

Trilogy

triathlon

Swim Bike Run



GUEST INTERVIEW
FIONA O'DONNELL

JUNE 2021



Welcome to our second Trilogy Magazine! We hope you enjoy reading some interesting articles. A big thank you to our contributors this month Trish Nicholls, Denise Murphy, Roisin Dunne and guest interview with Fiona O'Donnell

Ingrid Condell is coming on as Chief Editor for our next issue. Our magazine is now quarterly and our next edition won't be out until the end of September. If anyone would like to contribute to our next edition please email pro@trilogy.ie
Thanks

Pam



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GUEST INTERVIEW

QUARTERLY FEATURE



NUTRITIONIST
FIONA O'DONNELL

Let's Talk Hydration

Early in my running and triathlon journey, I never thought about a hydration plan. My plan was always simple, if there was an aid station in a race, take a drink. If it was warm, bring a small bottle of water on my run. On the bike, drink when I was thirsty. This often meant going to bed with a headache on long bike day (having come off the bike with an almost full bottle) and feeling terrible on my long runs during the summer. So, I decided to get a little more clever and set an alarm on my Garmin to remind me to drink every 15 minutes and I would alternate a slug of water with a slug of a sports drink. That was as complicated as it got and still, I would wake up on a Monday feeling hungover and would struggle to rehydrate on my longer run days.

When I eventually began to study performance nutrition, it was such an eye opener. I now had an idea why fatigue was flattening my bike performance and why I was feeling stiff and tired and even hungover the day after a big session.

Here are some of the top tips that ensure I stay well hydrated throughout my training.

1. Learn about your loss.

Weigh yourself before you train (with as few clothes as possible) and again after you come back from your session. Factor in what you have had to eat and drink and that will give you a gross idea of fluid loss. For example, if you weigh 80kg and you come back from a 2 hr cycle weighing 79.5kg - you have lost 500ml of fluid and will need to rehydrate over and above that amount in order to return to baseline. However, if you also drank 500ml of fluid while cycling, you may have lost a total of 1 litre of fluid in sweat. A loss of even 2% of your body weight through dehydration can result in a drop in performance and an increase in fatigue so avoid it where possible.

2. Replace 1.5 times your loss with an isotonic solution.

In order to rehydrate optimally, we should choose a drink that will replace the salts lost in sweat during our session. A sports recovery drink will often have a mix of carbohydrate and sodium which will replace muscle glycogen and help with rehydration.

3. Don't wait for 'thirst' to kick in as this can be a sign that you are already dehydrated.

You want to avoid a strict, aimless hydration strategy which may result in hyponatremia. Therefore, developing a strategy based on your regular fluid loss is a must. If you regularly lose 500ml an hour in sweat on the bike, then a strategy to replace this should be planned alongside your nutrition strategy. Aim for a minimum intake of 500ml per hour of a water and carb drink mix.

4. For sessions longer than 1 hr, consider adding a carbohydrate drink to your hydration plan.

During intense exercise, it is advised to fuel with carbohydrates and this can be done alongside your hydration with a carbohydrate drink. For example, if you need 60g of carbohydrate in an hour, 30g of this could be taken in your fluid and 30g in the form of solid food (taken with water).

5. Adding Salt

There is little evidence to suggest that we need to add salt to our drinks when there has been adequate intake of salt with our food or as part of our nutrition strategy. However, many sports drinks contain a little sodium which will prevent hyponatremia if fluid intake is high.

These are the tips - but what does this look like in real life for an athlete out on the bike or during a run? I don't know about the rest of you, but if I had to consume a litre of fluid during the run portion of a race, I wouldn't last long.

Sometimes, research gives us advice on the 'optimal' strategy. But this may not always work out for the individual, especially if it simply does not fit with logistics. There are only so many places we can put drink bottles on a bike!

My advice would be to think of yourself as a special research project. We all lose sweat at different rates in the run, bike and during a swim. Understanding how our bodies respond to different training regimes and in different weather conditions is essential for planning a strategy to suit our needs.

Once you understand your fluid losses, you can plan your own hydration strategy.

