

Name: Paul Carson

Age: 27

Hometown: Swindon

Occupation: IT Business Analyst

Goals 2010:

Complete 3 of 5 National Series Duathlon events in UK and try to improve on 2009 age group and overall placing.

Qualify and compete in Duathlon European Championships and better 2009 result of 8th in age group.

Qualify and compete in World Duathlon Champs in Edinburgh.

Looking for a Top 30 Placing in a Powerman Series event (stretch goal)

Obtain a sub 20min time trial time for 10miles (current PB 20.32)

Top 30 Placing in a National Time Trial series event

I've been taking the Colostrum now for about 10-11 days and over this period have noticed a difference to my recovery especially over the last week. Before taking the product, and before the World Championships, my recovery from the large volume was slow, apart from the week before the race as I tapered and reduced the volume to next to nothing. But last week was my biggest volume of training since the Worlds, with effort and quality maintained and I felt fresh for virtually all the training sessions, so I'm noticing an improvement in recovery. The next couple of weeks will be key as I'm doing my final season races over the next two weekends, so will be great to see if my recovery is maintained whilst racing and training at the same time.

Analysis of training diary

	<b>Week 1</b> (before colostrum)	<b>Weeks 2</b> (before colostrum)	<b>Week 3</b> (1 <sup>st</sup> week with colostrum)	<b>Weeks 4</b> (2 <sup>nd</sup> week with colostrum)
Training Hours (approx)	9.6	7.8	10.4	11.6
Training Load	17.6	26.9	28	33

Week 1 -2

Health Diary and Weekly report

**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 (in week one) with duration of four days. It was interesting that you continued to train during the time when suffering these symptoms. It's difficult for an athlete to know whether it is infection or inflammation - and hence whether to carry on with training or competition.

It's also worth knowing that excessive training, especially when run down or ill, can lead to a depression of natural defences and a reactivation of 'latent' viruses that reside in the upper respiratory tract of about 50% of people. This could be a particular problem for some athletes although you did not report any other symptoms in subsequent weeks, suggesting you did stick within such guidelines.

## **Gut**

No symptoms reported.

## **Health/illness logs**

You didn't report any illness symptoms.

## **Training**

There was a steady increase in your training hours and load further in week three and more still in week four. It's possible that the colostrum could have contributed to your reported improvements in perceptions of recovery reported in weeks three and four as there are some effects on the immune system and gut that are evident even after only a few days (although this is speculation and we cannot rule other mechanisms like diet, training, natural progression etc).