDURO ONE-PIECE
£35.00 www.orca.com

Best known for their wetsuits and tri-suits, Orca also produce two lines of swimwear. The Endura is the more premium of the two, with a different cut and better quality of fabric, which purports to be 100% chlorine resistant and offers a UPF50+ rating for training in sunnier climes. The suit is comfortable and feels good quality, with an internal mesh lining and skinny straps that allow plenty of range of movement. However, we did come up against one problem with the Enduro – the high cut leg is rather too high cut at the back too, meaning we had to keep adjusting it to prevent it turning into a thong... For a second opinion we passed the suit to the sveltest member of our swim group, and even they reported a need for 'constant adjustment'. For us, the Core range suit offered by Orca at £10 less (and with more material on the bum!) will be a better option for most.

» VERDICT  **68%**
Great quality fabric... But we'd like more of it to cover our rear, please!

AQUA SPHERE
SISKIN
£39.99 www.aquasphereswim.com

We're all for innovation in gear and this is one of two suits on test, alongside the Speedo, that's trying to do things a little differently. First up, let's deal with the obvious thing – those adjustable straps. The straps themselves are wide (maybe too wide), made from heat-bonded fabric and each has a plastic clip on the end with a number of loops. Once we'd got over the feeling that we were wearing dungarees, they're actually a pretty good idea – especially as one of our major bugbears with some of the suits on test was the fact that the skinny straps nipped into our shoulders. On the downside though, the front of the swimsuit felt a little baggy and ballooned when pushing off. We liked the racer back though and the 'Vita' fabric, made from recycled material, purports to have ultra resistance to chlorine and suncream and to offer UV protection and shape retention.

» VERDICT  **72%**
High-tech meets dungarees hybrid. A mixed bag performance-wise, too



FROM THE TESTER How to pick the swimsuit for you...

With hundreds to choose from and a multitude of brands all claiming the best performance gains and longevity, how do you go about finding the right swimsuit for you? Weird and wonderful designs aside, there are a couple of things to look for. You will pay a bit more for fabrics designed to withstand constant dunking in chlorine and wash and wear cycles, but if you're in the pool several times a

week, then it's definitely worth it (unless transparent, bobby bums are your thing). Most crucial though, is fit. You need a suit that doesn't restrict your technique, yet offers enough coverage that you're not constantly adjusting it. Your suit should also be close enough to the body that it doesn't balloon with water every time you push off at the end of a length.



SPEEDO
PINNACLE CROSSBACK
£52.00 www.wiggle.co.uk

The priciest suit on test, Speedo tell us that this is based on their LZR X competitive suit and so shares some of the design features and technology. The main benefit is a claimed compressive fit, that is designed to encourage awareness of key muscles. Once on though, we'd question how successful that is, unless the suit fits you perfectly. In practice, we found the bottom half of the suit fit well, but the top half and mesh shelf bra felt a bit baggy on our UK12, perhaps not helped by the fact that due to the nature of the fabric used, it didn't have much stretch. The narrow positioning of the straps was good though and we liked the slightly higher neckline with mesh detail. However, once in the pool, the suit felt a bit fussy and we found the different layers of material ballooned with water, which was irritating and somewhat distracting. A shame.

» VERDICT
70%
 Packed with features, but felt a bit too complicated and the fit wasn't great



ARENA
POLYCARBONITE
£35.50 www.arenawaterinstinct.com

Part of Arena's training range, this suit is designed with regular pool use in mind. The fabric is Arena's 'Max Life', which they claim guarantees 'extraordinary resistance' to chlorine and UV rays. As with the others on test, it's tricky to test for UV resistance in a British swimming pool in winter, however this suit survived our multiple sessions and washes without any wear or loss of elasticity. The fit was good and comparable to the Huub, with skinny straps, a medium-cut leg and low back meaning the suit allowed a good range of movement. It also stayed in place well throughout our session. Although the overall fit was good (and Arena tell us this suit is designed to fit like a second skin), we found it a little short in the body, meaning the straps cut into our shoulders and we couldn't quite get enough length in our body position.

» VERDICT
78%
 Good overall design and quality fabric, but sizing seemed short on the length



MARU
ATOMIC PACER VAULT BACK
£33.00 www.maruswimwear.co.uk

Maru describe this as a 'modern piece of art designed for frequent swimming', but perhaps more important than that is the fact that it's made from their new 'Pacer' fabric, which they claim to be 100% chlorine-resistant with a UPF50+ rating. It certainly performed well in this test - the open back with medium straps was comfortable and allowed freedom of movement, while the high leg cut was flattering without being too revealing, and the suit stayed in place well. Over our two-month test period the Atomic retained its shape well and didn't show any signs of wear and although not lined, the fabric wasn't at all transparent. It did come up small though - and Maru tell us that in the new material, you need to go up a size. Maru also offer a dizzying array of designs, so if the Jackson Pollock look isn't for you, there's an alternative.

» VERDICT
82%
 A solid performer - just warn your pool mates to bring their tinted goggles!



TYR
VALOR
£34.99 www.tyr.com

Sitting in the mid-range for price and with a relatively unfussy design, it would be easy to think there's nothing particular to set this Tyr suit apart from, say, the Zoggs or Huub suit in this test. However, once you slip it on the differences soon become apparent. Made from Tyr's Durafast Lite fabric, this lined swimsuit feels soft against the skin yet fits better than any other on test, moving with the body with just enough stretch and needing no adjustment during a 60-minute test session. Plus, unlike others, we didn't have any issues with the skinny straps digging in. Tyr claim the material is chlorine-resistant and will give 200-plus hours of performance and, although we didn't achieve that many hours in this test, it survived the rigours of our multiple swims and washes without a single blemish appearing in the fabric. For the money, a fantastic value suit.

» VERDICT
93%
 The suit we'll be reaching for time and time again during winter training





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BIG GROUPTTEST

RACE WHEELS

Speed is nothing without control. Rob Banino tests 10 sets of wheels to find out if they can be fast without compromising on handling

JARGON BUSTER

CLINCHERS

Wheels that grip the tyre between lips that run along the outside edges of the rim. Will only work with 'clincher' tyres and require an inner tube.

TUBULARS (AKA 'TUBS')

Wheels that don't have the raised lips to grip the tyre, and rely on the tyre, which is stitched together to enclose an inner tube, being taped or glued to the rim.

Not all wheels are created equal. A race wheel is still round but everything else about its design is optimised to make it roll as quickly as possible. The materials, the rim shape, the spokes and the bearings are all tweaked to build a wheel that's faster, lighter and more aerodynamic than the competition.

Various things happen to wheels when you make speed the priority above all else. The most obvious change is that they become considerably more expensive, partly because the work that goes into developing them costs a lot of money and that money needs to be recouped.

What also changes - and contributes to the price increase - is that metal is swapped for carbon fibre. This change is made as rims that are deeper and more aerodynamically shaped can be made lighter and more easily with carbon than they can with metal. You also tend to find that there are fewer and flatter spokes and possibly even ceramic bearings to reduce friction around the wheels' axles. All of which bumps up the cost of the wheels but also bumps up their performance against the clock - albeit by increasingly incremental amounts.

The only trouble is, by making speed the priority it comprises the wheels in other ways - most noticeably how they handle in the wind. The deeper a wheel becomes, the more susceptible it is to crosswinds. And then there's speed control - because while going fast is important in a race, being able to slow down when you need to is vital. And, as a general rule, carbon wheels do not excel under braking, especially in the wet. Which is why finding a good set of race wheels is about striking a manageable balance between speed, handling, braking and price. And working out where those scales tip is where this grouptest comes in.



HUB
Contains the axle and bearings that allow the wheels to spin. Attached to the rear hub is the freewheel that lets the wheel keep spinning when you're not pedalling.

HOW WE TESTED

In an attempt to isolate each wheelsets' performance ability, all 10 pairs were ridden against the clock over the same 35km test route. The same rider performed each ride using a heart rate monitor to keep the effort level within the same range (140-160bpm) for each test. Each

set of clincher wheels was tested with the same tyres inflated to the same pressure (110psi) and attached to the same bike. The wheels were weighed without tyres, tubes, cassettes or quick-releases and were also judged on their general ride feel as well as their stability in crosswinds and how well they braked.



REYNOLDS 58 AERO

£2,099.99 www.reynoldscycling.com

Despite sounding like the Jetsons' car when you hit the brakes, the 58 Aero wheels do a surprisingly good job of slowing you down. There's none of the usual grabbiness you tend to get with carbon rims and they bring you to a complete stop impressively quickly. Aside from the astronomical price, there's nothing to dislike about these wheels. Reynolds was one of the first companies to widen their wheels' rim beds and on the 58 Aeros they've been expanded to 26.2mm. This helps the tyres hold a shape that provides a slightly faster and more comfortable ride but also seems to make fitting the tyres easier. Their 58mm-deep sides see them tip the scales at 1,728g (748 front/880g rear) but doesn't seem to handicap their abilities in crosswinds. You get slight shove from the initial gust but any pressure on your front wheel is instantly shrugged off. Their 1:03:01 test time is disappointing but due to a howling headwind not representative of their real performance.

» VERDICT **85%**
 ●●●●●●●●●●○
 Great under brakes and in crosswinds but very pricey



FFWD F6R

£1,650.00 www.paligap.cc

The 'pinched-in' profile is what marks the 1,590g (731g front/859g rear) F6R wheels out from the others in this test. Rather than being flat-sided or bulging, the FFWD wheels look like they've been crimped just below the brake track. This unusual profile certainly doesn't seem to harm their speed in any way, as they flew round the test loop in 1:01:39. It does seem to have an effect on their handling, however, because these wheels behave very oddly when the wind begins to blow. The more the breeze picks up, the more vague they seem to become. More capable deep-section wheels will feel as if they 'surf' the wind while less stable models just get snatched out from under you, but these don't seem to do either. They just seem to sway off to the side without providing the sort of feedback that tells you if they're going to snap back into line by themselves or need you to do it for them. Braking is equally woolly with your speed dropping only after a few moments' delay.

» VERDICT **82%**
 ●●●●●●●●●○
 Fast but vague on the handling and braking fronts



USE ROAD 8.0 TUBULAR

£1,549.99 www.use1.com

At 1,600g (704g front/897g rear) these 80mm-deep, tubular USE wheels weigh less than some of the shallower clinchers in this test. Tested in issue 313 of July last year, they still have the handling characteristics of a train (unwieldy at slow speeds but settled and happy to barrel along when the pace picks up), but when tested alongside their rivals, it's easier to see their strong points. One of which is their speed - the Road 8.0 posted an impressive 1:01:47 for the test route, putting them within 30secs of the Revolver wheels. But what really stands out about these wheels is how easy they made that speed feel. Although remaining within the specified heart-rate range for the test, the perception of that effort seemed that much lower with the USE wheels. So a decent price for a decent set of rims, but there's still the faff of living with tubular tyres if you opt for these.

» VERDICT **89%**
 ●●●●●●●●●○
 Make fast feel easy, if you can live with the faff of tubulars





FROM THE EXPERT

SPOKES AND DISCS

Fewer spokes will let you squeeze even more speed out of your wheels and, if conditions allow, what about the disc option?



THE OBVIOUS OMISSION in this test is a tri-spoke and disc wheel combination. Such a set-up exists at the far-end of the performance spectrum, where the duo of broad, bladed spokes on the front wheel and the solid surface of the rear make for a smoother airflow around your wheels. However, the pairing isn't always the most practical over longer distances, when cornering and crosswinds come into play. It's for this reason that the pairing has gradually fallen out of favour in the world of long-distance triathlon.

ALTHOUGH DEEP-SECTION PAIRINGS have increasingly become the default kit spec for long-distance racers, there's more to it than simply slapping in the deepest pair you can get your hands on. Conditions and course profile will naturally have an effect on what

depth of wheel offer the biggest advantage but so will the confidence you have in your ability to

ride them. If you have to keep backing off to bring them back under control, you're going to lose whatever time the wheels claim to save.

RATHER THAN BUYING an arsenal of wheels of different depths to cope with any eventuality, a good alternative is to have a single pair with mixed depths. Since your bodyweight pins the rear wheel to the ground you can run a much deeper wheel more easily on the back, while a shallower wheel at the front gives you the control to ride with confidence.



VELTEC SPEED 6.0 FCC

£925.00 cookecomponents.co.uk

The cheapest wheels by quite some margin come from German manufacturers Veltec, a brand that's new to the UK but has been establishing itself on the continent for the last 20 years. These full-carbon clinchers are 55mm deep and tip the scales at 1,856g (749g front/907g rear) and while they don't do anything to set the world on fire, they don't make a hash of things either. With no fancy shaping or surface treatment, their profile appears pretty standard when compared to some of the rims here, but even without the extra frills, the Veltec wheels aren't as far off the pace as you might expect. They rolled around the test route in 1:02:24, which was enough to bring them home more than a minute ahead of the Bontrager wheels and with a lot less cause for concern when it comes to crosswinds. The Veltecs don't have the same surefootedness as the Reynolds or Zipp models but they're by no means a handful when the wind decides to blow.

» **VERDICT** **73%**
 ●●●●●●●●○○○
A competitive price and solid, if unexceptional, performance



BONTRAGER AEOLUS 7 TLR D3

£2,199.98 www.bontrager.com

The Aeolus wheels are clinchers but you don't necessarily have to run them with inner tubes. They're tubeless-ready, which is what the TLR in their name refers to. So with the right tyres and a splash of sealant you can forget about pinching a tube as you wrestle the tyres on to the rims. The other letters and numbers in the name refer to the profile shape (D3) and rims' depth in centimetres (7). Shape-wise, they're not as bulging as some profiles but they share the blunted trailing (inner) edge and wider rim beds that are finding their way on to a lot of wheels today. At 1,707g for the pair (786g front/921g rear) they're among the heavier wheels in this test but nevertheless managed to clock 1:03:26 for the 35km test route. It was a not pleasant 63mins, however, as the front wheel weaved around with every gust of wind and bringing the wheels to a stop was a panic-inducing proposition.

» **VERDICT** **50%**
 ●●●●●○○○○○
Hold speed well but they're frightening in the wind and wet





VISION METRON 81

£1,499.95 www.windwave.co.uk

Being tubular means the Metron 81 rims don't need the sidewall reinforcement that clincher rims do in order to hold the tyres in place. And less material means less weight, which is why, despite being 81mm deep, these wheels manage to weigh in at a relatively svelte 1,496g (660g front/836g rear). Their flat-sided, narrow-nosed profile appears pretty basic when compared to some of the other shapes here but while they're susceptible to crosswinds, the wheels are able to remain relatively composed. Steering and acceleration are both crisp with the Metron 81 pairing. The front steers without feeling as though it's ploughing through deep sand and, as a pair, they respond immediately to any injection of pace, rather than grumbling up to speed like a lot of the deepest-section rims tend to. There's plenty to like about these Vision wheels but they fell down in one crucial area: against the clock.

They completed the test route in a disappointing 1:02:44.

» VERDICT **79%**
 Well handling, well priced and light but lack a little pace



ZIPP 808 FIRECREST

£1,920.00 www.zipp.com

Of all the wheels here the Zipp's have the most going on. They're both 82mm deep, have dimpled sidewalls and the bulged and blunted Firecrest profile, all of which is to improve their aero performance. But they also have a 25mm rim bed to better accommodate wider tyres and offer an improved ride quality. At 1,917g (872g front/1,045g rear), they're the heaviest here but they're also the deepest. And despite their weight, they're still fast, clocking 1:02:11 on the test route. Once you get them spinning, they do a superb job of keeping going. They also brake better than you'd expect for carbon rims, in the dry at least. But where they really shine is in crosswinds. Even with their sail-like sides they manage to surf on gusts that unsettled shallower wheels. You feel the wind's pressure but the front seems to correct itself before you get a chance to step in. It's seriously impressive.

» VERDICT **91%**
 Weighty but fast, easy to control and quick to stop



PROFILE DESIGN 58/TWENTY FOUR

£1,374.98 www.madison.co.uk

They may be one of the cheaper wheelsets here but the 58/Twenty Fours pack a mighty punch. They clocked 1:01:31 for the test route - a time that eclipsed every other wheel here apart from the Revolver Kronostoks. Declaring that to be not bad for a 'budget' option would be a massive understatement. It's fantastic and leaves you wondering just how much of profit margins on some of the pricier wheels is there to cover marketing. At 58mm deep, they're not the deepest but that lack of depth helps bring their weight down to 1,695g (914g rear/781g front). It also means they're much more stable in crosswinds, enough to give you the confidence to keep pushing rather than having to focus on fighting the front wheel. Braking is okay although there's the usual delay before your pace starts to drop, but despite that these wheels strike a great balance between handling, price and speed.

» VERDICT **93%**
 Fantastic given their price - quick, smooth and stable



Triathlon
BEST ON TEST



REVOLVER KRONOSTOK 350

£1,748 www.revolverdisc.co.uk

Revolver is a British wheel maker. It's not only new, having been born in 2014, but is also tiny compared to some of the big names involved in this test. And with all that in mind, you'd be forgiven for assuming that there's no way an underdog like that could compete with the established heavyweights here. But you'd be completely and utterly wrong. The Kronostok 350 wheels killed the test route. They covered it in 1:01:19 and managed to do that while dealing with the sort of drizzle and draughts that totally unsettled other wheels. Pairing a 1,101g, 88mm-deep rear to a 787g, 60mm-deep front no doubt helped them remain unruffled but doing so also provided sufficient agility to flick around unexpected hazards with ease. Aside from their direction, their speed was easily controllable too, as they could be slowed quickly and calmly enough to keep your heart rate from spiking.