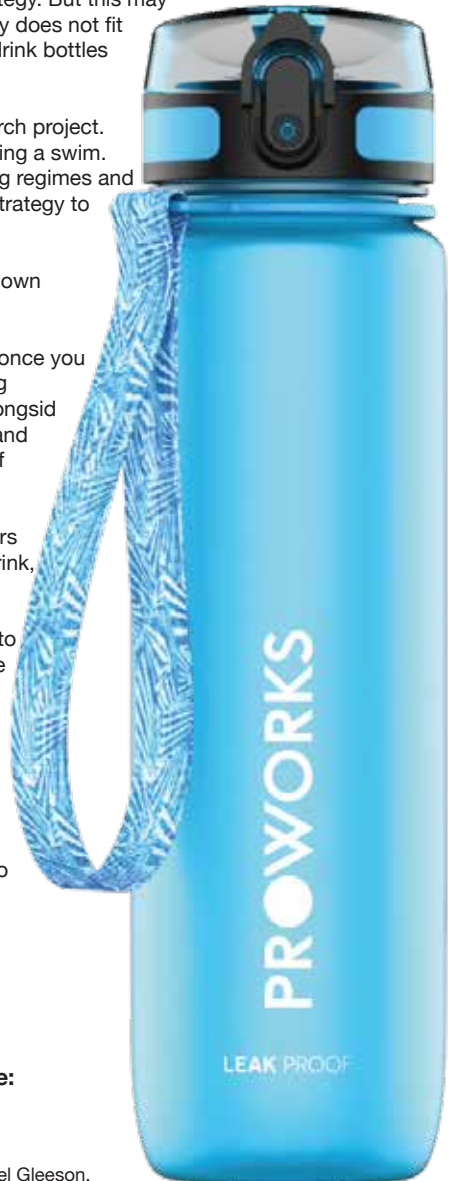
Water alone is adequate for sessions of less than an hour once you ensure you are well hydrated going into a session. Drinking beverages that contain a little sodium or drinking water alongside a small meal or salted snacks can help to stimulate thirst and help you stay hydrated - try snacking on a small handful of salted nuts or adding a little cheddar to a sandwich.

As we are all so different, it is difficult to give exact numbers when it comes to hydration and the amounts we should drink, unlike planning a strategy for protein intake. But the most common advice is to hydrate with approximately 6 to 8ml of fluid per kg of body weight about 2 hrs before exercise to allow enough time to absorb the fluid we need and excrete the excess.

Finally, our gut can also be a factor when it comes to our hydration strategy. Remember that if you are not used to taking large amounts of carbohydrate on board during a session, your gut may react unfavourably. Aim to hydrate with water if you eat during your training or during a race and again, practice what works for you so that there are no surprises on race day.

**Follow Fiona on Instagram or visit her website here:
www.fionaodonnell.ie**

References; Sport Nutrition: 3rd Edition. Asker Jeukendrup, Michael Gleeson.





PAM GROGAN

SUMMER EDITION: RECOMMENDED READS

KNOWLEDGE IS POWER

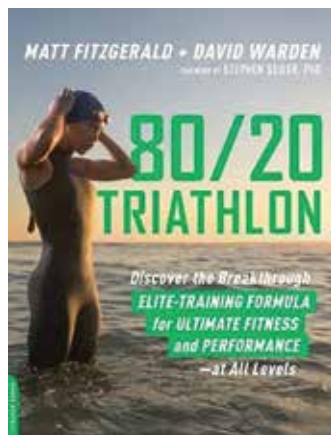
80/20 TRIATHLON

BY MATT FITZGERALD & DAVID WARDEN

A great read for triathletes from beginner, intermediate, to advanced showing how to balance training intensity to maximize performance from a fitness expert and elite coach. Cuttingedge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity.

The vast majority of recreational triathletes are caught in the so called 'moderate-intensity rut,' spending almost half of their time training too hard, harder than the pros.

Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In this book the authors lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance Sprint, Olympic, Half-Ironman, and Ironman to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.



80/20 RUNNING

BY MATT FITZGERALD

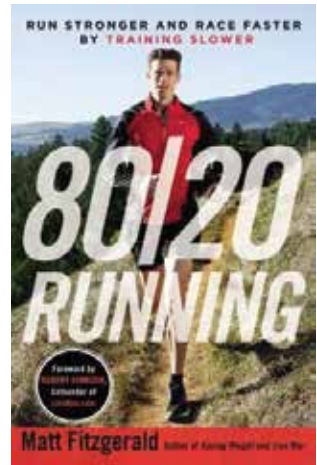
Ever feel tired after running? Do you set yourself running goals but never quite reach them? You could be running too hard, too often. Matt Fitzgerald explains how the 80/20 running program in which you do 80 per cent of runs at a lower intensity and just 20 per cent at a higher intensity is the best change runners of all abilities can make to improve their performance.

