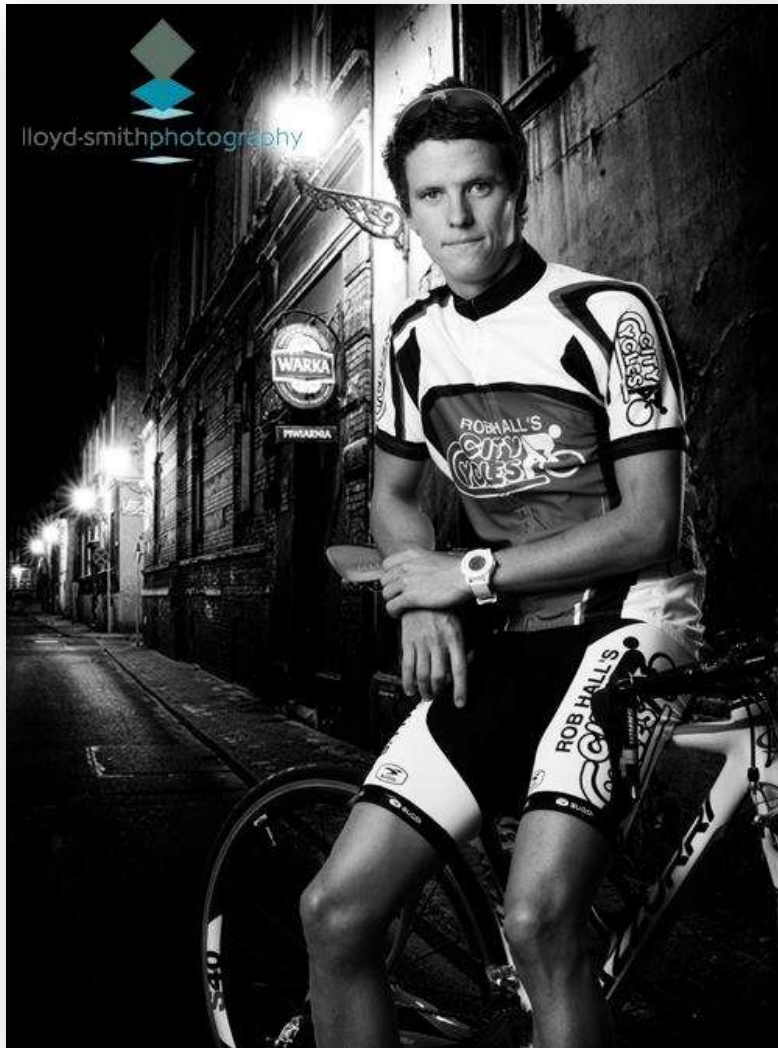


# Ryan Bailie's November Update



November saw that accustomed routine which I thrive off return after nearly a 4 week break, which included nothing to do with triathlon. It was a great rest though towards the end the body gets twitchy and you're ready to go again which I believe is a good thing as the break has had its desired effect. It was great getting back home in WA and catching up with people I haven't seen for close to a year.

Whilst having time off I was lucky enough along with my sister Ash to do a presentation to the new squad members of the WA Junior TEP squad, which gave us time to reflect and share some memories and hard times whilst racing overseas for the first time to some athletes who aspire to do what we have in years to come. It was a reminder to them that not that long ago I was in there position.

Ash and I were also fortunate enough to spend some time with a local professional photographer messing around with bikes and poses in front of the camera, which was something different and enjoyable and I even proved that photo shop does wonders! Special thanks to Lloyd- Smith Photography for taking some wicked shots!

# Ryan Bailie's November Update



On the training front we jumped straight into Vo2 run testing on our return from a break over in WA. This was conducted at NSWIS with important video analysis during 18km/ph to see how efficient your style and its flaws. With Damien the biomechanics analysing the video together with Alex our physio provider for NSWIS they come together to work on a strength program to improve those flaws and to see if improvements have been made. This is where I believe we have a massive edge on the rest as they are constantly working hard to ensure we keep progressing and keeping an edge! I'm very lucky to have access to such knowledgeable people at NSWIS.

Towards the end of the month saw myself and the NSWIS squad return to Falls Creeks, Vic which is a ski resort that sits at around 1600m with hundreds of kilometres of running trails which I believe is the best in the world! A week up here for me consists of swimming every second day doing four sessions a week. We generally double run most days except our long run days and include 2 higher pace runs whilst the rest is running off heart rate. Gym is every day and ranges just over the hour. Mountain life is simple though just the way I like it!