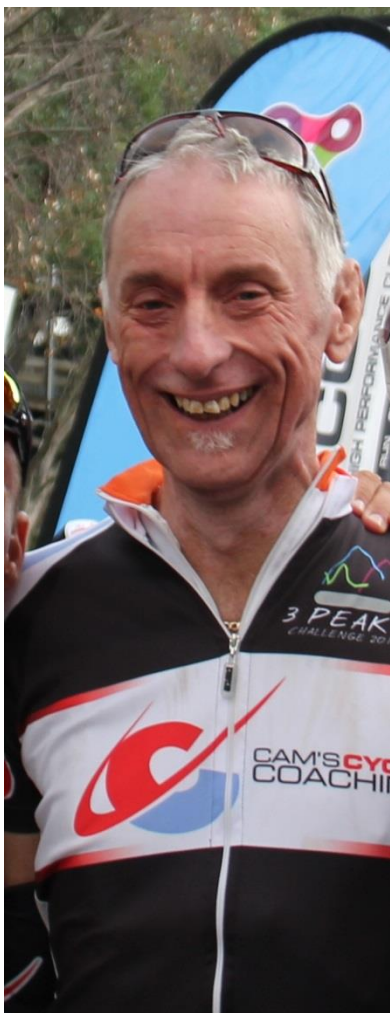




## Personalised Training Program Client – Tony Earnshaw.



Tony after finishing the 3 Peaks Challenge in March 2014.

*Having just completed 12 months on Cam's Duck's Nuts program (a personalised training plan), I wanted to share my experience.*

*As I'm motivated by numbers (apologise now to those who aren't), I had a lactate test done before and after the program, to measure the improvement.*

*The results for the two tests showed that my:*

- *lactate threshold HR went up 5 beats per minute (for those of us who can't get our HR up into the high 170s, those extra 5 beats are pure gold)*
- *power at lactate threshold went up by 25%*
- *at every power/watts level in the test, my HR was 10 or more beats per minute less than the previous test,*
- *I managed to survive to one extra power level.*

*The other thing I have noticed over the year is that my 2 minute HR recovery after 'tough efforts' has improved and I now get an extra 10 beats of recovery during those first two minutes.*

*You might be wondering, have I enjoyed being on the program. Well, despite the amount of sweat lost, the times I complained it was too hard, and the days when I packed up half way through the program, yes, it's been a great journey, and one I wanted to share with you all.*