With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5k,10k, half-marathon and marathon distances.

In 80/20 Running you'll discover how to transform your workouts to avoid burnout.

- Runs will become more pleasant and less draining
- You'll carry less fatigue from one run to the next
- Your performance will improve in the few high-intensity runs
- Your fitness levels will reach new heights

This book is definitely a must for all runners/triathletes looking to improve not only results but endurance strategies. Welcome to ZONE 2 of your training and heart rate!



TICK, TOCK, TEN BY GERRY DUFFY

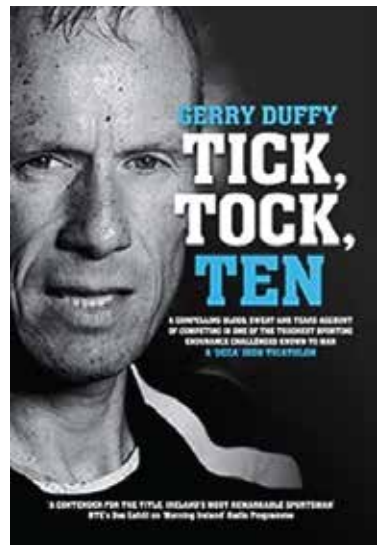
A club member recommended this book and it didn't disappoint! *Gerry Duffy's Compelling Account of Competing in One of the Toughest Sporting Challenges on the Planet: The Deca Iron Distance Triathlon*

If you haven't read Who Dares, Runs by Gerry (32 marathons in 32 days) well you need to, to understand his mind and how it works. This book however, is a whole new level of endurance. A gripping account of his Deca Ironman tales with words of wisdom to impart!

Gerry not only accounts for his own journey, but that of others who took part. Halluncinations of dancing mice in the rain to blisters and shin splints!

What it took training wise to get him to the start line, to the savage amount of self belief, determination and pure grit to finish.

If you're not into reading about sports or sports training, well this book is your next pick. You too, won't be disappointed!



THE NATIONAL SERIES TIPS AND TRICKS



TRISH NICHOLLS

When entering a race through Triathlon Ireland you will note that some have NS beside them (approx. 20 races) NS stands for National Series, which can be Sprint, Standard & Middle Distance.

You are scored off your best 4 races which must include one sprint and one standard plus two others. There are medals (Yes Girls Bling) given out at the end of each year for the 'Top 3' in each age group. There are also prizes after each race so even if your not in the running for an overall Top 3 you can pick up something along the way.

Age groups run from 20-24, 25-29 all the way up to 60-64 and beyond and is based on your age at 31st December of that year.

There is a complicated scoring system which can be found somewhere in the Triathlon Ireland website but it does work, because of the way it works, it is easier to score higher points on a Sprint race than a Middle Distance. Therefore three Sprints plus one Standard is your best chance for most points.

I have targeted these races over the years and have found my best chances of a win was, when I arrive into a new age group, you are 4 years younger than a person on their last year in the group. As you get older you definitely get a bit slower, this might not be the case in the younger ages!

These races are a great way to see where you stand overall in your 'Age Group' and gives you something to work towards the next year. Your Points also go to our club, which we have done well in over the years. The more National Series Races we all do, the more points the club get, it's all pretty simple!

'The one area I feel a lot of people loose easy minutes is in Transition'

Another important reason for completing National Series races is you can qualify to race for your country in the European and World Triathlon Races. The club has been well represented at these races in the past. Both racers and supporters have had great long weekends away in Lisbon, Athlone, Budapest, London & Rotterdam (of course not all can be revealed, somethings that go on tour stay on tour). Hopefully we will get to another one in the not too distant future.

I would recommend doing a least one more race of each distance if possible. Things can go wrong on the day, for example, the dreaded puncture, fall in transition or just a bad day at the races. Sometimes I have scored better in my add on race than my targeted one.



Training and preparation are key elements towards achieving your goal. The one area I feel a lot of people loose easy minutes is in transition, getting it right here, for very little effort can make all the difference. The difference between a podium spot or 4th place.

‘Walk through transition’

I would advise you to walk through transition, it may seem obvious, but a lot of people don't do this simple task.

- Swim entrance
- Bike exit and entrance
- Run exit.

I know these are usually well marshaled but only you can know exactly where your bike is, and not to be totally relying on a marshal for directions.

Our Brick sessions and Club Test Series are a great way to fine tune how to get right.