» **VERDICT** **94%**
 ●●●●●●●●●●
 Smooth-spinning, stable and thoroughly commendable



SPECIALIZED ROVAL CLX 64

£1,700 www.specialized.com

The Roval wheels look to have all the characteristics of a high-performing pair of carbon race wheels. The wide rim bed is present, there's a decent amount of depth (64mm), an acceptable amount of weight (1,607g - 720g front/887g rear) and a blunted, inner trailing edge. The trouble is looking like a great wheel isn't the same as being a great wheel and, in this test, the Roval CLX 64 wheels didn't have the performance to back up their looks. They managed a relatively sluggish 1:02:23 on the test route but it's how they handled that was more of a let-down. The only time the Rovals felt at ease was when they were passing through still air. But when conditions are anything other than calm they become a handful. The slightest wind from any direction seemed to push them off line and left you wrestling the bike in an attempt to get them back on course. Slowing them down was equally hard work.

» **VERDICT** **65%**
 ●●●●●●○○○○
 Don't have the performance to match their looks or price



FINAL VERDICT

Ten sets of wheels ridden and rated but which should you choose come race day?

THE STANDOUT PERFORMER in this test was the Revolver Kronostok 350s. Despite being the new kid on the block, they set the benchmark in terms of time and handling for all the wheels here. With that in mind, it's worth noting that this is the only pairing here with mixed depths. It would be interesting to see if the Revolvers' advantage over their rivals were to diminish if they were up against other mixed pairings rather than wheels with matching depths.

ALMOST AS IMPRESSIVE were the Profile Design wheels. They were little more than 10secs off the pace set by the Revolvers while being £400 cheaper. They'll still set you back £1,300 but given the speed and handling properties they offer, that's practically a bargain compared to many of the wheels that are considerably closer to the £2k mark.

IN TERMS OF pure handling ability, the Zipp 808 pairing is worthy of praise. Given how deep the wheelset is, it's almost miraculous how stable they remain in wind from any direction. Whereas other wheels - particularly those with deeper profiles - get snatched away by the wind, the Zips feel as if they catch it, control it and use it.

OF THE TWO sets of tubulars, it's the USE wheels that get the nod. They completed the test route faster than the Vision pair and somehow managed to make the process feel considerably easier. That said, there's no getting away from how much of a faff tubulars are compared to clinchers and it's difficult to recommend them given how much of a headache they are to live with. With price, convenience and performance all taken into account, it's hard to look past the Profile Design 58/Twenty Fours.

NEW FOR 2016

Looking for something new and exciting to kickstart your 2016 season? Then you're in luck! We've rounded up some of the best new races and products hitting the shops in the new year...

ENDURANCE CONSPIRACY

Endurance Conspiracy is one of the coolest cycling and endurance sports t-shirt brand out there! And they have loads of new designs to come in 2016. We love their current *Star Wars*-inspired tee's: Hyperspace and Chewie Rides.

Visit their website to check out the full range.

TEL 020 3044 2849
WEB www.enduranceconspiracy.co.uk



OUTLAW TRIATHLON

Following the award-winning success of the Outlaw Triathlon, a new Outlaw Half event is set for Holkham Hall and Estate in North Norfolk on 3 July. This stunning venue will host 1,500 athletes racing over a 1.9km lake swim, 90km one-lap bike and 21.1km run. Entries are still available!

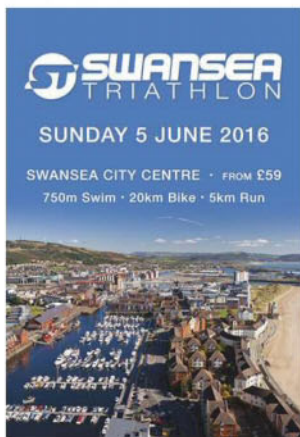
TEL 01427 718888 (9am - 5pm)
WEB www.onestepbeyond.org.uk



SWANSEA TRIATHLON

750m swim, 20km bike, 5km run. New for 2016 will be the first Swansea City Centre Triathlon! Taking place on completely closed roads, athletes will start in the safe open waters of SA1, before a fast and flat bike and run leading to Castle Square for the famous red carpet finish. A great event for first timers and experienced athletes!

TEL 01437 765777
WEB www.swanseatriathlon.com



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TWITTER @aftershokzuk
WEB www.aftershokz.co.uk



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EMAIL info@swimsecure.co.uk
WEB www.swimsecure.co.uk



THE FIX EVENTS

The All Nations Triathlon takes place on Saturday 14 May at Dorney Rowing Lake in Windsor, and is a fantastic early-season super sprint triathlon open to all. Whether you're just starting out or are a seasoned professional, the event is a must on your race schedule. To find out more and secure your early bird entry, visit the event page below.

TEL 020 8144 0797
WEB www.thefixevents.com/the-all-nations-triathlon-2016



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ISSUE 318 Gear special; Cold-weather training masterclass; On test: bike shoes, trail shoes, women's run jackets...



ISSUE 317 Seven-page guide to duathlon, inc. 8-week training plan; Pool sets for beginners; 10 run shoes on test



ISSUE 316 Training advice from tri's future stars; How to train for your first tri; On test: helmets, pool tools, £1k road bike...



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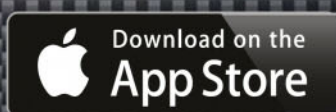


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220
Triathlon
AWARDS
2016



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THE PERFORMANCE TEAM

RESEARCH



220's former editor **James Witts** is now a freelance writer for a plethora of cycling titles, and is on the cusp of releasing his first book, *The Science of the Tour de France*.

SWIM



John Wood is an award-winning tri coach of 10 years and a former international swimmer. He's also competed in triathlon in all distances up to Ironman.

BIKE



Freelance writer **Nik Cook** is an experienced multisporter who has run the Marathon des Sables, won the 2010 6633 Arctic Ultra and competed for Team GB in duathlon.

RUN



Spencer Smith is a three-time world triathlon champion, who won half of all the races he ever competed in and now heads up S2 Coaching in Tampa, Florida.

PLAN



Dermott Hayes is the head coach of the London-based specialist multisport coaching outfit RG Active, and the organiser of the Storm the Castle duathlon.

NUTRITION



Nigel Mitchell was nutritional support for Team Sky in 2012-2013, when Wiggins and Frome took the yellow jersey, and for British Cycling at the 2012 London Olympics.

RECIPE



Nutritionist and keen athlete **Kate Percy** set up the #GoFaster campaign in 2009, and now boasts a website (gofaster.com) and two books - *Go Faster Food* and *GFF For Kids*.

NEW RESEARCH

SPORT SCIENCE UNCOVERED

James Witts trawls through the latest training, technology and nutrition journals to filter through what you can apply to your own performance

New findings suggest that the triathlete's go-to, high carb diet may soon be a thing of the past



high-carb group. Ultra-endurance athletes, such as recent Deca Worlds victor Dave Clapp, race at a lower intensity than a sprint- or Olympic-distance athlete. The shorter, faster distances demand a more maximal effort and there's irrefutable proof that at high exercise intensities (over 80% of VO₂max), carbohydrate is the main fuel regardless of diet. This might not be a problem. "Keto adaption [your metabolism shifting from relying on carbs to fat] increases fat oxidation across intensities," says Volek.

Volek's findings also showed that the fat-burning group had normal muscle glycogen levels. So what does all this mean to you?

■ High fat isn't the green light to pop out the Pringles. Look for good fats from foods such as avocados, nuts, coconut oil and pumpkin seeds.

■ If you're wholly committed to keto adaption, beware of creeping carbs. Shop-bought salad dressings, tomato sauce and milk substitutes (such as almond milk) contain significant quantities of carbs.

■ While the jury's still out on athletes going high-fat all year round, periodising your nutrition might work better. Choose nutrients to match the demands of training. In winter, when workouts are less intense, choose quality fats. As intensity rises, up the carbs.

THE END OF CARB-LOADING?

There's been a sea change in sports nutrition: studies reveal the benefits of switching from a high-carb to a high-fat diet...

Endurance athletes who restrict carbohydrates burn more than twice as much fat as high-carbohydrate athletes. The headline-grabbing study from Ohio University made news in late November, as 'fat expert' professor Jeff Volek proclaimed it the highest fat-burning rates he'd ever seen.

The study involved 20 top-end ultra-endurance runners. One group of 10 were habitual low-carb consumers, their daily diet consisting of 70% fat, 19% protein and just 11% carbs. The 10 high-carb athletes' fuelling plan comprised 59% carbs, 25% fat and 14% protein.

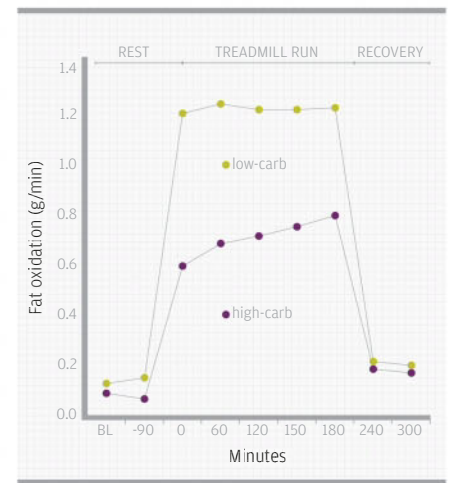
Volek had the subjects run at 64% of maximal oxygen capacity for 3hrs to determine metabolic response. The low-carb group's

fat-burning rate was 2.3 times higher than the high-carb - 1.5g per minute compared to 0.67g.

"This represents a paradigm shift in sports nutrition," says Volek. "Maybe we need to re-examine what we've been telling athletes about carb-loading for the last 40 years."

Volek's suggestion that endurance athletes switch from a high-carb to a high-fat diet to race stronger for longer isn't confined to the labs. Cycling teams such as Tinkoff-Saxo and Team Sky are known for fuelling their winters on a high-fat diet... then reverting to a high-carb diet as the race season approaches.

The study revealed that during sub-maximal exercise, fat contributed to 88% of the low-carb group's expenditure compared to 56% in the



Note how the low-carb group not only burns more fat during exercise but at rest and recovery, too. This has weight-loss connotations, which is particularly handy after Christmas...

Reference: Jeff S. Volek, Daniel J. Freidenreich, Catherine Saenz, Laura J. Kunces, Brent C. Creighton, Jenna M. Bartley, Patrick M. Davitt, Colleen X. Munoz, Jeffrey M. Anderson, Carl M. Maresh, Elaine C. Lee, Mark D. Schuenke, Giselle Aerni, William J. Kraemer, Stephen D. Phinney. Metabolic characteristics of keto-adapted ultra-endurance runners. *Metabolism*, 2015; DOI: 10.1016/j.metabol.2015.10.028]



2 New research may change the way you shop for run shoes – as comfy is best

References: **1.** Sports Medicine, 2015 Nov, Epub ahead of print; **2.** Brit J Sports Med, 2015, volume 49, pages 1,290-1,294; **3.** Sports Med, 2015 Nov, Epub ahead of print; **4.** Nutrients, 2015 Jan, volume 7, pages 293-305

THE CUTTING EDGE

The latest research to help you train harder, race faster and recover swifter

1 CHILLY RECOVERY

A meta-analysis of nine studies revealed that cold-water immersion is more effective at reducing muscle soreness than passive recovery (where you exercise at a low intensity to flush out exercise-induced toxins). The therapy is said to constrict blood vessels, helping to reduce swelling and tissue breakdown. Prof Aryane Machado and his team also concluded that water temperature between 11°C and 15°C is optimum for 11-15mins. But be warned: some say reducing soreness is a sign the muscle isn't adapting effectively to the workout.

2 COMFORT NOT GUIDANCE?

The last 40 years has seen an explosion in running. But a review by biomechanics expert Benno Nigg shows that, despite purported advancements in run-shoe technology, injury rates haven't dropped. Nigg suggested not choosing run shoes based on gait analysis, such as pronation and impact forces (whether you land on your heel or ball of your foot). Instead, he observed that your body naturally runs to its 'preferred movement path', whatever shoes you're wearing, which their research showed was usually the most comfortable pair.

3 FUELLING REHABILITATION

Rotator cuff strain, patellar tendonitis, shin splints... even the strongest triathlete can suffer multisport injuries. Rest, recuperation and, according to Prof Kevin Tipton of Stirling University, a change in nutrition strategy helps recovery. A long spell off can reduce muscle mass so Tipton suggests eating more protein (2-2.5g/kg/day). Creatine, used by bodybuilders, can also stave off muscular reductions, while there's a case for upping omega-3 intakes, too. The fatty acid reduces inflammation, though Tipton says swelling aids healing.

4 SKIM OFF THE FAT

Looking to lose weight after the Christmas binge? Turn to skimmed milk. Dr Penny Rumbold of Northumbria University had nine female recreational exercisers drink either 600ml of skimmed milk or 600ml of orange juice after 30mins of exercise followed by a pasta dish 60mins later. The milk group consumed 25% less calories than the orange group, proposing that the higher-protein drink satiated appetite more than the vitamin-C-rich juice. It's down to elevated levels of the hormones cholecystokinin and glucagon-like peptide-1, used in insulin control.

VARIABLE IMPROVEMENTS

Science suggests HRV should dictate your day's training...

The past few years have seen a rise in athletes basing their training on heart-rate variability (HRV), most notably via the Omegawave training tool. HRV gives information about the status of the cardiac-autonomic nervous system, the strength and balance of which conveys how resilient an athlete will be.

A recent study from Scandinavia aimed to determine whether HRV values can accurately provide information about subsequent exercise intensity and volume. Thirty-seven endurance athletes were split into two groups. One followed a high-volume eight-week programme, the other high-intensity for eight weeks. Before and after the eight-week plan, subjects undertook a treadmill test to measure running speed.

The results proved interesting. Subjects with low baseline HRV readings didn't respond well to high-intensity training but did in the high-volume group. Vice versa, a high baseline HRV resulted in significant improvements in subjects undertaking high-intensity exercise but not in the high-volume group. Researchers concluded that measuring HRV when you rise is a good way to determine the intensity and volume of your training that day. ■ **220**

Reference: Scandinavian Journal of Medicine and Science in Sports (Impact Factor: 2.9). 08/2015; DOI: 10.1111/sms.12530



TRAIN FOR 2016: SWIM – PART 3 OF 6

CHANGE THE PACE, BOOST YOUR POWER

Avoid becoming a one-trick athlete with **John Wood's** pace-change and strength session to help build towards spring and the first of your new season's races...

As the new year rolls round, your thoughts might start turning towards spring and perhaps racing in the not-too-distant future. If you've been following these features, you'll (hopefully) already have embedded some really strong technical habits over the last couple of months, putting you in a strong position and raring to go with the work.

But the key thing at this time of year is to avoid becoming a one-trick athlete. How many do you know who do their fastest swims in training and time trials rather than in races? How many

do you know who will swim the same speed for 100m, 400m, 1.5km or even 3.8km? If you do all your training pushing at the same fairly high level then you'll only have one gear! One way of making sure that you have different gears to tap into is to swim relatively short intervals off varying turnaround times – but not with the aim of trying to get more rest. Instead, try to change the pace to match the turnaround. The way to find faster gears and reach higher speeds is actually to slow down *some* of the time rather than hitting the rev limiter *all* of the time.

The next thing to do is to look at building a bit of power into your stroke, again focusing on good form. One way to do this is through strength exercises – potentially in the gym (see p44). Another way is to use swim paddles. If you've never used them before, don't just go for the biggest you can buy, rather choose ones that are slightly bigger than your hand. Also try and use just a finger strap rather than relying on using the wrist/side straps. This will mean you have to focus on moving your hand in the right way (otherwise the paddle will come off). ■ **220**



JARGON BUSTER

PADDLES

Swim aids that help isolate the arms and improve speed and efficiency through the water.

INTERVAL

Intensive training using repeated on/off efforts for faster results than a single sustained slog.

TURNAROUND

The total time for your swim including rest period. E.g. '3 x 100m steady FC off 2:20min – target around 2:10', means you swim 100m in 2:20, inc. rest, 3 times, for a total of 300m. If you swim it in 2:10 take 10secs rest.

Using paddles is a great way to build strength into your stroke and focus on good hand movement

 60min pace-change & strength session

THE SESSION

KIT CHECKLIST

- SWIMSUIT/SHORTS ● GOGGLES
- SWIM CAP ● PADDLES

WARM-UP

- 200m alternating 25m front crawl (FC) with 25m backstroke
- 200m kicking, alternating 25m side/back/front
- 4 x 50m as: start slow and build up to race effort on lap 4; 10secs rest

MAIN SESSION

- 3 x 100m steady FC off 2:20mins target around 2:10mins
- 2 x 100m steady FC off 2:20mins target around 2mins
- 1 x 100m steady FC off 2:20mins target around 1:50mins
- 3 x 100m with paddles, steady FC off 2:10mins target around 2mins
- 2 x 100m with paddles, steady FC off 2mins target around 1:50mins
- 1 x 100m with paddles, steady FC off 1:50mins - target around 1:40mins

COOL-DOWN

- 100m mixed stroke, with at least 50m non-FC

Adapt for beginners

Rather than swimming 100m reps, do them as 50m efforts. In the warm-up, you may want to wear fins for the kick.

Adapt for advanced

Either make the turnarounds faster or add in a section of 4 x 100m to the non- or with-paddles parts of the main session. Or, you can do both!

TECHNIQUE

With the paddles on, maintain pressure through your hands and forearms - focus on good technique.

START SLOW

Take it easy in the first parts of the set and try and hold your technique as the set goes on.

FORM FOCUS

As you go faster, don't rush and spin your arms around. Instead, maintain form and increase power.

COACH JOHN WOOD SAYS: IMPROVE YOUR BODY POSITION TO BOOST EFFICIENCY



DEAD MAN'S FLOAT

Body position is incredibly important to swim efficiency - we want to swim over the water rather than drag through it. Try this dead man's float - let everything hang loose and floppy and find your body's neutral buoyant position (don't worry if your toes touch the bottom). If you're self-conscious, try it at a quiet time!



LENGTHEN SPINE

From the dead man's float position (left), try lengthening your spine (stand tall), engaging your core (belly button toward spine, squeeze glutes) and lifting your arms forwards. Your ears should be between your arms. Hopefully your legs will start to rise, although they might not rise all the way to the surface.



