

NATIONAL DEVELOPMENT CAMP QUEENSLAND – DECEMBER 2009

OVERVIEW BY JENELLE CROOKS

Last December Joe, Troy, Kenji, and I went away to the national development camp in Queensland. The camp in Queensland was 3 days of racing and 3 days of training.

On the first day of racing we had a swim meet type of event in the morning, where we had to do three time trials; a 50m, 100m, and a 200m. Once that was over we all had a break and got ready for an 8km criterium which started with a 200m run to our bikes which gave the runners a little advantage. Later that night we all went up to the track and competed in a 1km time trial that was done in heats and finals but the hardest part was running in hot and humid conditions of runaway bay.

Day two, we all had to get out of bed at around 6.30am and ready to do a short sharp aquathon, that was a 400m pool swim and 2km run, then 3 and a half hours later we were racking our bikes ready for event 5 which was a 300m swim, 6km bike, and a hard hot 2km run. A few hours later we were back at it, but a shorter race which was 200/4km/1.2km this would have been the hardest event as it was on at the hottest time of day and the sun was beating down hard which made the race seem so much longer.

Day three, everyone was tired and really sore but we only had one more race ahead of us which had a 400m swim, 8km bike and a 2.4km run, this race was extremely hot and very fast!

All through those three days it was all really short and really fast racing, which meant that if you have had a bad swim there wasn't much time to catch up on the bike or run, but over those three days the boys and I learnt so much about racing, recovery, dealing with the steaming hot heat.

On the last three days of our camp we were split into teams to do skills and training, the best part about staying back for those 3 days was we got to see how our competitors did things differently to us. I also made some good friends there which was really nice as they understand about how much we need to train and most of my friends here can't get their head around it. We were privileged enough that Bobby Magee came to show us all the ins and outs of running, out of all the skills and training that was defiantly the best part of all he is amazing.

We stayed in a little house thing that was in the complex of the runaway bay sports center, it had nice rooms that were air-conditioned which really helped when were trying to get away from the heat.

The camp was very challenging but very enjoyable. I would recommend it anyone that has the chance to go you learn so much.

Jenelle Crooks