

April-Report



The month of April has brought a change to the training regime for me with the month's focus being on strength endurance on the bike and run for myself, which has entailed some quality km's and some big weekly totals, which for myself at times was very challenging as I have never covered these weekly totals for these disciplines before.

With the bike being one of the main focuses, there were numerous long days in the saddle in preparation for the Canberra tour which occurred at the end of the month. The tour this year had three stages over two days and I was looking forward to it as it is the first time I have competed in a cycle tour and I was slightly nervous and scared at the same time, as this style of racing was somewhat out my normal comfort zone.

The first stage comprised of a 3.5km hill climb up Mt Strolmo which was a great way to start a tour and I rode strongly and within myself to finish in 7th place just 10 seconds off the win. The second stage was held that afternoon and entailed a 109km two lap out and back road race on undulating to somewhat hilly terrain. The ride was fairly tough in points and I managed to remain out of trouble as best as possible to finish the stage in the main pack with a couple of breakaways staying away. The last stage was always going to be difficult with a 120km to cover over a hilly out and back course that also had a 13km climb to conquer. I managed to ride strongly and had a slight fall in the feeding zone as one other guy took a tumble and I was left nowhere to go but over. With lots of tired legs towards the last 20km a group of three of us managed to go away over one of the last climbs of the day. We were lucky enough to stay away and put just under a minute and thirty seconds on the main pack. In a sprint to the line my legs had nothing and I ended the stage in 3rd position. This ride was enough for me to jump up the GC and finish the tour 4th overall. I was really happy with my ride in the tour and look forward to the other tours and road races planned over the off season.

During the month of April we were also lucky enough to have some testing where Katie comes down from NSWIS and puts us through our paces. This time the testing entailed 6x1km on where they progressively get harder till your last 1km is almost max. During this time Katie is taking your blood lactates and compiling data to give you some feedback. I was happy with my run form and was able to run a low 2:40 last kilometre which wasn't too bad considering the longer slower kilometres I have been doing.

In other news I'm happy to announce Zoot Sports will be helping me out with all my apparel from head to toe, which I'm very excited about and would once again like to thank Chuck Warner at Zoot Sports and look forward to working with them for years to come!

Till next time,

Ryan