HEAD POSITION

Head position is really important, as is that core engagement. You can play around with where you look to get the best floating position possible. For some, it will be looking straight down (without burying your head), for others looking slightly forwards. If you look too far forward, your legs will begin to sink again.

TRAIN FOR 2016: BIKE – PART 3 OF 6

UP THE GEARING, FEEL THE BURN!

Nik Cook brings the pain with a high gear/low cadence session designed to strengthen your entire cycling-specific musculature and ignite your pedal power. Get ready to hurt...

There are two contributing factors to power – speed and strength. If you're lacking pure grunt through your pedals, you'll never deliver a stellar bike split. Hitting the gym can certainly help (see p46 for bike-specific strength exercises) and, with additional health benefits including boosted bone density, increased lean muscle mass, raised testosterone levels and enhanced all-over injury-preventing robustness, should factor in all triathletes' off-season training plans. However, in training, specificity is king and, for on-the-bike strength, a traditional high gear/low cadence workout is hard to beat.

It's a really tough session. Every fibre of your being will be screaming at you to drop to an easier gear and spin but you have to keep that load high and grind away. Your legs will burn in a way that you've never before imagined and that discomfort will radiate throughout your body as it recruits other muscle groups to assist the effort. Sound like fun? You'll love it! Obviously, if you've had issues with your knees this might not be a suitable session for you. (For the session, you'll need to find a hill that takes a minimum of 5mins to climb.)

As I've mentioned, strength is only part of the equation and, for a more powerful pedal stroke come spring, it's vital that you don't neglect speed and technique. Complement this high torque session with some leg speedwork and pedalling drills. Learning to ride rollers should be at the top of the must-do list for most triathletes and the winter is the ideal time to do it. Not only will they deliver a silky smooth pedal stroke but they'll also take your balance and bike handling to a new level. Rollers are ideal for leg speed and pedalling work and also for warming up, cooling down and for recovery spins.

Another option for complementing the high gear/low cadence strength work is to do some sessions on the track. As there are now six indoor velodromes in the UK (refer to issue 318 for my 'Tackling the Track' feature or check it out on the 220 website: bit.ly/10thfCw), there's probably one not too far away from you. The relatively small fixed gears you'll spin will give you that high-revving, smooth pedal stroke and you'll also learn valuable group riding skills. ■ 220



Also use this time to focus on developing a more powerful pedal stroke

Try this...

DOLAN FXE ALUMINIUM FIXIE

www.dolan-bikes.com

Add a bit of old-school style to your winter training. This fixed gear workhorse, fully specced with mudguards, will cost you under £600. Heading out for fixed gear rides delivers both leg strength and pedalling speed in one hit. You're forced to grind up climbs and spin fast and fluidly on flats and downhills. Best of all, with a minimum of components, maintenance is almost zero and it'll save serious winter wear on your other bikes.



“Every fibre will be screaming at you to drop to an easier gear, but you have to keep that load high”

GET OUT!

Out of the saddle, avoid excessive swaying or rocking. Keep your head up, core strong and don't wrestle your bike.

 55-75min high gear/low cadence

THE SESSION

KIT CHECKLIST

● ROAD BIKE ● CADENCE SENSOR ● LIGHTWEIGHT GILET/JACKET ● REAR LIGHT (EVEN IN DAYLIGHT)

WARM-UP

● Use the ride to the hill. Progressively increase the intensity and, during the second half, include 3-4 x 6sec maximal efforts. Ride easy for the final couple of minutes.

MAIN SESSION

● Select a gear that allows you to maintain 50-60rpm and climb for 5mins (including 0-2mins seated, 2-3mins standing, 3-4mins seated and 4-5mins standing, sprint final 10secs).

● Recover for 5mins, rolling back down the hill and spinning on the flat.

● Repeat for 3-5 reps.

COOL-DOWN

● Easy ride home, spinning the legs out for at least 10mins.

Adapt for beginners

Shorten the efforts to 3mins each, remain seated throughout and miss out the finishing sprint. If you tend to mash your pedals when you ride normally, give this session a miss and work on a set of rollers instead.

Adapt for Ironman

Slot into the middle hour of a 3hr ride. Ride solid IM race pace for the first hour as an extended warm-up, do the reps and then try to hold your race intensity for the third hour. Throw in a 15min brick run off the bike if you're feeling especially masochistic.

POSITION

When seated, ensure your upper body remains still and relaxed. Lightly grip or just rest your hands on the tops.

PEDAL RIGHT

Low cadence doesn't mean mashing the pedals; try to keep your pedal stroke smooth and even.

TRAIN FOR 2016: RUN - PART 3 OF 6

HIT THE HILLS, BUILD STRENGTH

As well as increasing your volume, you should venture to the trails and inclines this month to build form, strength and endurance, says Brit racing hero **Spencer Smith**



Keep things at a relatively light intensity, but still include some pace and drill work

Theodore Roosevelt once said, 'Do what you can, with what you have, where you are'. I think this perfectly sums up the start of any new year. From my experience, being fresh is far more important than being fit at this time of year (unless you have a very early 'A' race planned, then sadly this doesn't apply to you!).

With the holiday festivities behind us, now's the perfect time to get back to a structured training programme that allows both an increase in consistency and volume. Aim for a relatively light intensity, but don't forget to inject some pace and drills into your sessions. This doesn't mean you should start the year with an epic

bang, it merely means you should look at what you've been doing over the last few weeks. Slowly (slowly being the operative word) look to gradually increase the consistency and time (volume) each week within this month.

Even though the training may have been a little disrupted over the Christmas period, the inclusion of some strength-specific runs is ideal in January. Find an incline of 4-6% and about 150-200m in length on preferably a more forgiving surface like grass or light trails.

With this being the first strength-specific session I'd, as always, err on the side of caution and start with fewer reps at the beginning of the

month. Once the body has adapted to the rigours of the session, increase the number of reps.

Hill reps not only force the knees to lift higher, but they also encourage the athlete to use the ground beneath them to gain that all-important forward momentum. Don't stare at your feet, focus on the ground around 5-7m ahead of you. This'll help you stay mentally focused on the hill in front of you.

The duration of the session on the facing page ranges between 30-50mins (depending on the amount of reps you're doing), with frequency preferably being once a week. This is in addition to your other 3-4 runs per week. ■ **220**

“ With the festivities behind us, now's the time to get back to a structured training programme ”

 30-50min jog and hill reps

THE SESSION

KIT CHECKLIST

- TRAINING/TRAIL SHOES ● RUN TIGHTS
- GLOVES/HAT ● BASE LAYER ● RUN JACKET

WARM-UP

- Jog @ PE 3 for approx 15-20mins
- 10 x hip circles in each direction; 2-3 x [30sec walk/15sec rest] walking lunges; 2 x 10 butt kicks on each leg; 2 x 10 leg swings on each leg (for detailed definitions head to www.220tri.com Training>Run)

MAIN SESSION

- 5-7 x hill reps, ascending 150-200m. Start rep 1 @ PE* 3-4, with the last rep @ PE 8max
- Recovery for each rep is a slow jog down the descent to the starting point of the climb. Don't rush the recovery, use it!
- Start with 5-7max reps on the first session and then increase to 10-12max by the end of the month once your body has adapted - try to time each rep

COOL-DOWN

- Walk or shuffle (slower than a jog) until heart rate is under control
- Stretch out

*Perceived exertion: 1 being no effort, 10 being max effort. See our guide on p108.

Adapt for beginners

Don't do a complete hill rep, and start with less reps at the start and build throughout the month.

Adapt for Ironman

Don't let the HR drop on the recovery. Once you reach the bottom, start the next rep immediately.

STRONG AT TOP

Try not to start each repetition too fast. Gradually build into the climb/incline so that you're strongest at the top.

DON'T FIGHT

Stay relaxed and don't fight the climb. The body should remain strong throughout. Use your breathing to maintain rhythm.

PUSH OFF

Use the ground beneath you to push off. Let your body lean slightly into the climb/incline to obtain forward momentum.

TRAINING PLAN: PART 3 OF 6

BUILD PASE 1

As we start the new year, it's also time to start the 'Build Phase' in prep for the 2016 race season. Here's **Dermott Hayes** with the next four-week Olympic-distance training block...

Our six-part training plan continues with the first four weeks of the Build Phase (following weeks 1-8 of the Base Phase), which sees the introduction of sessions close to race pace to increase endurance and speed, so there are tempo efforts in each discipline to establish current levels of ability.

There's also a gradual increase in the distance/volume and the intensity of the long steady workouts. These continue to have the

objective of improving aerobic efficiency. Longer bike (indoor and outdoor) and run sessions should include an increased amount of climbing, with some run sessions taking place on trails to improve technique and endurance. Interval sessions increase in difficulty by changing the structure and reducing recovery time.

The plan is aimed at individuals training around four times a week for approx 7-8hrs. It targets athletes who'd place themselves at an

intermediate level in triathlon experience and ability and want a longer-term plan to help progression at Olympic-distance triathlon.

We've also incorporated options for beginner and advanced athletes, whether you're racing sprint, Olympic or long-course. The sessions here will often tie-in with the swim, bike and run sessions prescribed over the preceding pages. See the facing page for your four-week Build Phase 1 training plan... **220**



PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (PE) rating for each session to peg your training efforts correctly.

- 0** NOTHING
- 0.5** VERY, VERY LIGHT
- 1.0** VERY LIGHT
- 2** LIGHT
- 3** LIGHT TO EASY
- 4** EASY TO MODERATE
- 5** MODERATE
- 6** MODERATE TO MODERATELY UNCOMFORTABLE
- 7** MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8** HARD
- 9** VERY HARD EFFORT
- 10** AT OR CLOSE TO MAX EFFORT

| | Session #1 | Session #2 | Session #3 | Session #4 |
|--------------------|---|--|---|---|
| WEEK NINE | <p>Swim POOL</p> <ul style="list-style-type: none"> • 1,950m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 1,650m as: 300m drill [Choose a drill from p105], 5 x 200m pull only @ PE 7, 100m @ PE 9, 5 x 50m @ PE 9. Take 20-30secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Remove 5 x 50m from end <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete 8 x 50m @ PE 9 at end | <p>Bike ROAD</p> <ul style="list-style-type: none"> • 55-60km @ PE 6-8. Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 40-45km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 60-65km | <p>Run TREADMILL/TRACK</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 9 on 4% incline, 3mins recovery @ PE 6] • 4 x [2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 20-30secs on the recovery time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient | <p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 2 x [400m @ PE 7, 300m @ PE 8, 200m @ PE 9]. Take 20secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce the PE of each effort <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 4 x 50m @ PE 9 at end |
| WEEK TEN | <p>Swim POOL</p> <ul style="list-style-type: none"> • 2,100m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 15 x 100m @ PE 8-9. Take 20secs rest between sets. Aim to swim at a pace approx 5-10secs quicker than time-trial pace <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 12 x 100m <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 18 x 100m | <p>Bike ROAD/GYM</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3mins 30secs recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time | <p>Run ROAD</p> <ul style="list-style-type: none"> • 11-12km @ PE 6-8. A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 12km and include some steep hills | <p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 8-10km @ PE 7-8. A tempo run at a consistent pace approx 10-15secs slower per km than race pace. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 8km and keep it flat <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Don't choose a completely flat route |
| WEEK ELEVEN | <p>Swim POOL</p> <ul style="list-style-type: none"> • 2,350m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 5 x [200m pull only @ PE 7, 100m @ PE 9]; 5 x 50m @ PE 9. Take 20-30secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Remove 5 x 50m from end <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete 8 x 50m @ PE 9 at end | <p>Bike ROAD</p> <ul style="list-style-type: none"> • 60km @ PE 6-8. Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 50km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 70km | <p>Run TREADMILL/RUN</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 9 on 4% incline, 3mins recovery @ PE 6] • 4 x [2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 20-30secs on the recovery time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient | <p>Bike GYM/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time |
| WEEK TWELVE | <p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 2 x [400m @ PE 7, 300m @ PE 8, 200m @ PE 9]. Take 20secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce the RPE of each effort. <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 4 x 50m @ PE 9 at end. | <p>Bike GYM/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time | <p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 11-13km @ PE 6-8. A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 13km and include some steep hills | <p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 8-10km @ PE 7-8. A tempo run at a consistent pace approx 10-15secs slower per km than race pace. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 8km and keep it flat <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Don't choose a completely flat route |

KEY: RPM = Revs per minute (bike); Pull only = Pull buoy in between legs & arms only

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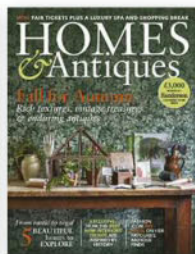
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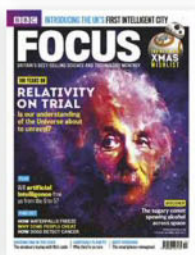
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NUTRITION

TAKEAWAY CHOICES

There's no two ways about it – training saps the enthusiasm to cook. But which takeaway is best? **Nigel Mitchell** separates the good from the bad...



Of all the sports you could take up, triathlon can demand the most training. After all, in an ideal world, you'll be squeezing three sports into a week, as well as some strength and conditioning. In my experience, triathletes tend to be either training, working, eating or sleeping – so it's no wonder that food's often one of their favorite topics of conversation!

Some times, though, having to cook a nutritious meal at the end of a long day is the last thing you want to do, so the idea of a takeaway meal can be very appealing. But is this a disaster for your nutrition? Not necessarily, if you put your meal together wisely.

Takeaway meals generally have a bad reputation – and this is probably because the traditional British takeaway is fish and chips. Obviously, this isn't a good choice – you're taking good wholesome vegetables like potatoes and removing the skin (which contains the vitamins) and deep-frying them. On top of that the fish is battered and fried as well. So from a nutritional point of view, fish and chips are just fat and carbs with a bit of protein. Not ideal!

Not all takeaway food needs to be bad, however. Over recent years there's been an explosion in the variety of fast foods you can buy, and the current fashion for street food has provided an almost inexhaustible variety of food options. Here I examine the smartest – and the not so smart – takeaway choices for triathletes.

PIZZA

This is a really popular takeaway option and, if we look at it in its purest form, it can be a really balanced meal. It's when you go for the really thick dough base, with stuffed crust and high fat toppings such as pepperoni that things get dangerous. I even saw one the other day that had garlic butter instead of tomato! My advice? Go for a thin and crispy base, with tomato, and choose nutritious toppings such as tuna, olives and peppers.

INDIAN

You can get some great Indian choices and really poor ones. For example, starters such as bhajis and samosas are deep-fried, while the Indian soup Mulligatawny is a good option. For the main course, go for the drier curries such as tandoori chicken. Sauces often contain a lot of fat (traditionally ghee will be used, which is a clarified butter) so those are best avoided. With the side options it's easy to double up the carbs – if you have both rice and naan you could easily eat more than 100g of carbohydrate. This may help to replenish glycogen if you've just done a real

GOLDEN RULES WHEN CHOOSING A TAKEAWAY

Here are Nigel's five things to remember when ordering food in... follow these and you shouldn't go too far wrong!

- Don't order when you've just finished training and you're starving, as you'll order the highest calorie foods and order too much. Plan ahead instead and decide what you're going to have beforehand.
- Keep clear of fried rice, which will have absorbed hundreds of extra calories that you just don't need. Choose boiled instead or – if they have it – brown or wild rice.



- Don't double up on the sides! Pick either bread or rice, but not both.



- Choose thin and crispy pizza and keep away from the high fat toppings. Pile your pizza high with lean protein and veggies.

- Watch the sauces – these can add a lot of fat and sugar and you don't really know what's in them. As a rule, choose food (such as a stir fry) that's in as close to its natural form as possible.

gut-busting track session, but doubling up on the carb sides can be a bit much for many people.

CHINESE

Overall, Chinese takeaways tend to be one of the healthiest options, as the cooking method of choice is the stir-fry wok. The food's cooked quickly so the nutrients are sealed in and there's less denaturing of the vitamins. Also, there are a wide variety of vegetables used in Chinese dishes that can really provide great nutritious meals, but again it's easy to break the calorie bank if you're not careful. Go for a soup (usually chicken and veg) as a starter, then for your main course choose a chicken chow mein, for example, which will provide carbs from the noodles, loads of veg and also protein from the chicken. For a lower-carb option, choose dishes such as chicken or fish in black bean sauce with vegetables. If opting for rice, pick plain boiled rice rather than the special fried rice.

MIDDLE EASTERN

There are a growing number of Middle Eastern takeaway shops specialising in traditional meals. These can be a good alternative to other takeaways as the chicken or lamb is marinated and then cooked over charcoal – delicious and low fat. These are often served with piles of salad and a flat bread. Just watch out for sauces, such as garlic or sweet chilli, as these can be very high in fat and sugar.

MEXICAN

Mexican style takeaway food is also becoming more popular and these meals can be really nutritionally-packed. Dishes such as a burrito (meat, beans, rice, etc in a wrap) with a side of guacamole and black beans can be a really good choice. Try to steer away from any with a cheesy sauce, though, which is high in fat.

Basically, if you're unsure when considering having a takeaway, think about what you're looking for in a meal – especially when you've been working all day and training. The active triathlete will want a meal that provides protein, carbs, some fats (preferably healthy), vitamins and minerals. So think about whether that dish provides what you need. Generally, something with some protein (that hasn't been cooked in fat) and loads of nutritious veggies will be a sound choice.

■ **NEXT MONTH** Wondering what supplements your diet might need? Nigel breaks down which are the most beneficial for active triathletes...

“ There are a wide variety of vegetables used in Chinese dishes that can provide nutritious meals ”

tri

definition - word-forming element meaning three incredible new tri-athlon specific bikes for 2016 from Ceepo; which one for your next tri?

