

Ryan Bailie-February Report



Well the month of February has been a busy one for me, with quite a few races thrown in from a swimming race at Bondi beach to the national series races in QLD and the Sutherland crits on a Friday night, there has never been a dull moment or a chance to relax as the training has been turned up a few notches heading into Oceania championships in Wellington early next month.

The month started off well as we as a group were able to capitalize on the 3 solid weeks of training at the AIS in Canberra and really bring some of the things learnt back to the home training environment. The running mileage for the start of the month was up as we had a fairly strong running focus for the first couple of weeks of the month with a bit of interval and tempo styles of runs coming in later on in the month. One of the harder interval sessions I found was 20x400m broken into two sets of 10 one of the harder sets, as I went about holding 68 per 400m. This style of run training has paid off as I ran a 5km PB on track on a Thurs night and now have a goal to go under the 15min mark for the next set of time trials.

On the swimming front I have still had my swim focus. I believe the swimming is progressing in the right direction and the swimming race at Bondi was an indication that it is getting better though at times I wish it could improve quicker!

The cycling front has still been going along nicely and we are still doing the once a week velodrome session which is still find great fun and look forward to each week as we tackle a new skill. Most Fridays I have still had the opportunity in riding in the Sutherland crits which has been great fun, though a bit scary at times as there have been a few hairy moments and am glad at times to finish in one piece!

In other new I would like to thank John Hill from **High 5 sports nutrition**, who will be helping me out with product sponsorship, which will help me out a great deal!

Until next time stay tuned for next month's update!

Ryan Bailie

