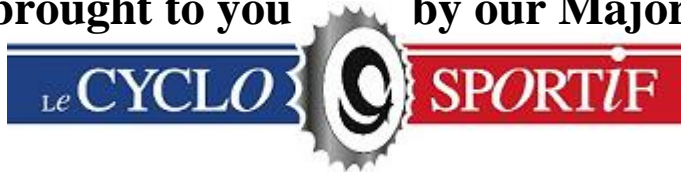


Noosa Tri Club

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It's Christmas Time

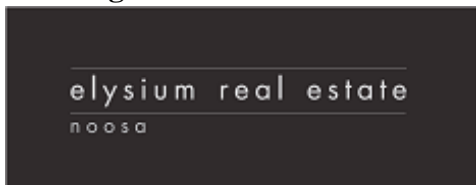
Noosa Tri Club celebrates the festive season

A simple yet genuine "thank you" to all members for a fabulous year. So we get to share another sensational season in twenty-17, enjoy but stay safe.



We look forward to seeing more smiles in the new year. Bring it on.

Introducing some of our **PROUD SPONSORS**. We'll be hearing from them:



1

BOXING DAY
Join our traditional public holiday swim from the Noosa Surf Club.
7am, 26th December.

2

NEW YEAR'S
Kick off the New Year with a swim to Tea Tree or Boiling Pot.
7am, 1st January.

3

ROBINA TRI
Gatorade bring Round 5 of the series to Robina
21st / 22nd January.

SUMMARY

Club Christmas
Thank you to all members

Christmas in Noosa
It's a busy time of year so be extra careful when moving around

Nick's Summer Series
Special consideration for master's athletes

Buderim 9
Charity ride is always an up & down challenge

Sharing is caring
We want your input to share the NTC spirit:
NTClubNews@gmail.com

Always check our website for more details:
www.noosatriclub.com

SPONSORS



Nick Croft's Summer Series

Introducing part 1 of 3 to Nick Croft's tip, tricks and insights titled *Special Considerations for Masters Triathletes*. Don't be fooled by the title, everyone can learn from Nick's experience.

Nick Croft is a former professional triathlete and has been coaching now for 22 years. A two time winner of the Noosa Triathlon and three time Australian professional Team member at the World Champs and Australian Triathlete of the year during his career and has gone on to become 2005 Triathlon Australia Ironman Coach of the year. He provides online training programs for athletes of all ages and abilities through the website www.msportsport.com.au and organises training camps all year round in Noosa Heads Australia.

Having been in the sport now for 33 years – the first 10 years as a professional triathlete then the past 23 years coaching pro's and age groupers, over all distances and all ages, I am finding that the average age of my squad and clients is certainly getting into the 'masters category' with many in their 40's, 50's and 60's making up the majority of the numbers.

Training as an older athlete (myself included at 50 years of age in 2017) and indeed coaching older athletes, the workload and structure has to be adjusted to take into consideration many factors. I will touch on some key elements to take on board. Of course masters coaching is a big subject in itself with whole books and training manuals now written on this so I will be touching ever so briefly on some important things to consider for your own training and wellbeing while striving to be your best. I will not be covering off every aspect but quite a few of the highlights that I come across in the day to day and some of the issues that I have found to be limiters in masters athletes in training and for race day performance.

We are all different and this is no less the case as we age. The aging process affects everyone in different ways. History in the sport (or previous activity if new to triathlon), genetics, lifestyle, and you're attitude all play a part. In my experience in coaching masters athletes now for over twenty years I don't really start to see an accelerated decline in performance till well

into late 50's or early 60's. You have to remember again that we are all different and recall the other factors mentioned earlier in this article apply re individual genetics, history in the sport, past or current injuries and so on. It has been shown that endurance in a fit athlete declines at only around 4% before the mid 50's.

Muscle mass starts to decline in our early 30's and by the time an athlete gets beyond 50 this is a much higher percentage and has been shown to be up to 10% for every 10 years. Looking to add strength training to assist to increase muscle mass in older athletes is a must which helps prevent injuries and assists helping form and technique.

Working in resistance training will help prevent muscle loss and rebuild and activate weak muscles. A circuit style training program using high-intensity, multi-joint lifting at least twice a week, (adapting to your seasonal training and racing load) will benefit the body the most.

To be continued...

Buderim 9 Charity / Challenge Ride

9 hills, 3 hours. Sounds simple? Guess again. A few locals donated some money and left some sweat out on course at this year's "Buderim 9".



PROUD SPONSORS

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We'll be sharing their knowledge, insights and product range with you.



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