KATANA



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See running holiday dates @ **EMBRACE SPORTS**.co.uk

RECIPE

SMOKY BLACK BEAN & CHORIZO CHILLI

Brimming with health-boosting black beans, **Kate Percy's** twist on the conventional chilli packs plenty of heat and flavour for essential winter sustenance...



NUTRITION

>> ENERGY 836KCAL >> PROTEIN 51G
 >> CARBOHYDRATE 100G >> FAT 24G
 >> SUGARS 7G >> SATURATES 7G
 >> SALT 2G >> FIBRE 8G

This nourishing and warming dish is loaded with protein, complex low-GI carbohydrate, B-vitamins, fibre, iron and calcium to sustain energy and protect the immune system during winter training. Shiny, tasty little nuggets of nutrition, black beans contain 10 times more antioxidants than oranges, according to recent studies. Excuse the name-dropping, but Chris Edwards of the band Kasabian once popped by for a *Go Faster Food* supper in Bristol while cycling from Land's End to John o'Groats with his brother Jason. Fuelled by this chilli, their ride the following day was apparently the best ever! Serve with a salsa of chopped tomatoes, cucumbers and avocado, and a dollop of soured cream or yoghurt.

INGREDIENTS (SERVES 4)

● 350g brown basmati rice ● 400g stewing beef chopped into 1cm chunks ● 2 tbsps flour mixed with ¼ tsp each salt, pepper and cayenne pepper ● 2 tbsps olive oil ● 100g

chorizo chopped into 1cm chunks ● 1 onion, peeled and finely sliced ● 2 green peppers, deseeded and chopped into 1cm chunks ● 1 bay leaf ● 1 tsp smoked paprika ● 1 large garlic clove, peeled and crushed ● 100g black beans, rinsed and soaked overnight, then rinsed again and drained (you can use tinned instead but dried are better) ● 500ml chicken stock ● 1 x 400g tin chopped tomatoes ● Handful of chopped fresh coriander ● Squeeze of lime juice ● 1 green chilli (or more for extra heat), finely sliced with seeds ● 1 tsp olive oil

PREPARATION

Preparation time 15mins (plus overnight soaking for dried beans) **Cooking time** 90mins
Equipment needed ● A flame-proof casserole dish with a lid for the chilli ● A saucepan with a lid for the rice ● Chopping board ● Sharp knife

METHOD

● Preheat oven to 160°C. Toss the beef in the

flour mix. Heat 1 tbsp oil in a flameproof casserole dish and brown the beef in batches. Set aside. Brown the chorizo and set aside. Add a splash of water to the pan and scrape the juices over the beef.

● With the remaining oil, gently sauté the onion and green peppers with the bay leaf for several minutes. Add the smoked paprika, beef, chorizo, garlic, black beans, stock and tinned tomatoes and bring to boil. Stir, cover and transfer to the oven for 90mins until the beef and beans are tender and the sauce is thick. Remove from oven and add salt and pepper to taste.

● Cook the brown rice according to pack instructions.

● Stir the coriander and lime juice into the chilli. Taste and add more salt, pepper or smoked paprika if required.

● Serve in bowls with the rice, a dollop of soured cream or yoghurt, some salsa, and chopped green chillies for those who like it extra hot. ■ 220

DIET ANALYSIS

INCREASE FUEL FOR LIFT-OFF

How do you get enough fuel without embarking on a complicated preparation and cooking process? **Nigel Mitchell** advises RAF aircraft engineer John Preece on his daily diet...



NAME » JOHN PREECE **AGE** » 26
HEIGHT » 6FT 3IN **WEIGHT** » 75KG
PROFESSION » RAF AIRCRAFT ENGINEER
ABOUT » I only started tri this year and have completed four sprint races. Next year my goal is to step up to Olympic. I'm concerned about feeding myself enough to keep me fuelled during my training. I'd like advice on getting the correct nutrients with the limited military cooking facilities - a microwave's about it! I've one rest day and 3-4 double training days a week.

- **7am** Bowl of Alpen original muesli with whole milk and a glass of milk
- **10am** Toasted plain bagel cut in half. Half with peanut butter, half with Nutella
- **11am** 1hr swim
- **12:30pm** Pack of Uncle Ben's microwave rice (or equivalent) with a tin of mackerel. Muller corner yoghurt
- **3pm** Banana and orange
- **5pm** 90min cycle
- **7pm** 1/4 sweet potato, 1/4 head of broccoli, handful of green leaves, a carrot and parsnip microwaved, with half a pack of pre-cooked chicken (90g in total) and some cheese. Slice of homemade cake
- **9pm** Couple of squares of decent dark chocolate

DIET SUMMARY

» **ENERGY** 2,233KCAL » **PROTEIN** 108G
 » **CARBOHYDRATE** 273G » **FAT** 86G

John is pretty new to triathlon and, like many athletes, is questioning whether he's getting what he needs. If his weight is stable, that means he's in a neutral energy balance, so he's getting enough energy for his general energy requirements. If he's struggling during training, he needs to be able to identify if there's a fuelling issue - in other words running out of gas in training - or whether he's just tired due to hard training.

Looking at his diet he eats regularly, starting with muesli that provides approximately 44g of carbs. This should be enough for the start of the day but, if his work as an engineer is physical, he's right to have a top-up before his swim at 11am. This should be sufficient but, if his swim session is particularly intense, he may benefit from taking on some carbs in the pool.

His lunch is a big carb and protein hit, which should provide adequate nutrients for recovery. But the main thing here is the lack of vitamins and minerals. There are plenty of 'go' foods but not many 'glow' foods. Having some salad would help - it doesn't have to be complicated but a few tomatoes, peppers and avocado would really boost the nutritional quality.

His evening meal is his best of the day with plenty of veggies to complement his carbs and protein. He finishes the day off with a few chunks of dark chocolate. Some people really crave some sweet foods and dark chocolate is a good way of satisfying that craving.

John also has limited facilities to cook with. Some ideas could be a Thermomix (an amazing bit of kit, but with a £900 price tag), a rice cooker (£45) or a slow cooker (£20-70). ■ **220**

GET ENOUGH FUEL

Need more gas for training? Add these to your diet...

TOP UP
A bagel an hour before his morning swim is a good idea - you need to top-up carb levels before intense training.

MAKE IT EASY
Microwaveable rice is quick and gives a good carb hit for lunch. I'd add lots of salad veggies to it to make it more nutritious.

START OF DAY
Including carbs for brekkie will help boost energy levels. Sugar-free muesli is good, providing 44g of quality carbs.

FUEL THE BIKE
If you're riding for 90mins, you may benefit from taking on fuel on the bike - this could be as simple as a banana.

SWIM STRONG
Doing an intense swim session? Use a sports drink to top-up blood sugars. Choose one that provides 20-30g of carbs in 500ml.

The Brutal was not so much a race, but a life experience that has made everyone who took part at whatever distance, and in whatever capacity, better for being there.

Mark Yates - Triple 2015

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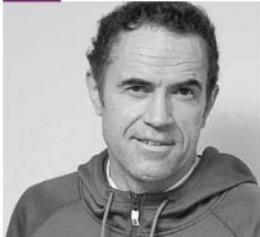
YOUR QUESTIONS ANSWERED

TRI CLINIC

THIS MONTH: Bike weakness » Upping the aero » Knee pain » Solitary training

MEET OUR EXPERTS HERE TO ANSWER YOUR QUESTIONS

BIKE



JOE BEER is a triathlete and award-winning coach who has been writing for *220* for over 20 years. He has participated in over 200 triathlons, duathlons and extreme events worldwide.

BIKE



Freelance writer **Nik Cook** is an experienced competitive multisporter who has run the Marathon des Sables, won the 2010 6633 Arctic Ultra and competed for Team GB in duathlon.

PHYSIO



A qualified physio since 2002, **Emma Deakin** has been head physiotherapist and medical lead for British Triathlon since 2009. She specialises in musculoskeletal physiotherapy and sport.

PHYSIO



Involved in triathlon for 25 years, qualified remedial massage and anatomy specialist **Kevin James** works as a sports therapist with both age-groupers and elites, including the GB Triathlon Team.

SEND US YOUR QUESTIONS...

If you have a triathlon query, send us your question and we'll try to answer it in the next available issue of **220 Triathlon**. Include as much relevant info as you can.

Email to:
trclinic@
220triathlon.com

Or send to:
220 Triathlon,
Immediate Media,
9th Floor, Tower
House, Fairfax Street,
Bristol BS1 3BN



Your body needs time to gradually adapt to the demands of covering 180km

timely manner or finding the right bike set-up. Everything has to be optimised so you've got every possible advantage as you get out of the swim.

■ Use indoor riding in whatever formats you can find to increase winter riding frequency. Turbo trainers, Wattbikes, spin classes, track sessions and so on are all useful. If you didn't have a misspent youth on a bike, it's vital that you prioritise the amount of time you spend with your legs going round in circles. Cycling needs to be a regular session in your training diary all year round.

■ Use the early season to compete in middle-distance triathlons and time trials (25, 50, 100-mile races with short to medium runs added afterwards). This will give you in-race experience and help you learn to pace yourself and practise feeding while boosting your fitness.

■ Riding with others will help the time fly and build confidence in your bike handling. But don't get sucked into turning every ride into a race. During winter, rides of 2-3hrs will suffice (shorter if you're staying indoors). Alternating between rides of 50, 80, 40, 100, 50 miles and so on is a good way to build the distances. Ideally you need to reach a point where you can do at least three 100-120 rides in the last 12 weeks before race day. **JB**

TOO MUCH TOO SOON?

Q I'm 53 and started triathlon a year ago. I got stuck in straightaway and entered an Ironman in the summer but unfortunately I didn't make the bike cut-off time and DNF'd. Should I try again in 2016 or is this sport not for me?
AMANDA HYATT, EMAIL

A Amanda, do not give up. I repeat, do not give up. It's just going to take a bit of patience and a lot of work before you'll get to show your run finesse off the bike and pick up that Ironman medal. You can definitely do it but,

like anyone, you need to devote a serious amount of time to becoming a biker that can swim for 3.8km and run for 42.2km.

Jumping in at the deep end is brave but your DNF suggests you didn't pay enough attention to your biking. The 180km bike leg makes up 80% of an Ironman and becoming someone that can handle it takes a lot of effort. The following five tips should help:

■ Pick your long-course event carefully, ensuring it doesn't have the most brutal bike section. As a beginner with a weaker bike leg,

you don't want to turn up at one that's nearly impossible. That rules out Lanzarote, Nice and anything with a profile resembling a fibber's lie detector trace!

■ Approach more experienced local triathletes/bikers and ask for advice about your current bike, equipment, handling skills and general cycling know how. The more you understand, the more things you can tweak to make the most of your leg work, and increase your average speed on the bike leg. It's possible to buy more speed but it usually comes at a high price. You can gain just as much speed by learning how to change gear in a

Aerobars and an aero helmet will save you time on the bike leg provided they work with your bike position



REDUCING THE DRAG

Q This year will be my second season in triathlon. I'll be competing in Olympic and middle-distance races, and am looking to make some aero improvements. Should I buy a long-tail aero helmet or make upgrades elsewhere?

JOHN MCCLEAN, EMAIL

A If you're heading into your second season, it's unlikely your riding position is optimal and this is what you should focus on first. This doesn't have to mean forking out on expensive wind-tunnel sessions, as there are cheaper alternatives. Aero Coach (www.aero-coach.co.uk) offers velodrome testing or, if you have a power meter, there are several DIY protocols you can follow on the road.

A lower tech option is to set yourself up on your turbo, take a head-on shot and try tweaking your position to reduce your frontal area. Then, use a side-on shot to try and flatten your back. Remember, though, aero is only one part of the equation. Don't make your position so extreme that you're compromising your pedalling power.

When you're happy with your position, look for some more low-hanging aero fruit. Is your tri-suit tight and crease free? Have you minimised clutter, such as unnecessary bottles and food boxes, on your bike? Are your legs shaved? Seriously - Specialized tested the difference between shaved and non-shaved legs in its wind tunnel and found it was worth 70secs over 40km!

Wheels can make a big dent in your bike split, and your bank balance. For all but the most hilly bike courses, a deep-section front wheel and a disc on the rear will be the fastest combination. Look for second-hand deals or even consider the budget option of a cover for your rear wheel. It won't make the same cool 'whooshing' sound of a real disc but will save you a measurable amount of time.

With regard to your original question - yes, an aero helmet can provide one of the best 'bang for your buck' aero gains. But unless it complements your position, it could end up costing you time. The tail of the helmet should smooth the airflow from your head on to your back, with a minimal gap in-between. If you tend to drop your head or move it a lot, a long tail will just stick up into the wind.

Try different helmets, take some side-on pics and don't forget to factor in fatigue when altering your position (your head may move when you're tired, thus affecting the aero benefits of the helmet). Also, aero helmets can be pretty uncomfortable in the heat if you're prone to overheating, so any aero gains can easily be outweighed by the potential time losses caused by a boiling head. **NC**

**MORE SPORTS,
MORE RISKS**

Q I'm ramping up my training in the hope of qualifying for the GB age-group team this year. However, I also play squash and netball. Can I continue these sports, which involve lots of sharp movements, without risking injury?

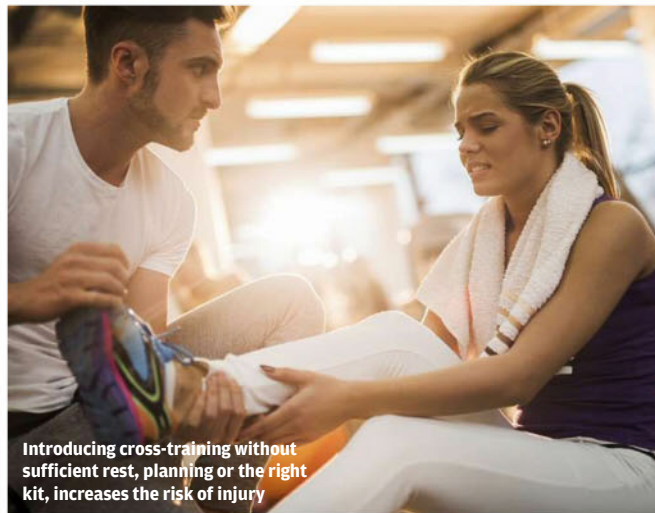
JESSICA BENNETT, EMAIL

A Every sport, every training session, every game, comes with some degree of injury risk. Cross-training (doing different sports or activities) is a great way to improve fitness, so my advice is to definitely carry on doing the other sports you enjoy.

Cross-training maintains your endurance levels and keeps you mentally fresh. Many activities have benefits that will improve your overall fitness, especially components associated with triathlon. Here are a few tips to help you to cross-train while minimising the risk of injury:

- Plan your week. Liaise with your coach to schedule your training to best fit you and your lifestyle. Look at the key sessions - swim, bike and run - and ensure you can hit these sessions as fresh as possible.

- Look at how the netball and squash sessions fit in around the



Introducing cross-training without sufficient rest, planning or the right kit, increases the risk of injury

triathlon training week. Try not to play netball or squash after any long run or bike sessions, as you may be fatigued and at more risk of ankle sprains or other lower-limb injuries.

- Think about footwear and make sure you don't train and play in the same shoes. Netball trainers are often more supportive to cope with the sharp movements that you're required to make.

- Make sure your warm-up is specific to the training you're about to do. Include some low-level plyometrics in the squash and netball warm-ups to

ensure your tendons are ready to perform explosive activities.

- Rest and recovery are key to any type of training, as they give your body the time it needs to adapt from the stresses you're placing on it. Always ensure that you schedule in recovery.

You say your goal is to qualify for the GB age-group team and that you need to do more triathlon-specific training. That's fine but just be careful to gradually increase your training (volume and intensity). Only add in one new session at a time so your body can cope with the extra load. **ED**

QUICK Q&A

Tubular and tubeless tyres – what's the difference and what type should I use?

DYLAN CARSTAIRS, EMAIL

Each type needs a matching rim but the main difference comes down to how they're attached to it. Tubulars have the inner tube stitched into their carcass and need to be glued onto rims. Tubeless are similar to clinchers but rely on an airtight seal so they can do away with the inner tube. Tubeless are cheaper and more convenient than tubulars but clinchers are cheaper and more convenient than them both.

Do I have to learn to tumble turn?

TOM NELSON, EMAIL

Not if you don't want to. You won't need them for open-water races but they're useful for pool-based triathlons and will make your swim sessions go more smoothly. But if you're happy stopping, turning and pushing off as you are, there's no reason to change.

Why do I keep getting stitches and what can I do about them?

MARIA LEWIS, EMAIL

Nobody really knows what causes the spasms in your diaphragm known as a stitch. They tend to diminish as your fitness improves but slowing down, taking deep breathes and massaging the area should relieve the symptoms.

SLOW RECOVERY

Q I've been diagnosed with a Baker's cyst in my left knee. After two months of rest, ice and NSAIDs, it's no better and it's driving me nuts. Help!

BRAD MILBURN, EMAIL

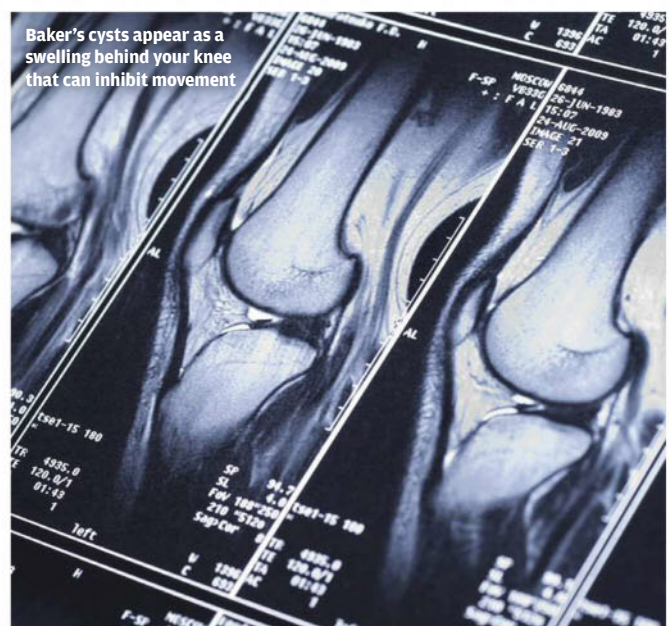
A A Baker's cyst (also known as a popliteal cyst) is a swelling in the capsule at the back of your knee that can cause stiffness and knee pain. It can worsen when the knee is fully flexed or extended. Generally, it occurs as a result of a build-up of synovial fluid inside a sac known as a bursa. Bursas are found throughout the body and act as cushions between bones, tendons, cartilage and muscles.

