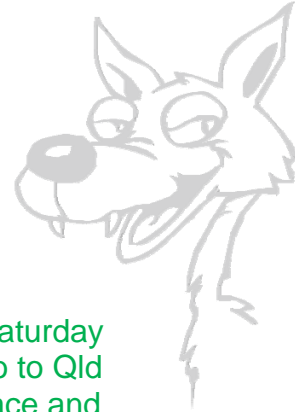


# THE COYOTE EXPRESS

## THE COYOTE EXPRESS

**Newsletter #43– 10 May 2010**



### Upcoming Weekend

**Saturday** – HPRW - Eagle Farm Criterium (8am)

**Saturday/Sunday** –rogaining training course in Bunyaville forest on Saturday with 3hr race in the forest on the Sunday. Both are running events. Go to Qld rogaining website for details and to enter online. Its only \$12 for the race and should be great fun.

### Future Races - Month of May

**22 May – Saturday** – Club Crit Champs at Nundah

**22 May – Saturday** – Blackheart Adventure Race – 8hrs – Tweed Valley

**29 May – Saturday** – HPRW – Elimbah

**29 May – Saturday** – Metro Road Champs (enter 2 weeks in advance)

**30 May – Sunday** – Metro Crit Champs (enter 2 weeks in advance)

**Don't forget that if you want to enter the Metro champs you need to do so this week. I've attached the flyer for the event.**

### **Duathlon Series**

The croc squad are organising duathlons throughout winter down at the Nundah track. The details can be found on the attached flyer.

### Results

#### **Nundah**

It was a beautiful morning for racing. For some reason it didn't end that way for everyone. There were 53 starters in A grade and we had Robbo, the two Micks, Rich, Brett, Aaron, Steve, John and myself. At the start, Rich organised for a breakaway group of three containing himself and Richard Brownhill. A few of us controlled the pace early which enable them to get a fairly decent break but it was shut down after a couple of laps.

Rich tried continuously to get away and was in another good break of 4 riders which stayed away for a while and kept the race at a fairly consistent hard pace. Here's a picture of Rich in the lead group..



You can see from the size of the chase pack that it was never going to be easy. It was a shame that there weren't many there from the mainline team this week as they may have been able to settle down some of the "strange" riding that was taking place. Whilst we probably had the most number of any team the triple play, fly V and QSM teams were well represented. Tim Bartlett wasn't wearing his triple play kit this week so perhaps he was flying under the radar.

The riding was pretty ordinary through the S bends and I saw quite a few guys end up on the grass at various stages of the race. At one stage when a chase group of 4 tried to peg back the breakaway group I jumped on the front to pull the pack across. My efforts however only resulted in a certain rider deciding that it was more important that he be on the front to lead the chase through the back bend so he put his hand on me and pushed me out of the way. I wasn't too happy but cheered up a bit when Brett came through about 10 seconds later and quipped "excuse me Mr Charles, would you mind moving a little to the left for me".

Personally, I can't see any reason to put your hands on another rider. All it would have taken was for this rider to call out that he was coming through and I would have gladly moved left and got back in the draft. I only learned after the race that he tried the same trick with another rider at the Anzac 25 and ended up in an after race altercation as a result. It was however a pretty good warning sign for me that I should make my way to the back of the pack. Our guys were pretty well positioned going into the S bends on the last lap when poor old Rich was taken out by another rider and thrown into the air in the middle of the track. He is pretty sore as a result and his front wheel was destroyed. Robbo wasn't able to avoid him without going off the track and ended up face first in a pool of muddy water. The guys in front of them kept

going and decided the places whilst the rest of us just tried to avoid the carnage. The race results are pasted below with Richard Brownhill taking a good third after being in the original breakaway with Rich. I've pasted some more photo's below including one of Robbo in his after race state...Pretty funny Robbo...well at least now anyway. As a result of Rich's second crash in 6 weeks and putting his body on the line for the team he wins a new kit with Bibs, jersey, sox and water bottles.