Like our Test Series I just love competing for points. Remember if the people who can beat you are not 'in' then you can WIN!

Happy Racing this year wherever it may be and most of all ENJOY the experience.



for more information on the National Series including points system, visit:

www.triathlonireland.com

Trish Nicholls receiving her National Series Award



DENISE MURPHY

INTERESTED IN COACHING? SPORTS IRELAND COACHING

Sport Ireland Coaching has the lead role for coaching in Ireland. Working in partnership with the National Governing Bodies and the wider sporting sector, Sport Ireland Coaching leads the development of coaching in Ireland through the implementation of a quality Coach & Coach Developer training and support programmes.

In the Sport Ireland Statement of Strategy 2018-2022, their educational aims are stated as:

1. Fully developed coaching development programme in over 60 National Governing Bodies.
2. Ensure accreditation of coaching qualifications in line with the national framework of qualifications and the QQI.
3. Develop Sport Ireland as the lead agency for sports education in Ireland.

What can a Leader/Coach help an athlete to develop?

The coach can help the athlete develop their Technical, Tactical, Physical, Mental, Lifestyle and Personal skills.

There is much more to coaching than simply teaching. Coaches not only guide athletes in learning the above skills, they also direct their athletes in the respective skill performance. Coaching is also leading. It is a helping profession. Coaching is a helping profession which helps to develop all athletes to fulfil their full potential. This can include youth development in high performance and participation in sport at any age.

When you take on a coaching course, you will learn the knowledge appropriate to the level of that course. For example, under Sporting Ireland's framework all introductory courses cover the same mandatory sections including the relevant national governing bodies (TI) responsible for sport specific elements. This is mimicked throughout all coaching levels.

Every course will have the following content:

- Knowledge of the athlete and the sport
- The coaching roles, style, values, and ethics
- The need for planning and analysis
- Coaching practices and performance
- Appropriate communication and the ability to work with others for the benefit of the participants
- The ability to review, evaluate, and self-reflect



What will they learn on the course?

On the coaching course the leader/coach will learn how to apply the principles and practices of risk management by preparing Risk Assessments and Emergency Action Plans for all venues.

They will be involved in the preparation of individual Session Plans, and plans that are part of an overall training plan for the athletes.

They will learn how to introduce, demonstrate, explain, attend, and summarise (IDEAs) the relevant skill or knowledge required.

They will learn how to coach a group, and individuals with mixed levels of abilities, age, gender, and capabilities.

They will learn how to provide both general and specific feedback to the athletes and other coaches for the betterment of those involved namely, the athletes, coaches, and club.

As a coach develops, it is best practice for them to continue to learn through CPDs (Continuous Professional Development courses) within their own governing bodies or other sports related courses. This will enhance the development of not only the coach, but also the sport, the athlete, and the club.

As sports is an ever evolving science, it is best practice for a coach to engage in continuous learning. This is done through additional CPD (Continuous Professional Development) courses within their own governing bodies or other sports related courses that will improve their knowledge base. This will enhance the personal development of not only the coach, but also allow them to deliver the most up to date working knowledge to the athlete, the club, and the sport as a whole.

for more information on coaching go to:

www.sportsireland.ie

INJURY PREVENTION

ATHLETIC THERAPIST ROISIN DUNNE - SAOL ACLAI

PREVENTING OVERUSE INJURIES

Overuse injuries are predominant in sports that involve long monotonous training sessions such as cycling, swimming and running. Prevention strategies for overuse injuries can target modifiable intrinsic risk factors such as the following;

Flexibility

Strength and Neuromuscular Control

Extrinsic risk factors

- Footwear
- Equipment e.g., Bike set up

What causes overuse injuries?

Tissue overload that occurs over time to the athlete

Close monitoring of athletes training and competition may have a positive effect in reducing the chances of an overuse injury

- Monitor sleep
- Monitor nutrition
- Recovery strategies
- Training plans with recovery weeks
- Heart rate zones

Structured Training Programs

Structured warm up that include strength and neuromuscular control exercises have shown to reduce lower limb injuries

Technique Modification

Runners - Avoid excess contralateral hip drop to prevent lower limb injuries and back pain

Nutritional strategies to prevent stress fractures

Inadequate levels of calcium and vitamin D that play an important role in our bodies are thought to be a risk factor for stress fractures.

According to current research 1200mg of calcium per day to optimise bone health
Vitamin D intake of 600 to 800 IU.