You mention that you have been diagnosed with a Baker's cyst at the back of your left knee and have noticed no improvement after two months of rest and treatment. While I don't know the full circumstances of your condition (how and when you first noticed the cyst, for

example), I would recommend some gentle exercises that should help towards recovery. I suggest you start a series of consistent strengthening, flexibility and a range of movement stretches geared towards the following muscle groups: quadriceps, hamstrings, glutes and calves.

These stretches should be undertaken without discomfort. If you start to feel any pain, you should stop immediately. If you're unsure what exercises to do, I'd recommend either visiting a local gym or sports club and enrolling in a stretching class. Be sure to tell the instructor about your injury. Alternatively, book yourself in for a soft-tissue massage with a therapist.

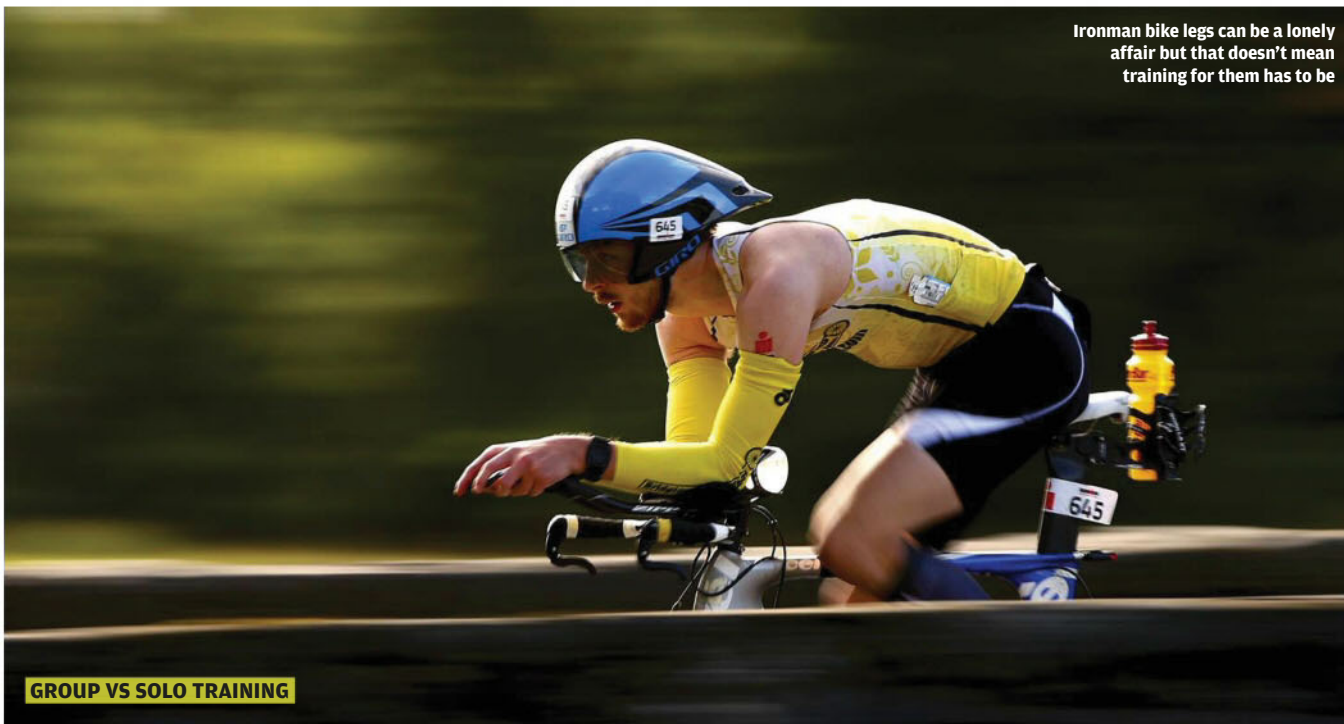
What's surprising, however, is that you say you've seen no improvement by following the PRICE (protection, rest, ice, compression and elevation) and NSAIDs (non-steroidal anti-inflammatory drugs) action plan. Baker's cysts are generally secondary to an underlying primary condition, such as a meniscus tear or arthritis (osteo/rheumatoid). If



Baker's cysts appear as a swelling behind your knee that can inhibit movement

the additional actions of strengthening, stretching and sports massage have no effect, I'd suggest you return to your GP and ask to have an ultrasound or MRI to

determine what the underlying problem is. With a course of treatment specifically geared towards the cause of your problem, the Baker's cyst will dissipate. **KJ**



Ironman bike legs can be a lonely affair but that doesn't mean training for them has to be

GROUP VS SOLO TRAINING

Q How much of my training should be done alone to prepare for Ironman? I find long, solitary rides can get boring and demotivate me, but I've heard they're necessary in order to learn to deal with the monotony on race day.

OLIVER BROOKS, EMAIL

COACH
SIMON WARD
is a multiple winner of 220's Coach of the Year award



A There is a time and a place for training in a group and training on your own. Group training works well for the following:

- Swimming (all year round). You'll be able to accomplish far more and at a higher intensity in a group (preferably with a coach) than alone.

- Winter riding. This is about general conditioning and on those damp, cold winter days, cycling partners may be the difference between getting out and staying in.

- Open-water swimming. Never swim alone in open water. Besides, you need to make sure you're comfortable swimming in a large group for when you race.

An Ironman race may be a mass start but it's essentially a solo event, so you need to learn about swimming, riding, running and

pace on your own. When you're in a group, you can end up trying to hold the group's pace and unless you're very evenly matched that makes it difficult to achieve your personal goals for the session.

The solution is to train solo but on long rides it's easy for boredom to kick in. To avoid losing interest in your ride, design an intensity profile (based on power or heart rate) to replicate how you intend to pace the 180km on race day.

For instance, this is how a profile for a four-hour ride might look (spend as much time as you can in the aero position but definitely on the 2 x 45mins efforts):

- 30min warm-up
- 45mins as: 15mins at 5-10% under IM intensity, 15mins at IM intensity and 15mins at 5-10% above IM intensity
- 90min steady riding
- 45mins as above
- 30min easy riding

ATHLETE
LUCY GOSSAGE
is a cancer doctor and four-time IM champ



A I try to do as much training as possible with other people. It makes the training routines for each discipline more fun as I find having other people around pushing me along keeps me motivated, especially when I'm tired.

But it's not only useful when you're tired. If there are a few of you working through the same session at the same time, the shared experience makes it much easier to keep going and get the work done. And that's particularly useful for the sessions that last a long time or require hard efforts. I certainly work much harder if I know someone else is suffering alongside me.

But, while training with other people may make getting the work done easier and more fun, the tricky part is making sure you're training at the right level of intensity. To do so you need to find friends who are of a similar ability (ideally a little bit quicker to push you) and have

similar goals for the session you have in mind.

There are a couple of things to be aware of if you're going to get the most out of training in a group, particularly when it comes to cycling. The first is not to spend too long drafting. Drafting saves you a lot of energy but you can't do it in a race. Not only will doing your fair share of work on the front help your fitness it also helps maintain group harmony.

Secondly, if you're planning on racing on a time-trial bike, you'll need to do a lot of your training in the time-trial position, which isn't always wise if you're in a tightly packed group. Try to spend time riding 10m apart, in the same way you would in a race.

Competing in 50 or 100-mile time trials is a great way to practise pushing yourself on your own but they're far more fun if a few of you turn up so you can race each other. As for swimming, nearly everyone will swim better with a club and I'd definitely recommend joining one. Remember: you're doing Ironman for fun so there's no point making every session a lonely chore.

“Remember: you're doing Ironman for fun so there's no point making every session a lonely chore”



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RACES » FACES » PLACES

EVENT ZONE

On the ground at this month's best multisport races

Had an unforgettable race experience in 2015? Then head to p31 to find out how to vote in the

220
Triathlon
AWARDS
2016



IMAGE: MATT ALEXANDER

THIS MONTH...

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Pen, map and credit card at the ready!

WILDMAN DUATHLON
Mud, hills, bracken and a mighty 13% DNF rate... read all about Ash Vale's Wildman off-road du overleaf

RACE SHORTS

THE RACES AND FACES THAT MAKE UP THE WONDERFUL WORLD OF TRI

Jim Burdett jostles for position at the start of the Wildman duathlon's first 10km run



INTO THE WILD

AS AN EXPERIENCED MULTISPORTER, JIM BURDETT JUMPED AT THE CHANCE TO ADD AN OFF-ROAD STRING TO HIS ENDURANCE BOW. HERE'S HOW HE FARED ON A BEFITTINGLY WILD AND WINDY DAY AT THE RACES...

WILDMAN DUATHLON

Ash Vale » Surrey » 21 November 2015

After a season of racing at all distances from sprint to Ironman, the lure of doing something different in the off-season is all too tempting – and I find myself duly pressing the ‘enter’ button on the Wildman web page! I’ve been winding down my training since the end of the normal tri season, so I enter just for a bit of fun to see how it goes.

On race day I wake up to light snow that’s starting to settle on my car. A civilised start time means I don’t have to get up at the crack of dawn, so I can enjoy my favourite race breakfast of bircher muesli, fruit juice and yoghurt. Wrapped up well, I chuck the bike in the car and

pick up my teammate Gareth, then head to the venue. Knowing we’re meeting up with some more teammates is a good incentive not to stay in bed!

Expressions in the registration queue are a mixture of nerves and chattering teeth, as a biting wind whips across the field. Once racked, there’s time for a quick warm-up and I elect to keep hat and gloves on; there’s a real sense of relief when the starting gun goes off and we’re finally moving.

The first run is a tough 10km on an undulating course, though as is tradition the initial rush of excitement sees usual pacing strategies go out of the window as we jostle for position. After a couple of kilometres and a few hills, the 200-strong field spreads out and things settle down somewhat.

Out onto the two-lap, 18km bike course, and I’m glad to be fairly near the front as the narrow course looks like it’s getting crowded. A couple of the more challenging climbs see some people revert to pushing their bikes, so I’m glad of my 1 x 11-speed set-up which makes gear selection easier with no front mech to think about. Eventually I catch my teammate, and former national MTB champ, Gareth, and am relieved to see him drop back a bit as I don’t fancy battling it out on the run with him!

The second run starts with a wall of sand that I climb with my hands on my knees. This is a taste of things to come, though, as the trail winds up, down and around. After what seems like the longest 5km ever, we come round the side of the firing range and into the finishing chute.

Expressions of tiredness and relief at the finish prove that the Wildman has indeed lived up to its name! I cross the line in 2:08:46, second in my age-group (45-49), 10th overall, and chuffed.

As a tri coach, I see lots of benefit in breaking up the year with some off-road running and cycling. It’s a great way to build fitness and skills that will pay dividends when the triathlon season comes round again.

RESULTS

10km run | 18km bike | 5km run

MEN

| | |
|-------------------|---------|
| 1 Tom Elwood | 2:00:21 |
| 2 Rick Fetherston | 2:01:44 |
| 3 Ross Smith | 2:03:55 |

WOMEN

| | |
|-----------------|---------|
| 1 Jackie Field | 2:27:06 |
| 2 Rachel Clay | 2:29:56 |
| 3 Ruth Purbrook | 2:33:10 |

WILDMAN DUATHLON STATS LAST YEAR'S WINNERS DAFYDD HOLLIS 2:00:58 FAY CRIPPS 2:13:37

MEET THE WINNER »

ROB WOOD

TriPurbeck Sika Duathlon, 22 November 2015

Rob Wood is 27 and an aircraft technician by trade. He was defending his title at the Sika Duathlon this year, and defend it he did as he explains below...

I'm originally from a MTB background, so I really like off-road races. This event is great for me as there's no tarmac in sight, it's fully enclosed in Wareham forest. After winning last year I had a title to defend and a course record to target!

It was one of the first proper cold days this year, so we all went out pretty fast. I opted for flat shoes on my (borrowed!) mountain bike to avoid the issues with cold hands I had last year. It paid off as I was first out onto the bike, even though another quick runner entered T1 before me.

The bike course was four laps, so you quickly gauge where your competition is. For laps 2-4 I had no idea how close second place



Rob Wood hunkers down for Sika Du consecutive win number two

was, so I just went as hard as possible. Despite a recent IT band niggle my leg held out on the second run and the course record goal was achieved.

My training has been fairly broken up this year with a lot of trips abroad for work, so I've often raced at short notice. I

completed my first Olympic-distance tri and decided swimming is probably not for me, so I'm going to stick with duathlon for now.

I'm hoping to target some longer duathlons and cycling road races in 2016. Of course I'll also be back at the Sika Duathlon!

SIKA DUATHLON STATS STARTERS 51 FINISHERS 50 **MEN'S WINNER** Rob Wood 1:20:02 **WOMEN'S WINNER** Louise Fox 1:29:40 **LAST YEAR'S WINNERS** Rob Wood 1:23:43 Louise Fox 1:31:38

IMAGE TRIPURBECK

ROUND-UP

The last weekend in November was pretty quiet on the UK multisport scene, and with gale-force winds and weather warnings affecting most of the country even some running events were called off due to safety concerns. It was lucky for some, then, that the Thai island of Phuket offered much warmer climes, where Challenge hosted the Laguna Phuket Triathlon on 22 November and the middle-distance Challenge Laguna Phuket on the 29th. In the 1.8km swim/55km bike/12km run Laguna Phuket Tri, long-distance ace **Michael Raelert** won in a time of 2:30:40. Brit **Stuart Hayes** also put in a top performance, coming third in a time of 2:36:17. In the women's race, Swiss pro **Simone Braendli** was the winner in 2:48:04, followed by Brit **Emma Pallant**, who finished in 2:52:43. A week later, Hayes raced again and placed sixth in a time of 4:04:26, though it was **Ruedi Wild** who claimed the top spot in 3:54:45. Braendli was also back for more, and managed victory number two in Phuket by clocking 4:22:42. Brit **Jodie Swallow** came second in 4:23:25. At Ironman Cozumel on the 29th, **Corrine Abraham** represented GB in style by claiming victory in 9:06:40, while German **Stefan Schmid** took the men's win in 8:12:27.

DASH GORDON

Despite a very chilly morning at Bedford Autodrome, Gordon Irvine managed to nip around the sprint-distance course in a flash. Here's his report...

BEDFORD AUTODROME DU

Bedford » 22 November 2015

Getting up in the dark and dragging myself into a frost-covered car was a taste of the things to come for the 2015 Bedford Autodrome Duathlon. Temperatures had plummeted during the preceding week and remained sub zero for the duration of the race.

I arrive at the venue just as the sun is rising and am greeted by friendly marshals, who must be frozen to their posts already!

I rack my bike and attempt to 'warm up', though luckily we're summoned to the start line quite quickly. I suddenly realised my error of forgetting to pack my gloves; a

quick glance around confirms that everyone else has considered them essential!

The gun goes off and a hardened group of athletes surge to the front. I find myself neatly tucked into the lead group, and capitalising on the pace of the standard-distance leader I arrive in T1 clear of the field.

It's still icy on the first bike lap, so I ride cautiously as the tarmac is also some of the smoothest my bike has ever had the pleasure of gracing. But the cold is tough - my legs feel seized up while my lungs are burning, and my hands are now beyond numb!

I head out of T2 and the chasers come into view, intent on catching me. If I can get to the final lap with a decent lead I can hold on for the win, I tell myself. I put my

head down and give it everything from the reserve tanks, extending my lead to the finish line to claim victory in 1:10:27, just over 2mins clear of runner-up Dan Foster.

This race next year is a qualifier for the 2016 World Sprint Duathlon Champs. With such good organisation, amazing tarmac and a draft-legal format some very exciting racing is almost guaranteed!

RESULTS (SPRINT)

5km run | 20km bike | 5km run

MEN

| | |
|-----------------|---------|
| 1 Gordon Irvine | 1:10:27 |
| 2 Dan Foster | 1:12:34 |
| 3 Craig Dyce | 1:13:20 |

WOMEN

| | |
|---------------------|---------|
| 1 Rebecca Slaymaker | 1:20:37 |
| 2 Sarah Kerr | 1:21:14 |
| 3 Karina Kaufmann | 1:26:07 |



Gordon Irvine beating both the cold and the field at Bedford Autodrome

BEDFORD AUTODROME DUATHLON STATS STANDARD-DISTANCE WINNERS ANDREW CRACKNELL 1:58:59 GILL FULLEN 2:09:18

IMAGE NICETRIEVENTS

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UK

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Life of a Pro

LUCY GOSSAGE

220's new columnist takes stock and asks why we tri...

“Moral strength is about making a conscious decision to be a person who doesn't give up when it would be easy to... None of us get out of life alive. So be gallant, be great, be gracious and be grateful for the opportunities you have.”

This is an excerpt from a speech given by an 18-year-old head boy at his final school assembly (youtu.be/P9G1Swk26ac). Empowering stuff by any teenager, even more so given that he was receiving intensive chemotherapy for a rapidly growing and life-threatening cancer diagnosed just one week previously.

