




- Home •
- Overview •
- Training Programs •
- Latest News •
- Junior Training •
- Training Camps •
- About Nick Croft •
- Nick for Hire •
- Merchandise •
- Success Stories •
- Fitness Calculators •
- Multisport FAQ •
- Multisport Links •
- Privacy / Indemnity •



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Latest News - November 07

It's a long season here down under so pacing your output in training and racing is crucial if you plan to be standing when the last races of the season are run in May next year. Making sure you give yourself an easier week every three or four weeks with reduced volume and intensity will help let the mind and body adapt. I found dividing the season into two segments and having a few weeks in the middle with little or no intensity or racing refresh myself for the second half of the season.

Of course we all have different goals and race schedules so what you do may need to differ from your training mate or others in the training group. Good luck to those racing this month and I hope to see a few of you to catch up with at Noosa this weekend.



Train smart to race hard!

Nick

"It's lack of faith that makes people afraid of meeting challenges, and I believed in myself."

Muhammad Ali

Off Season Clinics @ Noosa

The next in our series of Clinics to see out the first half of the season will be with German Tour De France Stage winner Marcel Wust who calls Noosa home at this time of the year. Marcel will be doing a Q & A forum about his take on life at a pro cyclist and ways triathletes can also get faster on the bike. This clinic will be held on Tuesday 13th November. Venue again will be the Noosa SLSC.

RACE COUNTDOWN

04 March - Australian Champion

Tewantin
 at 11:00 Fri
26.8°C NNE 26km/h
[Click here for more](#)




MSC Squad on Channel 7

The Channel 7 program The Great South East (shown in QLD) have shown a special on the 25th anniversary of the Noosa Triathlon. Last Sunday some of the local squad had a few minutes of fame on the small screen as part of the 4 minute segment. In case you missed this or don't live in SE QLD the footage is at the head of this page!

There are some great shots and race footage of the tri, crit and bolt not to mention some great Noosa picture post card scenes.



Latest Squad Results

Hawaii Ironman - October 13

Brian Barr - 4th 60-64

Bowen Triathlon October 14

Allan Moustoukas 1st 45-49 and second overall

Carl Schmidt 4th 25-29

Bribie Island # 1 - October 21

Tom Mewing 1.04.04 male 35-39

Jess Fleming 1.04.48 female 30-34 - 1st

Nicola Gregory 1.06.19 female 30-34 - 2nd

Neil MacPhee 1.06.45 male 50-54

Sean MacPhee 1.07.10 male 13-15

Yo Brady 1.09.48 female 25-29

David Coulter 1.09.54 male 60-64 - 1st

Peter Fry 1.10.46 male 45-49

Doug Griffiths 1.11.35 male 35-39

Hazel Lyons 1.11.52 female 40-44

Maddie Bartholomew 1.12.56 female 16-17

Geoff Bartholomew 1.13.29 male 45-49

Nerissa Stafford 1.14.11 female 30-34

Barb Brady 1.18.44 female 50-54 - 1st

Karen Artis 1.20.42 female 40-44

Annie Jennings 1.21.38 female 50-54

Jackie Coulter 1.29.40 female 55-59

National Series # 1 Nowra NSW - October 28

Jess Fleming - 2.16 30-34 female 1st

6hr MTB Koralbyn QLD - October 28

Jeff Toohey 1st

Naomi Hansen / Andrew Davison 2nd (2 person team)



Up-coming Events

Noosa Triathlon - November 4

Hazel Lyons, Sean MacPhee, Neil MacPhee, Maddie Bartholomew,

Geoff Bartholomew, Jess Fleming, David Coulter, Matt O'Neill, Barbara Brady, Nerissa Stafford, Justin Hunter, Karen Artis, Peter Fry, Annie Jennings, Jason Cheshire, Brian Hannon, Angelika Hannon

Port Macquarie Half Ironman - November 4

Andrew Partington, Tom Mewing

Greece Marathon - November 4

Bill Skoufis

Sheparton Half Ironman - November 18

Jon McLachlan, Emma Griffiths

National Triathlon Series NSW - November 25

Jess Fleming, Sue Stevenson, Nerissa Stafford



Importance of Warming up

With the Triathlon Season about to get into full swing, the intensity level of training sessions invariably is about to increase for those who are looking to surpass previous levels of performance. These sessions are necessary to get the body used to racing and a very important part of all training and especially interval or faster paced sessions is performing a proper warm up, and cool down.

A lot of people think that warming up means stretching. This isn't true. A warm up provides many important benefits, most of which stretching cant give. Stretching sometimes does more harm than good (if not done correctly or done cold).

Warming up it the first step of exercise. It's the slow shifting of blood into the muscles that are doing the work. The key word is slow. The blood needs time to shift to the working muscles, as much of this transferred blood gets redirected from other important areas of the body such as the nervous system, adrenal glands and intestines. If done too fast the body can become stressed due to the blood moving from these important organs at too faster rate. When the warm up is done

Slowly, the organs and glands can properly compensate for this normal activity. Warming up provides 3 important benefits:

- It increases the blood flow into the muscles, bringing oxygen and nutrients, and removing waste products.
- It increases the fats in the blood that are used foe muscle energy.
- It increases flexibility in all the joints.

The warm up can be any easy, low heart rate activity. The aim is to raise your heart rate gradually to it's aerobic maximum only after 15 minutes.

Some warm up examples:

1. Beginner

Swim – 10min easy using different strokes. A good time to work on stroke drills.

Bike – 10 min spinning easily in a small gear.

Run – 10 min beginning with a fast walk and easing into an easy slow jog.

2. Competitive Athlete

Swim – 800m different strokes, stroke drills.

Bike - 10-15min, up to 80% effort. 25-30min for really hard intervals or time trials

Run – 15-20min building to aerobic max followed by some light stretching for hard intervals or time trials.

The last 15min of your work out are also important. You need to slowly re-establish nearly normal circulation without ‘pooling’ the blood in the muscles. Before the 24hr recovery process can commence, circulation of blood in the organs must also return to a normal state to gain the benefits from your exercise.

Make sure you incorporate warm up into your racing. The fitter we are, we generally need to spend more time on warming up. Try to work the warm up before the race in reverse race order – eg walk / run first – then cycle and swim last so you finish up the swim part of the warm up just prior to race start. The aim should be to get HR up to high end aerobic levels –75-80% at points during the warm up so to avoid the body going into any shock once the gun goes off. If you don’t warm up at all your HR will go from a resting state to 85-90% within a short time after the swim start and you will lactate and lose efficiency much quicker.

DESCENTE



coolum cycles