

August Report



I am talking to you right now from the beautiful city of Aix-les-Bains, France. It was sad to leave Spain which had begun to start feeling like “home”; however, I was excited to experience a change of scenery and France has given me just this, with dips in Lake Bourget and views of Mont-Blanc right from the balcony of my accommodation (or the pent-house as we have begun to call it). When arriving in Aix I received some of my Australian kit and have been able to meet some of the other elite Australian athletes. This has included triathletes that I have grown up admiring such as Emma Moffatt and Brad Kahlefeldt.

Training this month has gone quickly and it is crazy to think that I will be racing in Beijing in a little over a week. I have been feeling a mixture of excitement and nerves as the days are getting closer. My running has certainly picked up where I had left it and I am no longer unconfident to hit out hard and fast running sessions. My hill efforts on the bike have once again become a favourite session of mine and I was happy to be making personal bests on my last attempt of hill efforts before leaving Spain. Let’s just say the Azzurri and I have a mutual understanding on the bike when we ride up hills- “let’s get this over and done with as fast as possible”. The last swim set in the Spanish pool was the dreaded heart rate set but it managed to leave me convinced that my swimming is now also officially on track.

The rest of this week will be spent packing to leave for Beijing. I will be sad to leave Europe but I see it as a form of motivation, that if I want to visit this beautiful continent again, I must work hard and I will be here again in no time!! But my main focus right now is Beijing and I have never felt more excited and ready for a race than I do right now...

Ashlee Emma Bailie