I'm an oncologist by trade and, in all honesty, am much more confident that I was (and hopefully will be again) an excellent oncologist than that I *am* a good triathlete. Listening to this speech online started me thinking about the lessons I'm learning in my alternative 'career' in triathlon. When I was talking to my bosses about the possibility of taking time out of work for triathlon, I told them that I would learn loads that would make me a better doctor in the long run. At the time, I thought I was saying this in an attempt to persuade them that chasing triathlon dreams wasn't a fruitless venture. Yet actually, the longer I race and train as a pro, the more I recognise that I'm developing a skill set, both practical and personal, that I hope in the long term will translate into being a better doctor.

On a day-to-day basis, being a full-time athlete is a selfish pursuit. When you spend all day thinking about how to make yourself faster at swim, bike and run, it's hard to pinpoint ways in which you're making a difference to anyone else. When I actually think about what I'm doing with my life, I often ask myself: 'Is it enough? What's the point of spending every waking minute trying to get faster?' I guess these feelings always surface more at the end of the season, when the highs of racing have dissipated and the next season isn't yet planned. As a doctor, even on the really bad days, you leave work knowing that you've done something useful. As an athlete, that is simply not the case.

But when I rationalise it I know that, while most days what I'm doing may feel pretty selfish and single-minded, there is a point to it as a whole. The lessons I'm learning on a personal level will certainly make me a better doctor in the



future. Facing up to my fear of failure in Kona last year (in 2014 I walked all but five miles of the marathon and was the last pro finisher) was massive for me and I know my journey in triathlon has changed me for the better. Perhaps, most importantly, I've proved to myself that failure is only failure if it stops you trying again. Triathlon truly is a metaphor for life. Seeing my friend and training partner James finally qualify for Kona on his sixth attempt emphasised this to me. Passion. Patience. Perseverance. Three essential attributes for an athlete, but all equally important in other walks of life.

And on a practical level, the lessons in business and marketing that I'm learning are providing me with a skill set that most doctors never have the opportunity to develop. And if I can make a difference to just one or two people through the talks I do, maybe that's enough to justify my triathlon a little bit - at least to me.

All that aside, at the end of the day I do triathlon because I love it. We all do triathlon because we want to be doing it. We choose to make ourselves hurt and, unlike cancer patients, we can choose when to make it stop. Ultimately, I've come to the conclusion that as long as we enjoy the process there doesn't necessarily have to be a deeper meaning to triathlon. We train because we want to train and we race because we want to race. If things don't go our way, we can put them in perspective and remember that, at the end of the day, it is just triathlon. Perhaps there doesn't need to be any more point to triathlon than simply pursuing a passion. Perhaps we only need to start asking ourselves what the point is when it stops being a passion and becomes a chore.

“Be gallant, be great, be gracious and be grateful for the opportunities you have.”
Wise words to take with us into 2016. ■ 220

“ Perhaps there doesn't need to be any more point to triathlon than simply pursuing a passion ”



 Age-Grouper Tale

RAISING THE BAR

Using tri-bars for the first time, student **Oliver Kidd** was determined to achieve a sub-50min finish at the BUCS Champs. Here's his report...

WORDS OLIVER KIDD IMAGES CHARLES WHITTON PHOTOGRAPHY

MEET OLIVER KIDD



AGE » 21
LIVES » Southampton
PROFESSION » Student
BEST DISCIPLINE » Run
WORST DISCIPLINE » Swim
WHY I RACED » No swim this time!

Back when I was in my second year of university - I'm now in my fourth year - I decided to take a break from running and give triathlon a go, so I joined the Southampton University Triathlon Club (SUTRI). Since making the switch, I haven't looked back. I used to play a range of sports but when I noticed my times in each discipline beginning to improve, I decided to focus on tri. I've raced in a few triathlons, but prior to the British Universities and Colleges Sport (BUCS) Duathlon Championships, there'd only been one duathlon.

EVERY SECOND COUNTS

As always, I wake up feeling nervous on race day. I'm aiming for a new PB as I want to see all the hard work pay off. I really want to finish this sprint duathlon (3.2km run, 16km bike, 3.2km run) in under 50 minutes. I tuck into my pre-race ritual breakfast of porridge with honey, and then set off with the rest of the SUTRI team for the journey to the venue - the Castle Combe Race Circuit in Wiltshire.

The circuit is already packed when we arrive. Race organiser DB Max is running a series of events throughout the day, which draw in well over a thousand racers and spectators, so the atmosphere is buzzing from the off. With so many competitors, however, the small changing rooms quickly fill up so my plan to get suited up in time to allow for a decent warm-up is soon replaced by the simple need to find a quiet corner to get changed in on this cold but sunny afternoon.

Before I know it, the race is under way. The first run goes far better than I expect and I comfortably run a new PB across a mixed surface of tarmac, gravel and grass. So far, so good. Cold hands add a few extra seconds to my first transition as I fight with the straps on my cycling shoes, and my attempt at a running jump on to my recently raised saddle looks more like something from *Dad's Army*! Nevertheless I'm soon on to the race circuit and on my way. The surface is the smoothest I've ever ridden on, and I feel really comfortable using my new TT bars for the first time. I was a bit sceptical about them, but they really make a big difference.

WRONG DIRECTION

After maintaining a good average speed over each of the five bike laps, I slip out of my cycling shoes before the dismount line and jump from the bike into what feels like a very quick run.

After only one competitive outing on tri-bars, Oliver is convinced of their benefit



A new PB on the first run and less than a minute slower on the second helped Oliver to a sub-50min finish



The smooth surface at Wiltshire's Castle Combe circuit made for fast bike splits

As I finish putting on my running shoes, I glance up at the inflatable sign and see the direction for 'run'. But I get distracted momentarily by the cheering from my teammates and I accidentally head off towards the entrance for first transition. Thankfully, the marshals - who are fantastic throughout the day - quickly point me back in the right direction. Phew!

The first part of the second run involves a short incline, and I start to feel the dreaded cramp building up in my calves. I reduce the length of my strides temporarily and try to be light on my feet, which seems to do the trick. After regathering my pace, I manage to run the final stage in just less than a minute slower than the first. I even manage to pick up the pace for the final few hundred metres, which later makes me think I could've pushed myself from an earlier stage. I cross the line with a rewarding time of 49:25mins - exactly what I wanted.

One of the things I love about triathlon is the incredibly friendly atmosphere at races. Throughout the entire day competitors from a variety of events stayed to cheer on other participants. It was even greater to see and hear competitors from different universities encouraging each other. Overall it was a fantastic experience. I've never competed in a race of that capacity before, but I would definitely do it again - it's a great setting for a first timer or a seasoned athlete. As soon as I got home, I even started searching for another race to enter.

I know I now need to focus on increasing my bike speed and improving my swim ahead of the new season. A turbo's on order! ■ 220

**BUCS DUATHLON CHAMPS
STATS**

| | | |
|--|--|--|
| <p>1 ♀ WOMEN'S WINNER MOLLY PATCH 49:25</p> | <p>TOTAL NUMBER OF STARTERS 615</p> | <p>1 ♂ MEN'S WINNER SAM DICKINSON 42:03</p> |
| <p>TOTAL NUMBER OF FINISHERS 606</p> | | |

DATE 22 November 2015 LOCATION Castle Combe Race Circuit, Chippenham, Wiltshire DISTANCE 3.2km run, 16km bike, 3.2km run WEBSITE dbmax.co.uk

READER OFFER

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TERMS & CONDITIONS: Offer applies to bookings of one bedroom apartment of at least 7 nights. You must stay between 1 May and 30 June 2016. Applies to new bookings only. Cannot be combined with any other offer.


 Age-Grouper Tale

EARTH, WIND AND MIRE

Horse breeder and mother of five **Lucy Saxelby** now knows why the Nottingham Dirty Dash off-road duathlon is so-named. Here she shares her many spills and thrills...

WORDS LUCY SAXELBY IMAGES ONE STEP BEYOND

MEET LUCY SAXELBY



AGE » 38 **PROFESSION** » Horse breeder and mum of five **WHY I RACED** » To improve my fitness and escape cooking Sunday lunch **BEST RESULTS TO DATE** » 3rd, 2015 Euro AG Du Champs; 7th, 2015 Outlaw & IM Wales

It's 6am. As wind and rain batter my kitchen window, I down a coffee and a bowl of porridge before heading out on the 50min drive to Holme Pierrepont near Nottingham for the Dirty Dash off-road duathlon.

STORMY CONDITIONS

I register, rack my bike and chat with some of my favourite triathlon people – mainly about the Arctic weather. Clubmate Jim Parker and local physio Gary Benson reliably inform me that the start gantry and the timing tent have blown away in the gales.

I finish my sports drink and eat a Clif Shot Bloks bar and set off mid-pack next to fellow Lincoln Tri members George Hackney and John Crowder, the latter immediately impressing with a springbok-like leap over the first puddle as he mutters something about keeping his feet dry for as long as possible. The first run is two windy

laps of 2.5km, taking in a couple of hills and a steep, slippery descent.

I puff into T1 feeling the run has gone well (thanks coach Clint Sawyer and your Friday night lamp post sessions). I'm pleased to leave the painful run behind to have fun on my bike – or, rather, as I've broken my Specialized, my husband Jon's 18-year-old Rock Lobster, which refuses to budge out of the middle chainring for me despite working perfectly for him (oh well, single chainrings are the latest thing, I'm told).

THERE WILL BE MUD

The bike course is 2 x 8km laps of tarmac, grass and mud with some cyclo-cross-style technical turns and hills. I was told this race was more technical than Clumber Park or Sherwood Pines, the other races in the Midlands Off-Road Series, but the first few kilometres are fast on good surfaces. I wonder what all the fuss is about when I turn a corner and am met by a scene I can only describe as the duathlon equivalent of the aftermath of the French charge at Agincourt. Men wallow and flail in the mud, desperation on their faces, limbs thrashing in search of firmer ground as their fallen steeds sink slowly into the quagmire. I attack the mud myself, showing the guys how to do it. I fall off twice.

On the second lap, I overtake a few men on the tarmac stretches and approach the battlefield again, avoiding another pile of fallen soldiers by venturing into some long grass. I'm congratulating myself on my expert choice of lines when I topple into a miniature swamp hidden by the grass. Some kind gents, who have sensibly dismounted for this section, pull me to my feet. I shout a hasty 'thank you', remount and put the power down, only to propel myself sideways back into the bog. I drag myself out and gain a few places as I pass my rescuers, who are doubled over laughing. Did I say they were gents?

The rest of the bike is less eventful but, as men on cyclo-cross bikes cut through the mud, I make a mental note to put a cross bike on my Christmas list.

On the final run, I cross the finish line in 1:42hrs and happily discover that I've won my age-group for the race and for the series. I'm less happy to find two worms in my derailleur when I put my bike into our new car but I'd still highly recommend this superbly-organised series, and off-road duathlon in general.

In 2016, I plan to do age-group races in Germany and Denmark plus a couple of middle distances, including the new Outlaw Half at Holkham Hall, North Norfolk in July. ■ 220

READER OFFER

220 Triathlon SPECIAL READER OFFER

Look after your body with private healthcare insurance

If you're a triathlete, then you'll be used to the demands of sport. Swimming, cycling, running, training and racing - you put your body through a lot, so it's important that you look after your muscles, bones and joints.

Whether you're new to private healthcare, or already have insurance, the most important thing you'll want is speedy access to diagnosis and the treatment you need. After all, the sooner you're fixed, the sooner you'll be back training.

That's why we're introducing AXA PPP healthcare. When you need treatment covered by your plan, you'll be cared for quickly and comfortably - and be given a greater choice of where and when you receive treatment, with access to over 250 hospitals and 24,000 specialists.

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TERMS AND CONDITIONS *Offer available to new AXA PPP healthcare members only. The offer is one free Lifestyle Health Assessment for the Lead member (or other member on the plan if nominated by lead member), which can be taken at a number of national locations offering a Lifestyle Health Assessment. See www.axa-activeplus.com/wellbeing/health-assessments/lifestyle-assessment.html for full details. This offer is non-transferable and cannot be substituted for a cash alternative. We will request a valid email address from you to redeem your health assessment. Your free health assessment does not affect any of your standard terms and conditions that apply as part of your membership and will not affect your subscriptions or any no claims discount you may have. Should you need subsequent tests or treatment as a result of your health assessment, cover will be subject to the usual eligibility criteria of your plan. Cancellation policy applies to health assessments booked but not taken up - full details provided upon booking. We'll send you details of how to book your free health assessment within 28 days of receiving your second month's subscription payment. Offer may be withdrawn at any time or substituted for an equivalent health assessment offer.

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Course-Specific Tips

STORM THE CASTLE DU

2015 victor **Alain Friedrich's** top tips for course completion...



Storm The Castle arrived on the UK duathlon scene with a bang last spring, attracting nearly 200 competitors hoping to test themselves over the hilly landscape in and around Ludlow, Shropshire. Started by three local athletes, the event is now considered one of the toughest du's in the UK.

It's no fun run; the course, which goes through the town and the Shropshire and Herefordshire countryside, finishing at Ludlow Castle, is particularly challenging and the run contains sections of leg-deadening climbs, including a near vertical set of steps. But having conquered the course last year, Alain Friedrich is here to impart his wisdom on next year's entrants...

1 PREPARATION

Be prepared for one of the toughest duathlon courses out there. The race is very strength-oriented and requires specific preparation. I strongly recommend incorporating hill training in the weeks leading up to the race, both on the bike and run. I'd also encourage everyone to practise their downhill running skills. The downhill sections of the course are very technical and require a lot of concentration. Finally, if you can, try to include some cross-country running races in the weeks leading up to the race.

2 FIRST RUN

The first run consists of two laps of the very hilly and technical 5km loop that takes you through the stunning scenery of Ludlow. The highlight is the "Lactic Ladder", a near vertical set of stairs that takes you to your limits early on. Your previous interval training in the hills will definitely be beneficial here. Also, bear in mind, the downhill sections are quite technical and require concentration throughout. And, as always in duathlon, try to have something left in the tank after the first run. There's a lot more to come!

3 BIKE

The major challenges of the 33km bike course are not only the approx. 500m elevation gain throughout but also the road surface. It's everything but smooth! In terms of equipment: if you have a disc, use it! The course has some very fast sections and the uphill sections aren't as steep as you might imagine. A word of caution, though: ride conservatively!

4 SECOND RUN

The second run is all about surviving. If you killed yourself on the bike, you'll be suffering and lose a lot of time. If you paced yourself, you'll be amazed

at how many people you'll pass, particularly in the last 1 or 2km of the run where you'll be running up to the finish line in Ludlow Castle.

5 FINISH LINE

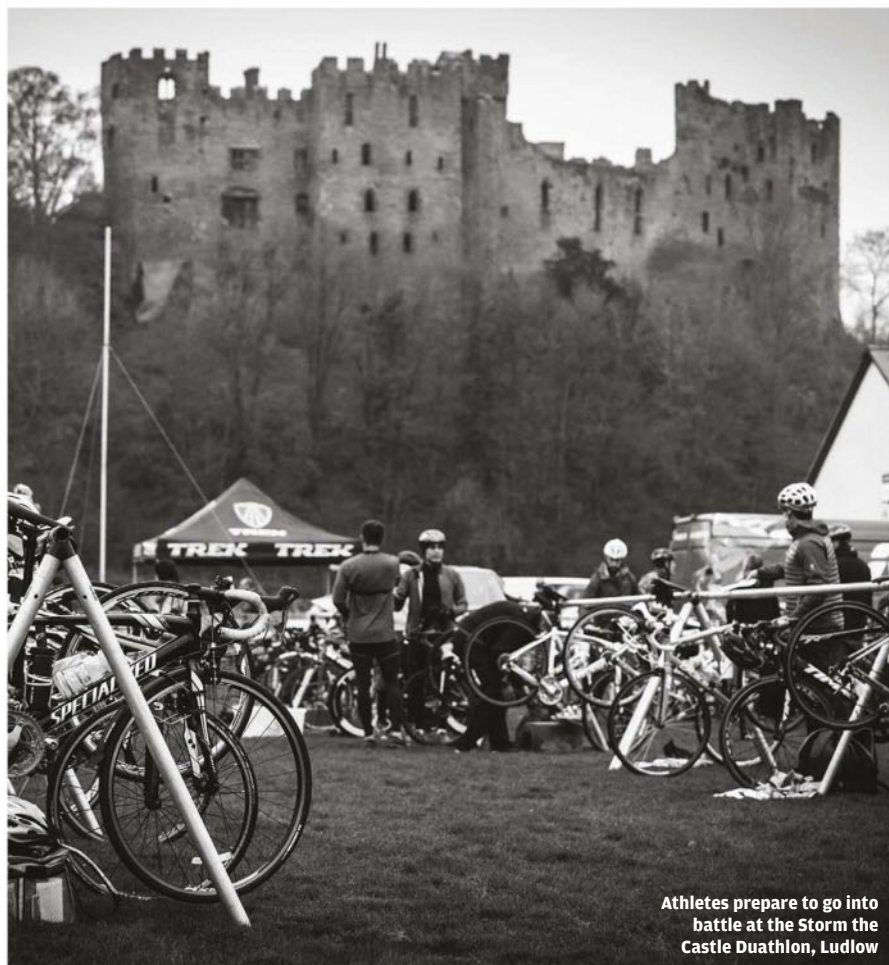
The last few 100m are the culmination of the tough course. Not only will you run up another hill but you'll be crossing the finish line in famous Ludlow Castle, a sight you will definitely remember. After crossing the line, there's a nice, spacious post-race area where you'll be served with Ludlow's own beer. You've earned it!

6 PRE- AND POST-RACE

The medieval town of Ludlow has some very nice restaurants and sights. If you get a chance, I'd highly recommend arriving one or two days earlier or, at least, staying for a meal. The quality of the food and drink is excellent!

