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Latest News - Apr/May 2008

As the downunder off season takes shape many of us are looking at ways to keep fit and motivated and improve over the next few months. Now is a great time to analyse the season just past and work on ways to strengthen our weaknesses, set goals for next season while still taking some down time from the rigors of intense training week in week out.

Try to not stop training totally - just change your focus. Get on a MTB to keep riding, get into the gym, or work on getting that 10km run time down over winter. By keeping the aerobic engine turning over with mixing the training up you will find when you come back to more triathlon structured training that you are fresh and still strong. I will be putting together some off season specialist clinics once again which will start in June and run through till September in Noosa -covering various subjects of interest to enable those that participate the opportunity to gain more insight and knowledge and be ready to start the next season with a jump on the competition. Clinic dates will be posted shortly.



Train Smart

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RACE COUNTDOWN

03 March - Ironman New Zealand

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



Latest Squad Results

Mooloolaba Triathlon - March 30

Jason Cheshire - 2.16.06
Mark Preston - 2.16.07 - (3rd in 50-54)
Tom Mewing - 2.16.22
Jess Fleming - 2.19.37 - (2nd in 30-34)
Mark Martin - 2.22.51
Neil Macphee - 2.25.34
David Coulter - 2.29.31 - (2nd in 60-64)
Peter Fry - 2.30.45
Geoff Bartholomew - 2.42.09
Tim McGavin - 2.43.21
Jan Avery - 2.47.40
Mark Powell - 2.48.05
Angelika Hannon - 2.54.40
Brian Hannon - 3.12.09

Sunshine MTB Cross country series 30 March

Naomi Hansen 1st

Ironman Australia - April 6

Matty O'Neill - 10.00.19 - Port Mac PB
Doug Griffiths - 10.11.44 - PB / 3rd Defence force Category
Justin Hunter - 10.39.45
Andrew Partington - 10.50.14 Debut IM
Jon McLachlan 11.08.59 - Debut IM
Allan Moustoukas - 11.11.03
Grant Callaghan - 11.11.48
Peter Degnian - 14.19 Debut IM

Raby Bay (QLD) Final Gatorade State series April 20

Paul Argall 3rd - 35-39

Brisbane Marathon April 20

Dan O'Rourke 3.01

Dirt Works 100km MTB marathon May 4

Naomi Hansen 2nd

Bribie Adventure race

Glenn (Bull) Kirby (swim squad member) 1st overall
Jason Cheshire 8th

rWorld Maters Swimming in Perth

Jan Croft (65-69)
Bronze 200m, 400m, 800m free
Gold 3km open water



Up-coming Events

Mooloolaba Triathlon March 30

Up coming events for MSC squad

Byron Bay Triathlon May 10

Neil MacPhee, Jess Fleming, Leonie Cook, Sue Stevenson

Alice Springs (NT) MTB stage Race 19-23 May

Naomi Hansen

Boonah 85km MTB - June 1

Naomi Hansen

Dan O'Rourke

Triathlon World Championships (1.5/40/10) June 7

Jess Fleming, Sue Stevenson, Kim Fabian, Peter Hodson

(David Coulter) - David rolled his ankle running recently and has a broken foot so will not be racing after gaining selection.

Mt Perry MTB marathon June 8

Naomi Hansen

Ironman Japan - June 22

Matty O'Neill

Ironman Germany July 6

Marcus Muller

Ironman Switzerland July 13

Peter Seldon



It's the off Season (downunder) so time to back it off and look at working on ways to improve your performance for next season. Re-building the base after some down time - that is doing slower aerobic miles - keeping the Heart rate in that zone of 60-80% of you maximum Heart Rate takes some discipline. Using the 180 formula made famous by Kinesiologist Phil Maffetone from the USA who was the mentor / Guru to 6 time Hawaii Ironman Champ Mark Allen, top US Triathlete Mike Pigg and 2 time Hawaii Champ and current Iron Man pro - Tim De Boom - is a proven way to keep things real while staying aerobic. I have added an example below of what the 180 formula is and how to apply to your base miles. Long runs, rides would also follow this rule (unless programmed otherwise at various times of the year etc).

180 Formula - Finding your maximum aerobic Heart Rate

1 - Subtract your age from the figure 180

2 - Modify this figure by selecting one of the following categories.

a. If you have, or are recovering from, a major illness (heart disease,

any operation. any hospital stay, etc.) Or if you are on any regular medication,

.....subtract 10

b. If you have not exercised before, or have been exercising but have been injured or are regressing in your training or competition, or if you often get colds or flu, or have allergies,

.....subtract 5

c. If you have been exercising for up to 2 years without any real problems, and if you have not had colds or flu more than twice a year,

.....subtract 0

d. If you have been exercising for more than 2 years without any problems, while making progress in competition, without injury,

.....add 5

For example, if you are 30 years old and fit into category b - 180 minus 30 = 150, then 150 minus 5 = 145

This is your max aerobic heart rate.

In this example, exercising at a heart rate of 145 will be highly aerobic, allowing you to properly and maximally develop endurance. Above that, there's a rapid change to more anaerobic function, exemplified by a shift to more sugar and less fat burning.

Initially training at this relatively low heart rate may be stressful for many athletes. "I just can't go that slow"! is a common comment, But after a short time your pace will quicken at that same heart rate.

Maffetone also does explain his reasoning to use this formula over the 220 minus age - this figure usually only comes close to a third of peoples actual max HR.

