

Simon Carter

Age: 30

Hometown: Ashton-under-Lyne

Occupation: Scientist

2010 targets: I intend to do Windsor (OD), and the Little Woody, moving up to Challenge Wanaka in 2011.

I've been taking Colostrum once a day (one rounded dessert spoon full) for the last two weeks. Taken in around half a pint of fresh orange it's not too bad – as long as you make sure that the lumps have been broken up.

I've noticed that my overall food intake has decreased (although that may be because I take it with my breakfast – which decreased accordingly). I'm currently out of season training so haven't pushed my body as much as during a tri season (I only train three or four times a week at the moment compared to twice a day during the season). I knocked 2:5-minutes off my 10km run time – but I can't say either way whether the Colostrum has helped or not.

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 Hours (approx)	4	2.4	1.6	0.2
Training Load	19	15	9.3	1.3

Comments on above by Glen Davison:

Health/illness logs

In the first four weeks you've reported upper respiratory tract illness (URTI) symptoms for a total of 18 out of 28 days. This is quite high – you've had symptoms more often than not!

Your overall training hours and load over the four weeks analysed seems very low (although I don't know what is 'normal' for you). You seem to have had a torrid time over these weeks with illness and infection. I wonder whether you should let your symptoms completely clear up before resuming your training (or perhaps limiting yourself to very light training rather than exercising too intensely, at least until you have been symptom free for a good few days)?

Training reports

Comments on above by GD:

I'd suggest splitting your total intake into a number of smaller doses spread throughout the day. I'd also suggest that even taking half a dessertspoon once or twice per day every day would be better than taking larger amounts sporadically (i.e. missing days). Again, this is just a thought/suggestion but there's some research evidence that colostrum can have some quite short-term/acute effects on the immune system, which could actually be beneficial if you're trying to fight off and/or shift an infection. It'll be really interesting to see if you do perceive any benefits or not if/when you are able to have a good week or two of regular daily intake. Hopefully we'll get more of an insight into this in future diaries.