

Jayson Austin UCI World Hour Record Holder (35-39)

Training Smarter to be Faster and Stronger-less CAN mean more

I have been involved competitively all my life in sport. From the age of 3 when I ran around at Little Athletics and later at school age where I competed in team sports such as soccer, hockey, touch football, cricket and individual sports like tennis, squash, athletics.

I really enjoyed just running on forever and going as fast as I could over all terrain. I was involved in various teams and achieved quite a lot of success at State and Australian level as a schoolboy. I was coached by various noted people in their field and followed programs based on HR.

Fast track to the 22 year old into fast cars, having fun and enjoying life with mates in the Whitsundays and wanting to try something different after no sports for 4 years due to a back injury and loss of interest. I started running and riding a bike and really enjoyed it again. I became good at it.

Triathlon became my thing and I moved to the Gold Coast in 1996 and worked to improve my results with coaches such as Col Stewart, Rod Cedaro and Bill Davoren. My running was very good and cycling was improving all the time but at swimming I was a "rock". I started moving into longer distance HIM and IM events and enjoyed the longer rides and runs. Getting in the kilometres became the challenge. However a series of injuries and accidents with cars-not my fault- meant that I could no longer run so I started riding more seriously in 2000 and had lots of time since I no longer was swimming or running. I was riding for 20 plus hours a week with up to 800kms Some good results on the track and road in Qld and overseas at the World Masters Track Titles in 2004 and 2005 were the outcome.

TRAINING with a Power Meter

Peter Montford introduced me to what can be achieved by training with a power meter. In 2007 he began to coach me for an attempt at the World Hour Record on the track. Initially I found riding using a power meter quite strange-it was easy going and I wanted to push harder and get more power out and ride for longer. I was concerned about the kilometres I felt I needed to do to be competitive. It was good to be able to follow your progress and see improvements in power output over various rides. I achieved some good results and in June 2007 in a trial run I unofficially set a new Hour record of 46.41 kms. Health issues occurred and persisted over winter with respiratory problems from asthma so the September attempt was postponed until February. Training moved along fantastically and it was great to follow the program within the power zones. I was feeling good everything was looking positive for the February 2, 2008 attempt. I had been putting out some good power of 336.72 watts averaging 48.80kph. Two weeks before the attempt I became ill with respiratory problems, ulcerated throat and then allergic reactions to the antibiotics. I missed breaking the record and continued riding for enjoyment when my health would let me.

Thus began a series of train hard, get in more kilometres, go faster when I felt good and then become sick again. It was a roller coaster of being well so train like crazy; doing more than Peter's program detailed and then I would become sick again. I stopped riding altogether as I didn't have the energy to work and ride. Blood tests in March revealed I was anaemic with my immune system also shot. B12 injections and iron supplements had me feeling better and by May I was able to ride 3 days a week for 5 hours and be very careful to stay within the zones even up hills. It was difficult not to push the power up especially when feeling well or riding with a group. I had never ridden so slowly. In June I had my first RR for 8 months and finished 2nd. My longest ride week was that week- 260 km for 8 hours of training.

Health issues reoccurred with iron levels extremely low again -I couldn't ride I was too tired. Many doctor visits and different treatments failed to identify the problem that was causing the anaemia.

In July 2008 I met with Alex Simmons from RSTern Professional Training Systems and discussed my health issues, dream of breaking the Hour record and so I began training with Coach Alex. My program with Alex concentrated on lots of easy power output rides and initially 3 days a week to see what my body could handle. In a MAP test I achieved a result of 399watts. B12 injections, iron supplements, doctors visits continued. Riding began to build to 5 days a week for 6hrs -185kms and no health issues. On August 24 I was a member of our clubs RTT that won the State Championships and set a new record for the distance all off 6hrs and 222.8 kms a week of riding for me.

Slow and steady was having results and by the end of September I could manage 7.5hrs for 234kms in 5 days. I still became tired and continued with the injections. Alex had introduced an interval session to break

the monotony and I seemed to be able to tolerate that by making sure I had a day off and slow easy recovery riding after. I had a memorable race in September where I produced a maximum power output of 1275 watts when attacking but no health issues afterwards.

In October I found out my health problems were due to gluten and food allergies.

I immediately began a diet without gluten and within 2 days felt marvellous-I hadn't realised how bad and the pain I had been living with until I didn't have it.

My riding continued to improve and as I felt better I would up the anti-harder efforts, more power and longer rides-result I would feel unwell and get a reaction such as an ulcerated mouth. Alex continued keep the training conservative with a 5 day a week program and plenty of recovery power kms. The beginning of December saw 300kms for the week without any major illness.

We began to build a program towards an attempt at the Hour for April 26 2009. Extreme care was taken by Alex to monitor and impress upon me to stick to the power zones so that I had the recovery time and I was able to build consistently week after week of successful training meeting the program plan. One thing I found extremely funny/strange was the ease with which I could climb up McCarrs Ck by staying within my power zones-other riders would pass me in the initial stage of the climb but I would pass them puffing and all over the road by the top of the climb and I was feeling very good.. In time I was able to increase the power, speed and shorten the time to do these rides all within the set power zones which changed as my fitness and strength developed.

NEW WORLD HOUR RECORD

On April 26, 2009 I set a new World Hour Record for 35-39 age group of 48.315 km-the existing record was 45.64km. This was the second furthest distance ever by an Australian; only Brad McGee has gone further. This was achieved from a carefully planned program of 5 days a week of 9 hrs-week after week, month after month. A program necessitated by my health issues which achieved the result despite the health problems. The monitoring and fine tuning by Alex was dependent on my power outputs.

Less CAN mean MORE

The big thing I have learnt from the last 2 years is that quality is far better than quantity. My body just could not handle the load of lots of kilometres and intensive intervals. My job is very physical, long hours and hard on the body. I am self employed so when I can't work I don't earn. I have become a believer in the use of power meters to maximise your performance with a training plan specific to you- I cannot afford to waste time riding and then to become ill.

So I am looking forward to using Alex Simmons programmes for me in the Turbo Studio with the Computrainers. How great will it be to test yourself over some of the Tour de France Courses? What appeals to me most is the safety of riding, doing the power efforts work on TT training at my level and being out of the elements in the winter. -and of course seeing the speed and power improve.

Jayson Austin
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