

# Wellbeings X-Training

ATHLETE PROGRAMME GUIDE

NOVEMBER 10<sup>TH</sup>, 2013



			Previous Starts / PB	Goals for this race.	Other comments
Janet Ferguson		50-54 years	4 Half Ironman races. 4 hours 52 minutes.	Finish it without a 5 minute sit down on the run this time.....!	I would really like to complete the run without feeling absolutely awful the last 5kms, or is that even possible?!! Please tell me it is .....
Philippe Felton		40 – 44 years	First solo. Have done 3 as part of a team. First time doing the swim. As long as I finish, Sunday will be my PB.	* Make it out of T1 * To finish * Completion time of between 5:00 and 5:15	Good luck to all my training partners! Thanks to my support crew and Coach for an excellent preparation.
Katherine Ryan		40 – 44 years	This will be the 3 <sup>rd</sup> 70.3 race. Current PB 4:41	To qualify for Kona!!	I don't think I have anything else to add!!!!
Haytham El Ansary		35 – 39 years	6 x 70.3 races completed. PB 4:52	Looking forward to a short day as opposed to the ridiculous training that I have been doing to date. Good swim, no cramping on the bike and run which should result in a good time.	IM Training sucks :P

Henrietta Ireland		45 – 49 years	Four 70.3 plus one Busselton Ironman. Best time to date for the 70.3 distance is 5:25.	Aim is to try and race at or near the IM race pace. This is taking place of our Big Day Out so we will do a short-long ride on Saturday then race 70.3 on Sunday. Looking for a strong, consistent paced run.	It's all about the Ironman. Fun in the sun!!
Peter Rash		55ish. Not sure!	9 or 10 x Half IM (can't remember) 7 x full IM  PB 5:02	Get to start line - back from Korea late Saturday night. Finish ;-)	Have fun & finish in good shape for IM Busso in 4 weeks.
Yvonne Rash		45 – 49 years	PB in 2011 was 5.22.  5 Half IM in Busselton and 1 in Mandurah so this will be number 7.  I will have to round it up to 10 now so will aim to do my last in the year I turn 50. I may re-think that after Sunday though!!	The original goal was to do a PB but am very stressed about the heat during the run. Hope the temp doesn't peak 'til 3.00pm.  I'm feeling fitter than I was this time last year, I have a good nutrition plan and am very happy with my new wetsuit so should at least beat last years' time of 5.33.	I'm really looking forward to doing a half IM on my (new to me) fluoro pink Time-trial bike. Have I shown you the picture?  I really enjoy training for a Half IM. Thanks to Julie for training with me.

Morgan Marsh		30 to 34 years	4 solos (1 dq), 2 teams (swim at Albany, bike at Busso), 1 long course world champs PB - 5:01 (highest placing is 6th in 2012)	To practice ironman race pace and come out unscathed	32 days and counting...
EeLyn Au		25 to 29 years	First 70.3 for me. Second triathlon in my life. The first was the Weet-Bix triathlon when I was 8 and I've promised my Mum I'll put my t-shirt on first before my helmet, not the other way round.	Goal to finish.	Confession time: this Sunday will probably be the furthest I've ridden on my bike in my life (sorry Carol, the longest training ride I managed to fit in was 88km.)
Suzie Baxter-Green		50 – 54 years	This is the first Guess it will be a PB then!	Enjoy the experience - make sure all that hard training means finishing <b>STRONG!</b>	Thanks a mill for all the support, words of wisdom hints, tips and belief from all at Wellbeings....!m ready :))
Kristy Montgomery		Team	Kristy is really excited about running 21.1 km in 36 degree heat. Not really.....:(		
Mandy Coles		Team	Mandy competing as a cyclist this time around. It is her first time racing over this distance. Goal to complete the distance in under 3.5hrs I have to remember to have fun & enjoy it!!!!!!		