



Macca-X training camp

“If they get too close, just knock their goggles off – most of the time they’ll think it’s their fault.”

This is just one of the inspirational nuggets of wisdom that 12 triathletes were privileged to learn on a recent intensive training weekend with **Chris “Macca” McCormack**.

For those pure cyclists who don't sully their time with triathlon related matters, Macca is one of the sport's elite. Having won the Australian Junior Championships way back in 1993, he has gone on to win almost every major race over all imaginable distances, along the way being the only person to ever win the ITU World Cup Series and World Triathlon Championships in the same year, and in 2007 winning the ultimate crown of the World Ironman Championship at Kona, Hawaii. After a week's rest from a 3rd in the European Ironman Championships in Frankfurt, Macca found time in his schedule to spend 5 days in Singapore, finding conditions ideal for starting his build-up for Kona.



The peloton (with Nicole, Rob, Kyle, Megan & Barry) hits the hot rolling hills of Johor

Just as well the suggestion was made, as despite only having 50km back to Desaru, the temperature was building, the humidity was high, the earlier tail wind turned into a nasty headwind and we knew we had to run off the bike.

What followed was a couple of days of tiring training, a minimum of 230km on the bike, 2 brick sessions (bike + run combo) and an openwater and pool session. Any of us could do this anywhere, anytime, but what we were really there for was to get training, racing and nutritional tips from the main man. And there were plenty. From techniques to get clear water in the swim (as per the first quote above), to better bike positioning, and to an increased understanding of race day food and drink strategies. Of course, they won't be listed here – to get them you had to attend the camp!

The group met at Changi Point Ferry Terminal just as the sun was coming up, caught a bum boat across to Pengarang, and then set off for the long Saturday morning ride through the rolling hills and unrelenting heat of east Johor. It was heartening for the group to see that it was Macca being the first to crack 100km into the ride, pleading with the peloton that surely it was time to turn around.



Megan just edges past Macca on the run



Macca giving more tips in the pool session

We'll just have to wait and see if they all translate to more competitive times from the attendees.

Undoubtedly the best part of the weekend was the informal chats; hearing the stories of 15 years of racing first-hand rather than reading about them in triathlon magazines. Macca's passion for triathlons has enabled him to be at the pointy end of the sport for 16 years, and he shows no signs of stopping. The enthusiasm Macca exudes certainly motivated us all, and that will continue to motivate many of us to train harder and smarter.

Whether it was swimming, riding or running next to Macca, upon reflection, it seems a little surreal. It didn't seem so at the time, as his down-to-earth demeanor certainly didn't equate to that of what you might expect from a World Champion.

A huge thanks to **Nicole** and **Evan Gallagher** (under the banner of BPM) for organizing the camp. Apparently, Macca enjoyed it so much he intends to be back to do it all again.



Macca & Rob at the beach for the openwater session

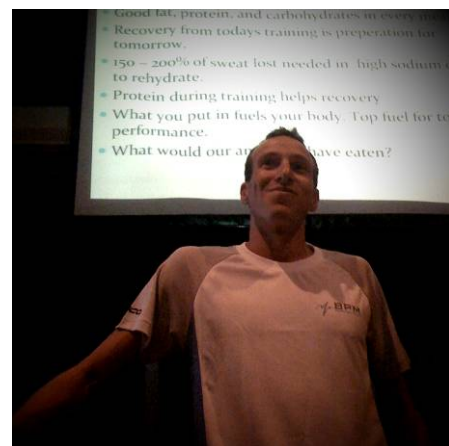
So if you're out on the road, and you hear someone back in the group yell "IS THAT ALL YOU'VE GOT??? YOU GOT NOTHING!!!" you'll know they've been coached in the finer arts of intimidation by one of the best. It was a helluva weekend.

Thanks to Rob Hensby for the camp report and congratulations to Macca, who just raced Kona Ironman World Championships, finishing in 4th position.

An evening with Pete Jacobs

A great crowd gathered at the Brewerkz Annex to listen to some hot nutrition tips from Australian pro-triathlete and landscape gardener **Pete Jacobs**.

Pete (PJ) spent a bit over a week in Singapore coaching as part of BPM's triathlon training program and also managed to get out on his bike with the pack to clock up some miles around the island.



As with his attitude in general, PJ's attitude to nutrition was also fairly relaxed. While he recommends eating lots of small meals throughout the day, and making sure each meal has some protein as well as some complex carbs and some good fat (the stuff from oily fish and raw nuts, rather than that from a deep fried Mars Bar...), he said there's no need to be fanatical. Many of us were relieved to hear PJ acknowledge that sometimes you just have to go with whatever the best choice is on a menu when you're out, at which point he gave a thumbs-up to Brewerkz's Wombat Burger (yay!). And the best Coffee Bean breakfast choice...? Eggs on toast – which PJ enjoys without coffee... (!) as he prefers to save the caffeine for racing.

Pressed on the important question of the role of alcohol in one's nutrition plan, PJ reckons sticking to red wine would be your best bet because of the antioxidant properties... 😊