



Ryan Bailie-January Report

Well what a busy month January has been, with a fair bit of swimming, riding and running! The month started with a three week long camp in the nation's capital Canberra where some of the nation's best triathletes were put through their paces on a three week long camp, which involved an interesting altitude research study at the AIS.

The three weeks were very demanding and testing, though with the great support you get at the AIS you were always able to recover and re-load to perform at your peak for your next training session. These facilities were truly unreal and you could utilize centres like the ice cold plunge pools which also had a hot spa or whether it was the unreal meals waiting for you to eat in the dining hall, you never went short on ways to recover and re-fuel for that next key session.

My results from the study were quite interesting as my maximum Vo₂ increased by 8ml from the first maximum Vo₂ test we did on the treadmill in the first week of the camp. I don't know if this was due to the altitude (even though the group I was in was in a way the placebo group) or if it was more because of the training effect from the weeks previously! This type of result was very encouraging and with the three weeks we were at the AIS it has laid a good platform for the year ahead.

Looking ahead my season is about to kick off as the first race of the new and exciting national series races get under way on the sunshine coast in Caloundra. The national series looks like it will be fast and exciting racing for the spectators as we as athletes race much shorter enduro style races consisting of a swim, ride, run and if that wasn't enough you do it all again for one more time. This style of racing should be very interesting as this is the first time I have attempted this style of racing and look forward to it.

Until next time take care and stay tuned for next month's update!

Ryan

