

Name: John Cameron

Age: 42

Hometown: Hatcliffe, nr Grimsby

Occupation: Air Traffic Controller

Goals for 2010: Ironman Austria as the main event (to better my previous time)

Due to knee problems reducing my running output, to improve my cycling (hopefully the cycling gains to out weigh the running deficit)

A number of cycling time-trials and possibly a cycle road race

A number of sprint triathlons throughout the year dependant on work commitments.

The first week was pretty consistent compared to the second where shift work reared its ugly head. I don't follow a structured training plan, I've tried but this was not compatible with my shift work so each training session is taken on an opportune basis, based on time availability and how I'm feeling, so as not to do an intensive session when I'm tired or a long session prior to an extended shift at work. Air Traffic Controller falls asleep, may make a good headline for The Sun, but it wouldn't do my career prospects much good. But what may seem unstructured can produce some good results, my last three sprint triathlons all came in under 1hr 9mins, including a 1hr 4min that was a personal PB.

In the last couple of weeks during which I've taken colostrum, my recovery from the sessions has improved slightly. At the start of the study I stopped taking my recovery drinks after exercise, these were a mixture of Whey Protein and Glutamine. This produced a feeling of tiredness that's recurring throughout my training regime but I've found I can keep on top of by taking the recovery drink concoction. I've since returned to taking the whey and glutamine as I was beginning to feel tired again.

A number of people at work and my partner have succumbed to a virus but it's not yet affected, possibly an improved immune system, as a virus would normally have hit me if I were feeling tired or drained.

Another difference in my recovery is I've been able to do a number of bike to run brick sessions, something I only do before racing (I loathe them), after a quick change from the bike I was ready to go for a short run. After two weeks, I've noticed a perceptible change in my personal wellbeing, and the odd bout of wind that began at the start of the study has now subsided.

Analysis of training diary

	Week 1 (before colostrum)	Weeks 2 (before colostrum)	Week 3 (1 st week with colostrum)	Weeks 4 (2 nd week with colostrum)
Training	6.5	7.1	10.1	5.3

Hours (approx)				
Training Load	37	33	56	24

Comments on above by Glen Davison:

Health/illness logs

In the first two weeks you reported one episode of upper respiratory tract illness (URTI) symptoms with a total duration of three days. This isn't surprising for an endurance athlete at this time of year. In fact, in some cases symptoms such as a sore throat may simply be the result of increased breathing during exercise causing mild inflammation in the upper airways.

Your comments on effort perception etc after blood donation in week two are completely expected. Donating one unit of blood has been shown to temporarily reduce maximal oxygen uptake (VO_{2max}) and exercise performance for at least one week, so this could potentially carry over into the next week. It would be prudent to take extremely 'good care' of yourself for a few days after you have given blood.

Gut

No symptoms reported in week one. Mild symptoms reported on one day in week two. Also, you mentioned a "Protein Drink" that could have had an effect on gut comfort etc if consumed too close to the time of exercise!

Week 3 - 4

Health/illness logs

In the next two weeks you didn't report any illness symptoms.

Training

You increased your training hours and load further in week three. It's possible that the colostrum could have contributed to your reported improvements in perceptions of recovery and well being as there are some effects on the immune system and gut that are evident even after only a few days.

Training hours and load decreased in week four. It's interesting that you still perceive some improvements in recovery and wellbeing. Hopefully you've been able to fight off the "virus going around" that some of your work colleagues and your wife have suffered this week - some URTI viruses have an incubation period of 4-7 days so it will be interesting to see whether you can avoid it over the next couple of weeks as well.