



USC
NEWS

ULTIMATE Sports Coaching

January 2017

SUPERIOR ATTITUDE. SUPERIOR STATE OF MIND.

WWW.ULTIMATESPORTSCOACHING.NET

New Year, New Goals!

by Coach

Welcome back to an already crazy 2017! Compliments of the season! I hope this year brings you all happiness, success, new adventures, PB's and joy! I look forward to working with each and every one of you towards your goals and watching you thrive.

Time to get you ducks in a row especially since we are in the peak season of Triathlon, Cycling & Running already. 70.3 Dubai & East London are only a few weeks away as well as the South African Cycling Championships early Feb! Then followed by Ironman SA, Two Oceans Ultra in April & Comrades in June.

If you fell off the wagon in December time to get back on the rails. It's a new year, 2017 is already full steam ahead. Time to get writing on those blank pages! Let's make it a great one!

Group Sessions 2017 Summer

WEDNESDAY – Track session

Ruimsig stadium 5:30am

1 – 1h30 which incl a warm up, running drills with coach, main set, cooldown

*Closest Virgin Active Little Falls or Cradlestone Mall to shower afterwards

THURSDAY – Hills bike session

Northcliff Hill (meet at BP on 14th Avenue, Elcorro Centre 5am meet – start 5:10am

1hr – 1h30 which incl warm up ride to, main set 6+ hills, cooldown ride back to

*Closest Virgin Active Roodepoort/Constantia or Cresta to shower afterwards

*hills to be done in own time/speed

*road bike recommended

*lights recommended

FRIDAY – Swim session

Randburg Virgin Active 12pm

1 – 1h15 which incl a warm up, drills with coach, main set, cooldown

SATURDAY – Long ride & brick run

Cedar Square 5:45am meet – start 6am

Session min 2hr up to 6hrs (IM athletes) depending on programme prescribed by coach or how many athletes arrive to divide groups

*group ride time will be advised by coach on whatsapp group each week

*session will be followed by a 20min brick run or as prescribed on programme

SUNDAY – Open water swim

Emmerentia Dam 10:50am meet – start 11am

1hr – 1 – 3km depending on programme prescribed by coach

*wetsuit recommended but not compulsory, good for practice purposes
*there is a marked out 1km loop with white buoys

*if a race happens to fall on this day session will be cancelled by coach

**all sessions are weather permitted & will be cancelled by coach if needed, if no cancellation, session will commence*

Upcoming Races!

[TSA REGISTRATION](#)

[TRINITY TRIATHLON](#)

15th January

[CRADLE MOON OPEN WATER SWIM](#)

21st January

[XTERRA BUFFELSPOORT](#)

22th - January

[70.3 EAST LONDON](#)

29th January

[JOHNSONS CRANE 21/42KM](#)

29th January

[SOUTH AFRICAN CYCLING CHAMPIONSHIP](#)

7th - 12th February

[KFC VALENTINES 10KM NIGHT RACE](#)

10th February

[DISCOVERY DUATHLON & TRIATHLON CPT](#)

11th February

[PICK 'N PAY 21/42km](#)

12th - February

[BUFFELSPOORT TRIATHLON](#)

19th February

[DURBAN ULTRA](#)

5th March

[IRONMAN SOUTH AFRICA](#)

2nd April

[TWO OCEANS ULTRA](#)

15th April

[TRINITY TRIATHLON](#)

23rd April

[COMRADES MARATHON](#)

- 4th June

[MORE CYCLING EVENTS](#)

[MORE TRIATHLON EVENTS](#)

[MORE RUNNING EVENTS](#)



**TRAIN LIKE AN ATHLETE,
EAT LIKE A NUTRITIONIST,
SLEEP LIKE A BABY,
WIN LIKE A CHAMPION.**