

# MAY-REPORT



I can't believe I'm sitting here writing a report for the month of May, how time has flown by! The month of May has been another solid month of training for me, which has still strongly been focusing on the bike/run mileage.

The month started off with a few quieter days following the Canberra tour, though after a few easier days it was straight back into hard work. A trip up to NSWIS in Sydney was the start of the hard work as a bike VO2 test was to follow. The bike test is one of the VO2 tests I prefer if I had to choose between the run or ride as the lactic hits you all of a sudden out of know where and you just can't hold the watts anymore and the test is done. Testing results were better than my previous test late last year and I was able to last longer by a few minutes! Other testing results have suggested my biking is getting stronger as I set a new 4 minute max power, which nudged me close to the 7 watts/per kilo. This effort was close to 40watts better than last time, when I did the effort back in February!

Along with the bike testing there has been quite a numerous amounts of road racing to do on the weekend with the local Illawarra Cycle club, which attracts large amounts of riders across all the grades as well as riders from around Sydney sometimes. The road races have been anywhere from 90km scratch race to a 45km handicap race. This racing has been really beneficial and I believe it has helped me progress further with my cycling as this type of racing at stages exceeds the demands of competition in a triathlon for the cycle leg. All in all it has been great fun and I look forward to each challenge every race can throw at you, though must say I'm still trying to master the skill of a sprint at the end. I think I have slowly come to the realisation that my small skinny frame is not cut out for a sprint!

The end of the month I competed in state 4km cross country relay champs just outside of Sydney. The teams for the relays required 4 members for a team and I ran in the A team for the Kembla Joggers, which is a local club in Wollongong. The run was fairly tough as it was slightly hilly and was made tougher as it was run on a very muddy wet track that was made muddier due to the races before. I was quite pleased with how I ran and in the end our team finished 3<sup>rd</sup> overall.

Looking ahead I have a busy month of June ahead with a road race and crit in Wagga, which I'm very much looking forward to. Then towards the end of the month I get to run in my first Half Marathon which is a local one down here, which will be quite tough though I'm looking forward to the challenge a run like this will throw at me!

Till next time,

Ryan