

TREVOR WOODS IRISH IRONMAN RECORD HOLDER

WHAT'S YOUR SPORT? Triathlons

BIGGEST ACHIEVEMENT TO DATE? Winner of numerous Irish championships most recently holder of the Irish Ironman record of 9hr 18minutes.

TRAINING SCHEDULE? Typically 1 – 2 hours per day during the week and a longer session of 3 – 5 hours at the weekend and a gym session.

PROVON REVIVE & YOU

WHEN DID YOU START TAKING THE PROVON REVIVE DRINK?
About 2 years ago.

HOW OFTEN AND WHEN DO YOU TAKE IT? 1 sachet after my weekly training session and 2 – 3 after the intense weekend sessions.

WHAT BENEFITS DO YOU FEEL? It helps me recover quicker and more effectively which basically equals better training.

Trevor Woods is a seasoned triathlete who has been competing in triathlons since 1989. As an authority on intense training he explains how recovery needs to work.

'My training schedule will vary depending on a number of factors including time of year, work and injuries. When I am preparing for an Ironman race I would typically race a triathlon about 3 times every 4 weeks. This is usually between June and September. Outside of these months I might only race triathlon twice a month in favour of getting in more miles. Over the winter period I race cross-country and during spring / summer on the roads also.

From a nutrition perspective I try to eat healthy foods most of the time. My personal view is if you eat well 80 – 90% of the time there is space to indulge in 'less than perfect more treat-like' foods such as chocolate, ice-cream, pizza. Fundamental to striking the right balance is understanding the importance of what you eat but also WHEN you eat it. It is critical that the right foods are consumed at



the right occasion to maximise energy, performance and replenishment for the body.

I think recovery is a vital component of any athlete's training program. Quite simply faster recovery equals better training. Nutrition is one element of recovery which is easy to control and the benefits are very apparent. Eating or drinking a quality product straight after training replenishes the essential carbohydrate and protein lost during activity. Provon Revive is the ideal product to do just that.

Revive is very convenient in the 80g single serve sachet. The protein element is whey protein which is rapidly absorbed and very nutritious. As Glanbia has complete control over each ingredient in the product and manufactures Revive themselves you know exactly what you are getting. And above all it is scientifically proven and safe to use as each batch is WADA tested so there is no doping risk.'