## **B Grade and C Grade**

We had a couple of guys racing B grade with Matthew Smart and Locky flying our colours and Frankie was also out there. This race was highlighted by a good breakaway by two homesites riders including Clinton Amble who stayed away to the finish. Pretty impressive stuff.

We had two starters in C grade with Anthony and Shannon. It was Shannon's first ever criterium and she was pretty pleased just to get her favourite number 9 as her race number. The success didn't end there as she managed to finish as leading lady in a field which contained some good female riders. Anthony also rode well to finish in 5<sup>th</sup> place. Shannon used her \$20 victory money to buy me lunch so it was indeed a good day.



### **A – Grade**

Starters 53

Winner Matt Ryan FFAST

2nd Shaun O'Brien FFAST

3rd Richard Brownhill HPRW

4th Paul Butler FFAST

Prime Matt Ryan FFAST

### **B – Grade**

Winner Clinton Amble HPRW

2nd Carl Rayner HPRW

## C - Grade

Starters 45

Winner Ron Chambers BCRI

2nd Howard Cameron HPRW

3rd John Chapman HPRW

**First Un-Placed Lady Shannon Proffit HPRW**

## Giro

Whilst there aren't any Coyotes racing in the Giro, it is the biggest race on at the moment and there are 14 Aussies racing. Stage 2 took place last night and it was a good night for Aussies with four in the top 8 and 6 in the top 20 over the line. Cadel Evans has grabbed the pink jersey by one second from Tyler Farrar (who won the stage) and Vinokourov by 4 seconds. On the GC we also have Richie Porte in 4<sup>th</sup> and Matthew Goss in 10<sup>th</sup>. There was a number of crashes late in the stage which played a big part in the finish. Here's a photo of some of the carnage..Believe it or not, the first photo is of Tyler Farrar who got up and went on to win the stage...





## Training

### Clive's Strength Training Article (Part 3)

Shelley Duncan is a sports scientist currently working towards her MSc at The University of Auckland with a special interest in using resistance training to enhance peak power output.

“You are not getting dropped because you can't ride for 4 hrs but because you can't ride at 400watts” (Jens Voight, 2010).

In previous articles by exercise guru Clive he recommends resistance training to build strength and power using an array of free weight exercises including functional compound exercises such as squats, dead lifts and chin ups. This stage of strength development is imperative when you are wanting to progress onto the next training phase of developing explosive power. The type of exercise most commonly utilised to develop explosive power is 'Plyometrics'. Fundamentally plyometric exercise incorporates the ability to generate explosive muscle force within fractions of a second. This is accomplished by optimizing what is called the stretch-shortening cycle, which occurs when an active muscle changes from rapid eccentric muscle contraction (muscle shortening) to rapid concentric muscle contraction (muscle lengthening/stretched). The speed with which the muscle is stretched relates to the force that can be produced and the development of quicker reaction times. Exercises such as plyometrics that can manipulate the stretch-shortening cycle have been shown to enhance the elastic energy that can be produced by a muscle which contributes to the efficiency of the muscle contraction resulting in greater power output. Plyometric training has been shown to be one of the most effective methods for improving explosive power and agility and is characterized by countermovement jumps, the drop jump, hopping, bounding, the squat jump and a variety of foot patterns

While strength training or plyometrics alone will increase power, some researchers have indicated that the greatest improvements in muscular power result from combing

plyometric training with a periodized strength training programme within the same exercise bout. This type of training is referred to as complex training and typically involves the combination of strength training with plyometrics, sprint and/or sport-specific training to maximise the development of acceleration, leg strength and muscular power.

If you are still asking how can plyometrics enhance my cycling performance, the answer is that plyometrics is one of the most effective and efficient tools of developing your explosive power. This increased explosive capacity will assist you with enhanced muscular force production to jostle for position and break from the bunch and perform that all out sprint at the end of the race to cross the finishing line. Whilst cycling is essentially an endurance sport the key moments in any race are explosive in nature be it the sprint at the end of Milan-San Remo (300+k) or the mountain stages in the Tour de France so to achieve the results we desire we need to train to be explosive this is where plyometrics can enhance any training program.