STORM THE CASTLE DUATHLON FACTS & FIGURES

| | | |
|--|--|---|
| <p>1</p> <p>2015 WOMEN'S WINNER</p> <p>MARIANNE DAY</p> <p>2:31:23</p> | <p>AGE OF OLDEST COMPETITOR (2015)</p> <p>DAVID CHAPMAN</p> <p>64</p> <p>AGE OF YOUNGEST COMPETITOR (2015)</p> <p>THOMAS GARBETT</p> <p>18</p> | <p>1</p> <p>2015 MEN'S WINNER</p> <p>ALAIN FRIEDRICH</p> <p>2:00:23</p> |
| <p>607ft</p> <p>HIGHEST ELEVATION ON THE RUN</p> | <p>23%</p> <p>PERCENTAGE OF FEMALE ENTRANTS IN 2015</p> | <p>932ft</p> <p>HIGHEST ELEVATION ON THE BIKE</p> |
| <p>DATE 17 APRIL 2016 LOCATION Ludlow, Shropshire DISTANCE 10km run, 33km bike, 5km run WEBSITE stormthecastleduathlon.com</p> | | |



Athletes prepare to go into battle at the Storm the Castle Duathlon, Ludlow

220 Triathlon RACE CALENDAR

E EUROPEAN CHAMPS QUALIFIER **W** WORLD CHAMPS QUALIFIER **B** BRITISH AGE-GROUP CHAMPS RACE **N** TRIATHLON ENGLAND NATIONAL CHAMPS RACE

IMAGE GETTY IMAGES



IRONMAN 70.3 STAFFORDSHIRE

- » **When** 12 June 2016
- » **Where** Chasewater, Staffordshire
- » **Distances** 1.9km swim, 90km bike, 21.1km run
- » **Course** Reservoir swim, fast and flat course
- » **Race highlights** Bike course is through an area of outstanding natural beauty, while run is on Shugborough country estate
- » **Contact** www.ironman.com

JANUARY

10

Mince Pie's Revenge Duathlon
(3.2km run/16km bike/1.6km run). Stratford, London.
www.entrycentral.com

16

The Dirty Devil Duathlon
(5km run/20km bike/5km run). Bovington, Dorset.
www.bustinskin.com

17

Thanet MTB Duathlon
(4km run/12km bike/7km run). Minnis Bay, Kent.
www.thanetroadrunners.org.uk

Bowhill Winter Duathlon Series Medium
(various dists). Scottish Borders.
www.durtyevents.co.uk

24

The Windsor and Eton Winter Du Series Race 1
(various dists). Dorney Lake.
www.f3events.co.uk

Bowhill Winter Duathlon Series Medium
(various dists). Scottish Borders.
www.durtyevents.co.uk

FEBRUARY

6

Votwo Eton Dorney Duathlon
(various dists). Dorney Lake, Windsor.
www.votwo.co.uk

14

Cirencester Off-Road Duathlon
(various dists). Cirencester.
www.triferris.com

20

The Windsor and Eton Winter Du Series Race 2
(various dists). Dorney Lake, Windsor.
www.f3events.co.uk

21

E Anglian Water Duathlon
(various dists). Grafham Waters, Cambs.
www.nice-tri.co.uk

9 Bar Chilly Duathlon
(3.2km run/16km bike/3.2km run)
Castle Combe, Wiltshire.
www.dbmax.co.uk

VeloPark Winter Warmer Duathlon
(3.2km run/16km bike/1.6km run). Stratford, London.
www.entrycentral.com

28

Bowhill Winter Duathlon Series Long
(various dists). Scottish Borders.
www.durtyevents.co.uk

Maidstone Duathlon
(9.5km run/42km bike/3.5km run). Harriestsham, Kent.
www.velocity-events.co.uk

MARCH

5

W Dambuster Duathlon (10km run/42km bike/5km run). Rutland Water, Leicestershire.
www.pacesetterevents.com

Mudman Duathlon
(7.5km run/15km bike/7.5km run). Camberley, Surrey.
www.humanrace.co.uk

Votwo Eton Dorney Duathlon
(various dists). Dorney Lake, Windsor.
www.votwo.co.uk

Lancaster Duathlon
(5km run/24km bike/5km run). Lancaster.
www.mytrivevents.co.uk

6

ECF Monster Duathlon
(5km run/25km bike/5km run). Ely, Cambridgeshire.
www.monsterracing.net

W Oulton Park Spring Duathlon
(various dists). Oulton Park, Cheshire.
www.xtramileevents.com

13

W Bedford Autodrome Duathlon Event 1
(various dists). Bedford.
www.nicetri.co.uk

Parbold Duathlon
(5.1km run/26.8km bike/5.1km run). Parbold, Lancs.
www.epicevents.co.uk

Pembrokeshire Duathlon
(5km run/20km bike/5km run). Neyland, Pembrokeshire.
www.pembrokeshire-tri.org.uk

Fire Fighters 2UP Duathlon
(5.6km run/37km bike/5.6km run). Bolton, Greater Manchester. www.epicevents.co.uk

Mad March Triathlon
(250m swim/16km bike/4.8km run). Wimborne, Dorset.
www.resultstriathlon.co.uk

Peaky Freaky Duathlon Challenge
(various dists). Webbington Hotel, Loxton, Somerset.
www.freakevents.co.uk

March Hare Duathlon
(3.2km run/16km bike/1.6km run). Stratford, London.
www.entrycentral.com

19

E W Clumber Park Duathlon
(various dists). Clumber Park, Nottinghamshire. www.onestepbeyond.co.uk

Bath Duathlon
(3km run/10km bike/1.5km run). Bath, Somerset.
www.bathduathlon.org.uk

20

East Grinstead Aquathlon
(500m swim/5km run). East Grinstead, West Sussex.
www.egtri.com

Grizedale Off-Road Duathlon
(6.5km run/24km bike/6.5km run). Hawkshead, Cumbria.
www.highterrainevents.co.uk

The Windsor and Eton Winter Du Series Race 3
(various dists). Dorney Lake.
www.f3events.co.uk

Ambleside Duathlon
(various dists). Windermere, Cumbria.
www.getsetnorth.org

Gravesend Long Distance Duathlon
(10km run/30km bike/5km run). Gravesend, Kent.
www.eventdesq.com

SunCity Tri Duathlon
(5km run/20km bike/5km run). Seaburn, Sunderland.
www.suncitytri.co.uk

Stathern Duathlon
(5km run/18km bike/5km run). Stathern, Leicestershire.
www.stathernduathlon.org.uk

25

Good Fri Tri
(various dists). Abingdon, Oxfordshire. www.trytri.co.uk

27

East Leake Triathlon
(400m swim/20km bike/5km run). East Leake, Nottinghamshire.
www.forlifeevents.co.uk

Ulverston Pool Triathlon
(400m swim/28km bike/5.8km run). Ulverston, Cumbria.
www.epicevents.co.uk

APRIL

2

Votwo Eton Dorney Duathlon
(various dists). Dorney Lake, Windsor.
www.votwo.co.uk

3

Harlech Triathlon and Duathlon
(various dists). Harlech, Gwynedd.
www.harlechtriathlon.org.uk

W B Windsor Duathlon
(various dists). Windsor, Berkshire.
www.windsorduathlon.com

Battlefield Duathlon
(various dists). Naseby, Northamptonshire.
www.onyourmarksevents.org

Diss Duathlon
(5km run/30km bike/5km run). Diss, Norfolk.
www.tri-anglia.co.uk

Hole Park Cross Duathlon
(various dists). Hole Park, Kent. www.trispiritsevents.com

Newent Duathlon
(5km run/18km bike/5km run). Newent, Gloucestershire.
www.triteanglos.co.uk

Carmarthen Sprint Triathlon
(400m swim/23km bike/5km run). Carmarthen.
www.healthylifeactivities.co.uk

9

Newbury Duathlon
(5km run/22km bike/5km run). Chieveley, Berkshire.
www.teamkennet.com

Dinton Duathlon
(5.2km run/20km bike/5.2km run). Wokingham, Berkshire.
www.barnesfitness.co.uk

Basildon Aquathlon
(400m swim/5km run). Basildon, Essex.
www.east-essex-tri-club.co.uk

Clitheroe Pool Triathlon
(400m swim/30km bike/5km run). Clitheroe, Lancs.
www.epicevents.co.uk

Vale of Glamorgan Duathlon
(5.5km run/26km bike/2.5km run)
Llandow Race Circuit, South Glamorgan.
www.aim2tri.co.uk

Hereford Duathlon
(7.3km run/27.2km bike/3.5km run). Hereford.
www.herefordtriathlonclub.co.uk

16

Windsor and Eton Du Series Race 4
(various dists), Dorney Lake. www.f3events.co.uk

17

Bicester Triathlon
(various dists), Bicester, Oxfordshire. www.onyourmarksevents.org

Chirk Sprint Triathlon
(400m swim/20km bike/5km run), Chirk, Wrexham. www.wrecsamtri.org.uk

Skipton Triathlon
(400m swim/20km bike/5km run), Skipton, North Yorks. www.freebirdevents.co.uk

Duston Triathlon
(400m swim/20km bike/5km run), Duston, Northamptonshire. www.justracinguk.com

Kendal Sprint Triathlon
(400m swim/18km bike/5km run), Kendal, Cumbria. www.mytrivents.co.uk

David Lloyd Lincoln Triathlon
(400m swim/22km bike/5km run), Burton Waters, Lincoln. www.onestepbeyond.org.uk

7Oaks Triathlon
(400m swim/25km bike/8km run), Sevenoaks, Kent. www.7oakstriclub.co.uk

Storm the Castle Duathlon
(10km run/33km bike/5km run), Ludlow, Shropshire. www.stormthecastleduathlon.com

Kingfisher Aquathlon
(400m swim/9km run), Morden, Surrey. www.kingfishertriathletes.co.uk

Berkhamstead Triathlon
(400m swim/19.2km bike/8km run), Berkhamstead. www.berhamsteadtriathlon.com

24

Osprey Sprint Triathlon
(300m swim/17km bike/5km run), Castletown, Portland. www.bustinskin.com

Stockton Duathlon Festival
(various dists), Stockton-on-Tees. www.trihard.co.uk

Uckfield Spring Triathlon
(various dists), Uckfield, East Sussex. www.multiposport-management.co.uk

MAY

1

Lymington Triathlon
(500m swim/20km bike/5km run), Lymington, Hampshire. www.raceneewforest.co.uk

Hillingdon Grassman Novice Triathlon
(various dists), Uxbridge, Middlesex. www.hillingdontriatletes.co.uk

Southwell Triathlon
(400m swim/17.6km bike/5km run), Southwell, Notts. www.onestepbeyond.org.uk

Steyning Triathlon
(various dists), Steyning, West Sussex. www.rawenergypursuits.co.uk

Maidstone Sprint Triathlon
(300m swim/18km bike/4.5km run), Maidstone, Kent. www.velocity-events.co.uk

2

Tonbridge Triathlon
(various dists), Tonbridge, Kent. www.tonbridgelions.co.uk

May Day Tri
(various dists), Winchester, Hampshire. www.trytri.co.uk

8

Nice Tri 'St Neots' Triathlon
(750m swim/25km bike/5km run), St Neots, Cambs. www.nicetrievents.com

East Grinstead Sprint Triathlon
(various dists), East Grinstead, West Sussex. www.egtri.com

Grantham Sprint Triathlon
(400m swim/20km bike/5km run), Grantham, Lincs. www.point7.co.uk

Pendle Triathlon
(750m swim/22.4km bike/5.4km run), Barnoldswick, Lancs. www.pendletriclub.co.uk

The Cotswold Super Sprint Triathlon
(various dists), Cirencester, Gloucestershire. www.triferris.com

Leaky Freaky Duathlon
(5km run/45km bike/5km run/45km bike/5km run), Roadford Lake Complex, Devon. www.freakevents.co.uk

IMAGE DRAGON DUATHLON



DRAGON DUATHLON

- » **When** 18 June 2016
- » **Where** Wales, Anglesey to Cardiff Bay
- » **Distances** 7 legs, 290km total
- » **Course** Four on-road bike legs, three off-road runs, all climbing
- » **Race highlights** New extreme duathlon event travelling the length of Wales non-stop, from north to south, including Welsh 3 peaks
- » **Contact** www.dragonduathlon.com

15

Swashbuckler Middle Distance Triathlon
(1.9km swim/80km bike/22km run), New Forest, Hampshire. www.raceneewforest.co.uk

Big East Triathlon
(various dists), Bradwell-on-Sea, Essex. www.dengjeevents.co.uk

Big Cow Sprint Triathlon
(750m swim/20km bike/5km run), Olney, Bucks. www.big-cow.com

Skegness Triathlon
(400m swim/19km bike/5km run), Skegness, Lincs. www.sbrents.co.uk

Alnwick Sprint Triathlon
(500m swim/23km bike/5km run), Alnwick, Northumberland. www.alnwicktriathlon.co.uk

Highley Sprint Triathlon
(400m swim/17.5km bike/5km run), Bridgnorth, Shropshire. www.severncentre.co.uk

Llanelli Sprint Triathlon
(750m swim/30km bike/5km run), Llanelli, Dyfed. www.healthylifeactivities.co.uk

The Immortal at Stourhead
(various dists), Stourton, Wiltshire. www.immortalsport.com

21/22

Keswick Mountain Festival
(various dists), Keswick, Cumbria. www.keswickmountainfestival.co.uk

Snowdonia Slateman Triathlon
(various dists), Llanberis, Wales. www.snowdoniaslateman.com

Marshman and Mini Marshman
(various dists), Romney Marsh, Kent. www.velocity-events.co.uk

21

Eton SuperSprint Saturday
(400m swim/21.2km bike/5km run), Dorney Lake, Windsor. www.humanrace.co.uk

22

Eton Sprints
(750m swim/21.2km bike/5km run), Dorney Lake, Eton. www.humanrace.co.uk

Eton SuperSprint Sunday
(400m swim/21.2km bike/5km run), Dorney Lake, Eton. www.humanrace.co.uk

Cheshire Triathlon
(various dists), Nantwich, Cheshire. www.uktriathlon.co.uk

Ful-on Duathlon
(6km run/24km bike/6km run), Cranleigh, Surrey. www.fulonduathlon.com

Southport Triathlon
(various dists), Merseyside. www.vitalevents.co.uk

Driffeld Triathlon
(400m swim/18km bike/5km run), Driffeld, Yorkshire. www.freebirdevents.co.uk

Grafman Middle Distance Triathlon
(1.9km swim/90km bike/21.2km run), Buckden & St. Neots, Cambs. www.nicetri.co.uk

Roadford Lake Triathlon
(various dists), Devon. www.freakevents.co.uk

28

Nottingham Triathlon
(750m swim/20km bike/5km run), National Watersports Centre, Nottingham. www.onestepbeyond.org.uk

29

Outlaw Half
(1.9km swim/90km bike/21km run), National Watersports Centre, Nottingham. www.onestepbeyond.org.uk

Shropshire Triathlon
(various dists), Ellesmere, Shropshire. www.shropshiretri.info

Gloucester Triathlon
(400m swim/28km bike/6km run), Gloucester. www.triteamglos.co.uk

Lough Cutra Castle Triathlon
(various dists), Galway. www.castletriathlonseries.co.uk

The New Forest Triathlon
(1.1km swim/33km bike/10km run), Ellingham Lake, Hampshire. www.raceneewforest.co.uk

Bosworth Triathlon
(various dists), Market Bosworth, Leicestershire. www.onyourmarksevents.org

Taunton Triathlon
(400m swim/28km bike/5km run), Taunton, Somerset. www.tauntontriathlon.com

JUNE

1

Gatorade Eton Dorney Evening Triathlon
(various dists), Dorney Lake, Windsor. www.votwo.co.uk

4/5

Blenheim Triathlon
(various dists), Blenheim Palace, Oxfordshire. www.theblenheimtriathlon.com

Strathclyde Multisport Festival
(various dists), Strathclyde Park, Glasgow. www.entrycentral.com

4

Little Beaver
(1.5km swim/40km bike/10km run), Belvoir Castle, Leicestershire. www.justracinguk.com

5

Bala Middle Distance Triathlon
(2km swim/78.5km bike/20km run), Bala, Gwynedd. www.wrecsamtri.org.uk

Northumberland Triathlon
(750m swim/20km bike/5km run), Druridge Bay, Northumberland. www.vo2maxracingevents.co.uk

Cranbrook Sprint Tri
(300m swim/20km bike/5km run), Cranbrook, Kent. www.velocity-events.co.uk

The Beaver
(1.9km swim/74km bike/21.1km run), Belvoir Castle, Leicestershire. www.justracinguk.com

Wimbleball Standard Distance Triathlon
(1.5km swim/40km bike/10km run), Exmoor, Somerset. www.freakevents.co.uk

Bristol Harbourside Triathlon
(various dists), Bristol, Avon. www.tribristol.org

11/12

Coniston Triathlons
(various dists), Coniston, Cumbria. www.mytrivents.co.uk

11

World Triathlon Series Leeds
(various dists), Leeds, Yorkshire. www.leeds.triathlon.org

12

Gatorade Eton Man Day of Endurance
(1.9km swim/80km bike/22km run), Dorney Lake, Windsor. www.votwo.co.uk

Deva Triathlon
(various dists), Grosvenor Park, Chester. www.events.chestertri.org.uk



Starting in Abu Dhabi, the 2016 ITU World Tri Series will feature nine races. Leeds will host the UK race, and Mexico the Grand Final.

