



LISTENING TO YOUR BODY WHEN RACING **INSIGHT FROM AN EXPERIENCED TRIATHLETE**

I tapped into the brains of Katey Gibb, elite Triathlete who is ranked #3 in the WA Open Category and was #13 in her age group for the ITU World Championships, to help beginner/novice level triathletes improve performance with the following insights into how their body may feel after the first Telstra Series Triathlon and then as the season progresses. *Katey with the help of Perth Integrated Health is a master at LISTENING TO HER BODY, PLANNING, and REGULATING so she can perform well all season.*

"I have been participating in triathlons for nearly 3 years, with the 2010/2011 season being the first I have competed in the Open category. To be competitive at this level I have to incorporate 17 hrs of training a week around a 9 to 5 job and a family life, making it essential that I remain injury and fatigue free."

1. **Katey's Top Tip for the Upcoming Telstra Hillary's Race # 1 Triathlon - 18th December 2011** – This tends to be a windy bike ride, practice hill rides to get the leg strength as the course has some rolling hills as well. The run is a nice out and back, so heading out get into a good rhythm and then at the turn around put in a bit of speed and push it home. *For more information about **Fitness and Strengthening** determinations please email Julian Mancini, PIH Exercise Physiologist: julian@pihc.com.au*
2. **How does a triathlete's body feel in the first race of the season? Which parts of the body may feel stressed?** With the first race of the season you generally feel a bit heavy and slow because you have not done much serious speed work. The main parts that I find sore after a race are my quads and calves, from pushing it hard on the run. *For **Massage for Injury Prevention** please contact Inez Ngiau, Soft Tissue Massage Therapist and Occupational Therapist by email: inez@pihc.com.au*
3. **How does the body feel as the season progresses? Which parts start to fatigue?** I find that once the season progresses I get really tired all the time. The main part of my body that feels the pressure of increased training are my legs, this is because of the amount of time I am spending running and cycling. *For your **Bike Ergonomics** needs which addresses your underlying clinical needs in relation to your bike please email Ian Wee, Managing Director and Bike Ergonomist on ianwee@pihc.com.au for more information.*



4. **How does the body feel at the end of the season? Which parts are in need of assistance?** By the end of season you are mentally and physically drained because you have been so focused on racing, training and performing well. After the Half Ironman in May I generally find that my lower back starts getting sore from spending long hours in the time trial position on my bike. Throughout the season my legs and particularly my quads are tired from doing long runs and rides. I haven't personally had this problem, but a lot of people mention that their hamstrings feel really tight coming up to the half ironman in May and also the week after the race. *For your **Achy Feet, Achilles tendon, Shin Soreness** needs please email Jill Hunter, Principal Podiatrist on jill@pihc.com.au for more information.*
5. **What are the top 5 afflictions triathletes face with their joints and muscles from your experience and what you hear in the competition field?** Top 5 would be 1) hamstrings 2) tight calves/shin splints 3) Iliotibial Band (ITB) or quad soreness 4) I hear quite a few of the women in particular complain of hip soreness, but these are generally the ones that do a lot of km's for a full ironman. 5) tired shoulders from swimming, but this is can sometimes be contributed to incorrect stroke. In regards to injury I would say 90% of problems are either, hamstrings, shin/calf problems or ITB. *For **Biomechanical Assistance** to ensure your body is balanced to last the distance through the whole season please contact Lucy Liongue, Clinical Director by email: lucy@pihc.com.au*

"I cannot thank Perth Integrated Health for contributing to my season's success in 2011 and also for helping me hit each training session and race feeling 100%. With their treatment services, constant help, guidance and advice I have been able to focus on my competing without worrying about injury and fatigue."

Courtesy of Katey Gibb and Lucy Liongue, Perth Integrated Health - Clinical Director.

For more information on
Perth Integrated Health Clinic
and Katey Gibb and please visit:

<http://www.pihc.com.au/triathlon.htm>

or contact **Lucy Liongue** on lucy@pihc.com.au or **9240 5266**



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