Some plyometric exercises that can be incorporated within your current training regime are:

### ***1. Box to Box Depth Jumps***

1. Stand on the first box with toes close to edge, feet shoulder width apart. □
2. Step off (do not jump off) box and land on both feet. Immediately jump up as high as possible landing on the next box (4 x boxes).
3. Ground contact time should be short. Landing should be soft.
  - i. Beginning box height 1 to 3 = 32 inches, box 4 height = 42 inches
  - ii. Repeat 5 sets
  - iii. Increase box 3 height to 42 inches and repeat 5 sets
  - iv. Increase box 4 height to 52 inches and repeat 5 sets

### ***2. Split Squat Jumps***

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot. □
2. Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. □
3. Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically. □
4. Switch feet in the air so that the back foot lands forward and vice versa.
5. Repeat 3 sets x 15 repetitions with a .30second rest period between each set. □

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

### ***3. Hurdle Jumps***

1. Stand left of first row of mini-hurdles □ 2. Without crossing feet, shuffle laterally right over each hurdle, leading with right leg so each foot touches once between hurdles □ 3. When right leg steps over last hurdle, plant with right foot and explode into diagonal sprint to opposite end of next row □ 4. Begin shuffling laterally right at next row □ 5. Repeat through entire pattern of hurdles x 2 sets, through the following phases:

then left then right  
right then left

- i. Leading with the right
- ii. Leading with the left then
- iii. Bounding forwards jumping with both feet together over the hurdles.

Ensure the use of explosive bounding movement in each contact point between hurdles.

For optimal benefit you would want to be performing these exercises at least twice a week in addition to your endurance and strength training regimes.

Shelley Duncan  
Exercise Scientist

Adams, K., O'Shea, J. P., O'Shea, K. L., & Climstein, M. (1992). The effect of six weeks of squat, plyometrics and squat-plyometric training on power production. *Journal of Applied Sport Science*, 6, 36 - 41.

Gehri, D. J., Ricard, M. D., Kleiner, D. M., & Kirkendall, D. T. (1998). A comparison of plyometric training techniques for improving vertical jump ability and energy production. *Journal of Strength & Conditioning Research*, 12, 85 - 89.

Kubo, K., Kawakami, Y., & Fukunaga, T. (1999). Influence of elastic properties of tendon structures on jump performance in humans. *Journal of Applied Physiology*, 87(6), 2090-2096.

Kubo, K., Morimoto, M., Komuro, T., Yata, H., Tsunoda, N., Kanehisa, H., et al. (2007). Effects of plyometric and weight training on muscle-tendon complex and jump performance. *Medicine and Science in Sports and Exercise*, 39(10), 1801-1810.

Paul, E. L., Jeffrey, A. P., Mathew, W. H., John, P. T., Michael, J. C., &

Robert, H. L. (2003). Effects of plyometric training and recovery on vertical jump performance and anaerobic power. *Journal of Strength & Conditioning Research*, 17(4), 704 - 709.

Potteiger, J. A., Lockwood, R. H., Haub, M. D., Dolezal, B. A., Almuzaini, K. S., Schroeder, J., et al. (1999). Muscle power and fiber characteristics following 8 weeks of plyometric training. *Journal of Strength & Conditioning Research*, 14, 295 - 279.

Rahimi, R., & Behpur, N. (2005). The effects of plyometric, weight and plyometric-weight training on anaerobic power and muscular strength. *Physical education and sport*, 3(1), 81 - 91.

Wagner, D. R., & Kocak, M. S. (1997). A multivariate approach to assessing anaerobic power following a plyometric training program. *Journal of Strength and Conditioning Research*, 11(4), 251-255.

**Train Smart..Race Hard..Earn Respect..and have fun doing it...**

The logo for Coyote Racing features the words "COYOTE" and "RACING" stacked vertically. The text is rendered in a bold, black, gothic-style font with a prominent green outline. The letters are highly stylized, with sharp, pointed serifs and a slightly irregular, hand-drawn appearance. The overall aesthetic is rugged and aggressive, fitting for a racing team.