- 4-5 March** Abu Dhabi, UAE
- 9-10 April** Gold Coast, Australia
- 23-24 April** Cape Town, South Africa
- 14-15 May** Yokohama, Japan
- 11-12 June** Leeds, Great Britain
- 2-3 July** Stockholm, Sweden
- 16-17 July** Hamburg, Germany
- 3-4 September** Edmonton, Canada
- 11-18 September** Cozumel, Mexico

RACE CALENDAR

Ironman 70.3 Staffordshire

(1.9km swim/90km bike/21.1km run). Chasewater, Staffordshire. www.ironman.com

Cotswold 113 Triathlon

(1.9km swim/90km bike/21km run). Ashton Keynes Water Park, Cirencester. www.113events.com

Windsor Triathlon

(various dists). Windsor, Berkshire. www.humanrace.co.uk

Gatorade Eton Dorney Triathlon

(various dists). Dorney Lake, Windsor. www.votwo.co.uk

18

W Dambuster Triathlon

(1.5km swim/42km bike/10km run). Rutland Water, Leicestershire. www.pacesetterevents.com

Isles of Scilly Swimrun (Ötillö qualifier)

(10km swim, 35km run). Isles of Scilly. www.islesofscillyswimrun.com

The Dragon Duathlon Challenge

(7 legs, 290km total). Llangadog, Carmarthenshire. www.dragonduathlon.com

Cranbrook Sprint Triathlon

(300m swim/20km bike/5km run). Cranbrook, Kent. www.velocity-events.co.uk

19

W Llandudno Sea Triathlon

(various dists). Llandudno, Conwy. www.xtramileevents.com

Allerthorpe Sprint Triathlon

(750m swim/20km bike/5km run). Allerthorpe, Yorkshire. www.freebirdevents.co.uk

Race to the Bill Triathlon

(various dists). Osprey Quay, Portland. www.bustinskin.com

25/26

Leeds Castle Triathlon

(various dists). Leeds Castle, Kent. www.leeds-castle.com

25

Celtman

(3.8km swim/202km bike/42km run). Wester Ross, Scotland. www.cxtri.com

Salty Sea Dog Triathlon

(various dists). Boscombe, Dorset. www.votwo.co.uk

26

The Gladiator Full Distance Tri

(3.8km swim/180km bike/42.2km run). Fordingbridge, Hampshire. www.racenewforest.co.uk

Ironman 70.3 UK

(1.9km swim/90km bike/21.1km run). Wimbleball, Exmoor. www.ironman.com

Cholmondeley Castle Triathlon

(various dists). Cholmondeley Castle, Cheshire. <http://www.castletriathlonseries.co.uk>

Arundel Triathlon

(various dists). Arundel, West Sussex. www.rawenergypursuits.co.uk

Cardiff Triathlon

(various dists). Cardiff, South Glamorgan. www.cardiff-tri.com

A Day in the Lakes

(1.9km swim/90km bike/20km run). Ullswater, Cumbria. www.trihard.co.uk

Woodhall Spa Triathlon

(400m swim/24km bike/5km run). Woodhall Spa, Lincolnshire. www.onestepbeyond.co.uk

JULY

3

The Outlaw Half

(1.9km swim/90km bike/21.1km run). Holkham, Norfolk. www.onestepbeyond.co.uk

Hereford Triathlon

(400m swim/19km bike/5km run). Hereford. www.herefordtriathlonclub.co.uk

Stowe Triathlon

(various dists). Stowe, Buckinghamshire. www.onyourmarksevents.org

GU Energy Weymouth Triathlon

(various dists). Weymouth, Dorset. www.bustinskin.com

E Peak District Triathlon

(various dists). Chatsworth House, Peak District. www.xtramileevents.com

UK Ultimate Triathlon

(various dists). Whitchurch, Shropshire. www.uktriathlon.co.uk

Foremark Hall Triathlon

(400m swim/20km bike/5km run). Milton, Derbyshire. www.pma-racing.co.uk

Croyde Ocean Triathlon

(1.5km swim/40km bike/12km run). Croyde, Devon. www.croydeocean.co.uk

6

Gatorade Eton Dorney Evening Triathlon

(various dists). Dorney Lake. www.votwo.co.uk

8-10

Long Course Weekend

(various dists). Tenby, Pembrokeshire. www.longcourseweekend.com

10

Battle of Bosworth Triathlon

(various dists). Nuneaton, Warwickshire. www.fullboarevents.com

Festival of Endurance

(various dists). Hever Castle, Kent. www.castletriathlonseries.co.uk

Shock Absorber WomenOnly Triathlon

(various dists). Eton, Berkshire. www.humanrace.co.uk

17

Cotswold 226 Triathlon

(3.8km swim/180km bike/42km run). Ashton Keynes, Cirencester. www.113events.com

Gatorade Eton Dorney Triathlon

(various dists). Dorney Lake, Windsor. www.votwo.co.uk

Ironman UK

(3.8km swim/180km bike/42.2km run). Bolton, Lancashire. www.ironmanuk.com

Fambridge Yacht Middle Distance Triathlon

(1.9km swim/90km bike/18km run). Chelmsford, Essex. www.dengievents.co.uk

23/24

Castle Howard Triathlon

(various dists). Castle Howard, North Yorkshire. www.castletriathlonseries.co.uk

24

The Outlaw

(3.8km swim/180km bike/42km run). National Watersports Centre, Nottingham. www.onestepbeyond.org.uk

City of Birmingham Triathlon

(various dists). Sutton Park, Birmingham. www.uktriathlon.co.uk

30

Xman XXX Wimbleball

(3.8km swim/180km bike/42.2km run). Wimbleball, Exmoor. www.xmanevents.com

31

The Maldon Triathlon

(various dists). Maldon, Essex. www.dengievents.co.uk

Blithfield Triathlon

(various dists). Abbots Bromley, Staffordshire. www.pma-racing.co.uk

AUGUST

6/7

London Triathlon

(various dists). ExCeL Centre, London. www.thelondontriathlon.com

7

Allerthorpe Classic Triathlon

(various dists). Allerthorpe, Yorkshire. www.freebirdevents.co.uk

13

Portishead Sprint Triathlon

(400m swim/25km bike/21km run). Portishead, Somerset. www.dbmax.co.uk

14

E B Tri Liverpool

(1.5km swim/40km bike/5km run). Liverpool, Merseyside. www.triliverpool.com

Diamond Triathlon

(various dists). Eton Dorney, Berkshire. www.humanrace.co.uk

17

Gatorade Eton Dorney Evening Triathlon

(various dists). Dorney Lake, Windsor. www.votwo.co.uk

20/21

N National Club Relay Championships

(4 x 400m swim/15km bike/5km run). National Watersports Centre, Nottingham. www.onestepbeyond.org.uk

21

Wensleydale Full Cheese Triathlon

(2km swim/64km bike/17.5km run). Hawes, Yorkshire. www.mytrivents.co.uk

Cotswold Classic Middle Distance

(1.9km swim/90km bike/21km run). Ashton Keynes Water Park. www.113events.com

The Weymouth Classic & Sprint Triathlon

(various dists). Weymouth, Dorset. www.bustinskin.com

28

West Lancashire Summer Triathlon

(400m swim/20km bike/5km run). Ormskirk, Lancashire. www.vitalevents.co.uk

E Worthing Triathlon

(various dists). Goring Beach, Worthing. www.rawenergypursuits.co.uk

Tunbridge Wells Sprint Tri

(400m swim/20km bike/5km run). Royal Tunbridge Wells, Kent. www.velocity-events.co.uk

SEPTEMBER

3/4

Tri the Beast Extreme Triathlon Weekend

(various dists). Lynmouth, Devon. www.xmanevents.com

3

Salty Sea Dog Triathlon

(various dists). Boscombe, Dorset. www.votwo.co.uk

Sundowner Middle Distance Triathlon

(various dists). Allerthorpe Lakeland Park, York. www.freebirdevents.co.uk

4

Battle of Bosworth Middle Distance Triathlon

(1.9km swim/84km bike/21.2km run). Nuneaton, Warwickshire. www.fullboarevents.com

Bala Standard Triathlon

(1.5km swim/40km bike/10km run). Bala, Gwynedd. www.wrecsamtri.org.uk

Helvellyn Triathlon

(1.6km swim/61km bike/14.4km run). Ullswater, Cumbria. www.trihard.co.uk

The Cotswold Triathlon

(various dists). Cirencester, Gloucestershire. www.triferris.com

Quintiles Reading Triathlon

(various dists). Reading, Berkshire. www.regonline.activeeurope.com

Perranporth Extreme Surf Triathlon

(1km swim/35km bike/7.5km run). Perranporth, Cornwall. www.perranporthslsc.org.uk

10

N The Vitruvian

(1.9km swim/85km bike/21km run). Rutland Water, Leicestershire. www.pacesetterevents.com

The Brutal Extreme Triathlons

(various dists). Llanberis, Gwynedd. www.brutalevents.co.uk

11

Ironman Weymouth

(3.8km swim/180km bike/42.2km run). Weymouth, Dorset. www.ironman.com/weymouth

Ironman 70.3 Weymouth

(1.9km swim/90km bike/21.1km run). Weymouth, Dorset. www.ironman.com/weymouth

Bodiam Castle Triathlon

(500m swim/23km bike/5km run). Bodiam Castle, East Sussex. www.velocity-events.co.uk

Brighton and Hove Triathlon

(various dists). Brighton, Sussex. www.brightonandhovetriathlon.com

Derby Pool Triathlon

(400m swim/18km bike/5km run). Etwell, Derbyshire. www.pma-racing.co.uk

Stanwick Lake Triathlon

(various dists). Wellingborough, Northamptonshire. www.onyourmarksevents.org

North West Triathlon

(various dists). Nantwich, Cheshire. www.uktriathlon.co.uk

17/18

Anglesey Sandman Triathlon

(various dists). Anglesey, Wales. www.angleseysandman.com

18

Ironman Wales

(3.8km swim/180km bike/42.2km run). Tenby, Pembrokeshire. www.ironmanwales.com

London Duathlon

(various dists). Richmond Park, London. www.londonduathlon.com

Kendal Sprint Triathlon

(400m swim/18km bike/5km run). Kendal, Cumbria. www.mytrivents.co.uk

24/25

Hever Castle Triathlon

(various dists). Hever Castle, Kent. www.castletriathlonseries.co.uk

Snowman Triathlon

(various dists). Llyn Mymbr, Wales. www.snowmantricom

24

The Brownlee Triathlon

(various dists). Harewood House, Yorkshire. www.brownleetri.com

25

Gatorade Eton Dorney Triathlon

(various dists). Dorney Lake, Windsor. www.votwo.co.uk

New Forest Middle Distance Triathlon

(1.9km swim/90km bike/21km run). Fordingbridge, Hampshire. www.racenewforest.co.uk

OCTOBER

2

E Oulton Park Autumn Duathlon

(various dists). Oulton Park, Cheshire. www.xtramileevents.com

Carsington Duathlon

(5km run/30km bike/5km run). Carsington, Derbyshire. www.pma-racing.co.uk

9

Huntsman Triathlon

(various dists). Hawley Lake, Surrey. www.huntsmantri.com

Clumber Park Off-Road Duathlon

(various dists). Clumber Park. www.onestepbeyond.org.uk

16

E Bedford Autodrome Duathlon

(various dists). Bedford. www.onyourmarksevents.org

Chilham Castle Duathlon

(various dists). Canterbury, Kent. www.trispritevents.com

23

Holdenby Duathlon

(various dists). Northants. www.onyourmarksevents.org

NOVEMBER

6

Hillingdon November Family Duathlon

(various dists). Hayes, Middlesex. www.hillingdontriatletes.co.uk

12

Winter Ballbuster

(12.8km run/38.4km bike/12.8km run). Box Hill, Surrey. www.humanrace.co.uk

GO ONLINE...

For a complete list of races for the coming months, head to the Races tab at

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| RUN WATCHES Prices and features vary hugely, from humble basic devices to models with GPS and heart rate. Don't pay for features that you won't use. |  GARMIN FORERUNNER 10 £89.99 Aimed at those new to multisport metrics and features a useful GPS monitor that retains signal. ● ISSUE 320 / RATING 80% WWW.GARMIN.CO.UK |  POLAR M400 £157.50 A great watch with a crystal clear screen and loads of useful features at a very impressive price. ● ISSUE 320 / RATING 92% WWW.POLAR.COM |  EPSON RUNSENSE SF-810B £179.99 Not the coolest-looking tool but has solid usability and is packed with neat features. ● ISSUE 320 / RATING 82% WWW.EPSON.CO.UK |  GARMIN FORERUNNER 225 £199.99 Bulky but does a good job - it's comfortable, syncing is swift and buttons are easy to use. ● ISSUE 320 / RATING 81% WWW.GARMIN.CO.UK |  SUUNTO AMBIT 3 RUN £220.00 Features plenty of run-specific attributes and innovations, but pretty hefty, weighing 73g. ● ISSUE 320 / RATING 76% WWW.SUUNTO.COM |
| WETSUITS Build quality, comfort, flexibility and insulation - the four key factors when choosing your neoprene. Spend more and the quality for each tends to increase. |  ZONE3 ASPIRE £285.00 Ticks all the major boxes in terms of buoyancy, flexibility and ease of removal. ● ISSUE 312 / RATING 91% WWW.RACEZONE3.COM |  TYR HURRICANE CAT 2 £289.00 Excellent - performs on a par with many costing nearly twice as much. ● ISSUE 312 / RATING 92% WWW.TYR.COM |  ZXU R:3 RACE £360.00 Flexible and finely balanced. The slightly uncomfortable neck is a minor niggle. ● ISSUE 312 / RATING 85% WWW.ZXU.CO.UK |  BLUESEVENTY HELIX £495.00 A super-supple, balanced, top-end performance suit, albeit a delicate and pricey one. ● ISSUE 312 / RATING 90% WWW.BLUESEVENTY.CO.UK |  ORCA PREDATOR £599.00 Perhaps the best shoulder mobility of all, but that comfort comes at a steep price. ● ISSUE 312 / RATING 88% WWW.ORCA.COM |
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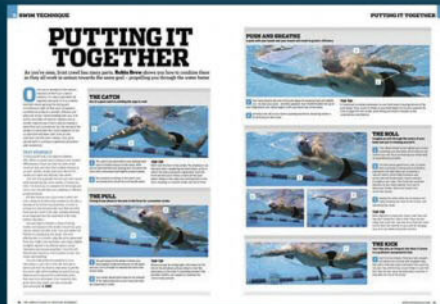
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Martyn is in a quandary: should he enter his 13th iron race this year? His fate is in your hands

I have a job for you. Yes you, beloved 220 Triathlon readers. Listen very carefully and I will tell you your mission, should you choose to accept it...

You'd think as a globally influential triathlete of unprecedented sporting importance, I'd be good at planning my races for next season. However, the truth is I'm useless at planning. 'Plan', to me, is the most terrifying word in the English language, and the merest whiff of having to schedule anything fills my head with fog. My brain simply isn't wired to cope with thinking ahead and I'm about as adept at planning races as I am at describing the kind of haircut I want to a barber.

This is because I'm a 'present dweller', incapable of considering any future beyond the next five minutes. This doesn't sit too easily in the triathlon world where planning next year's races has overtaken transition as the fourth discipline, with people putting far more thought into getting their name on to a list for a race 12 months away than they do into remembering where their bike is in T1.

My Facebook newsfeed is full of gleeful messages from people who've signed up to Ironmans and sportives already, leaving me staring at 'Race Full' messages on websites with an expression much like that of a bloodhound at a funeral and stabbing away furiously at my keyboard as though I were some kind of medieval yeoman.

No, I like my races to be planned out for me, which is why I'm in running, swimming and cycling teams. All of those sports have fixtures, which means I don't have to think about entering races; it's all done for me. My former swimming coach, a woman so fierce she could chew the tin nuts off a Cyberman, used to tell me which galas to enter by bellowing at me in a voice so jarring that every time she spoke I felt like someone had cracked a paving stone over my head.

My running club goes a step further by simply entering me into XC races automatically, leaving me to focus on turning up and running around fields wearing the equivalent of a wet hessian sack and crossing the finish line looking like a smudge.

Unfortunately in triathlon, unless you've broken into the stratosphere of becoming an elite where flunkies and sponsors organise carefully scheduled entries for you, you're on your own. And this is how I come to end up entering whatever races have spaces left in them when April comes around. So this is where you come in...

My friend Neill, an R2-D2 impersonator, has entered Ironman Mallorca this September and has suggested that I do it with him. After finishing my 12th iron-

glance at my finisher photos reveals that I resemble a cardboard ghost when racing. Suffice to say, I've not mastered the iron arts and am particularly poor at racing in hot places - such as Mallorca - where the sun leaves me looking like a sandpapered orangutan and where the local fruit means my run is always punctuated by bad-stomached scatological interludes.

My last hot Ironman was in Lanzarote where, after the finish, I was found slumped over a bench emitting a low hum with a face that looked like it was halfway through a horror movie transformation sequence. This is what you will be condemning me to.

What I get out of this arrangement is that someone else - namely you - plans next season for me. What you get out of this is to decide whether to put me through

"Let me be clear about the consequences of your decision. Despite a decade of iron racing, my results read like a disappointing bank statement... Suffice to say, I've not mastered the iron arts"

distance race in nine years a few weeks ago, and having enjoyed it about as much as choosing a door handle from a home fittings catalogue, I was thinking about taking a year off long races to do some sprint stuff instead. However, knowing this, the cunning Welsh sock puppet Neill has deliberately tempted me with his long-range iron plans and now I'm in a quandary. So I'm asking you to decide for me.

Before we go any further, however, let me be perfectly clear about the consequences of your decision. Despite a decade of iron racing, my results read like a disappointing bank statement and a quick

iron-race lucky number 13 at a time when my running form has slumped so badly that I could be replaced in my club's XC league race by an empty cereal box with a face drawn on it.

So if you want to see me skipping around local sprint races grinning insanely like a man trapped in a Halifax commercial, vote 'no'. If you want to see me plodding through Alcudia looking like a haunted coat stand dressed as a Power Ranger, vote 'yes'. To cast your vote, simply go to my Twitter page (@bruntyonabike) and vote according to your conscience/cruelty level, and I promise I will abide by your collective decision. I await your instructions. ■ 220



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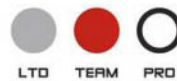
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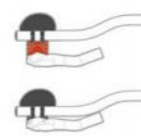
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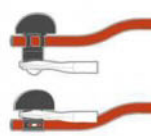
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