

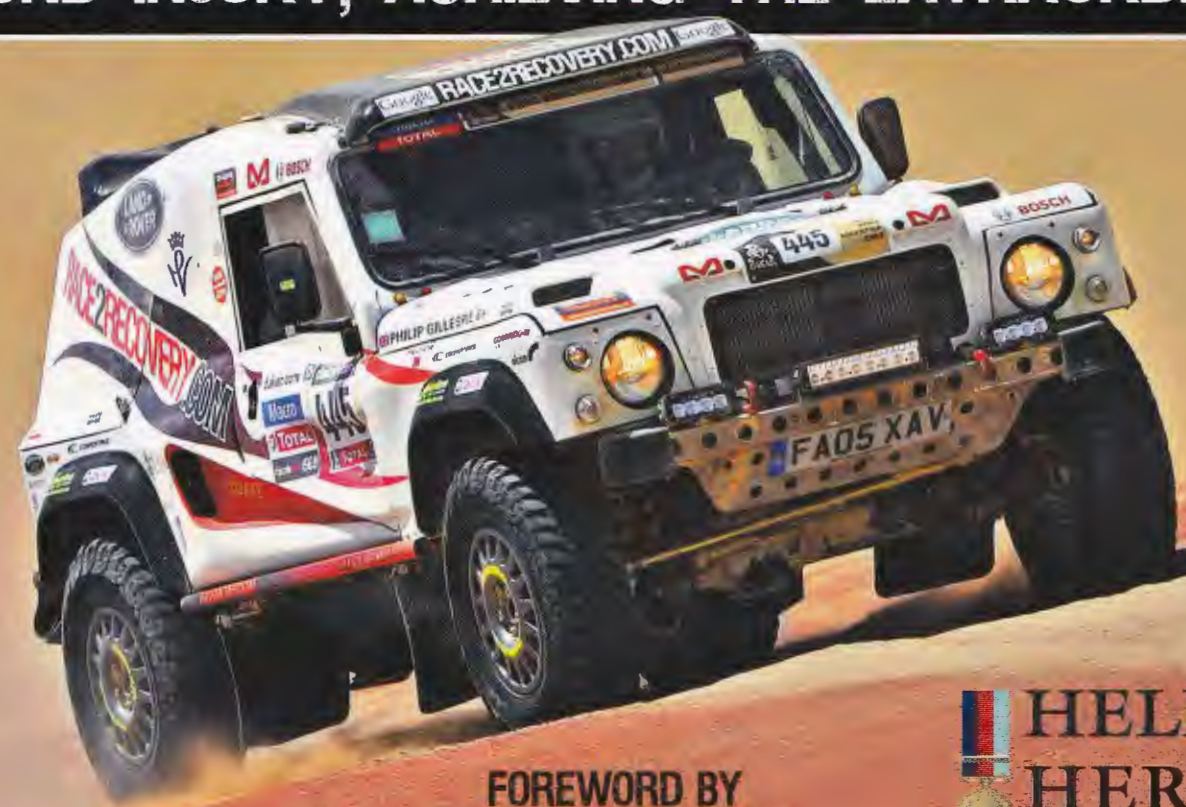
FROM THIS BOOK WILL BE DONATED  
TO HELP FOR HEROES AND RACE2RECOVERY

£2



# RACE2RECOVERY

BEYOND INJURY, ACHIEVING THE EXTRAORDINARY



FOREWORD BY  
RICHARD HAMMOND

 **HELP for  
HEROES**  
ENDORSED PRODUCT

GRANTED BY  
1120920

# PERSONAL TRAINING

Paul White, the training advisor, has over 25 years of experience in extreme sports, from working with Formula 1 drivers to teams that have broken world records rowing the Atlantic and conquering uncharted peaks in the Arctic Circle.

'When I met the team in June 2012 I explained to them that, due to the time restraints, I would endeavour to do the simple things with excellence rather than take on the whole subject of human performance and under-deliver on outcomes,' Paul explained. 'My first move was to establish a team of experts to assist me in this challenge. I chose Bernie Shrosbree, personal trainer to Formula 1 driver Mark Webber, who has been a close friend in many of the adventures I have taken part in, and Dr Andy Middlebrooke, a sports scientist and principal of Exercise Science Consulting.'

Under the watchful eyes of Paul, Andy and Bernie, the guys benefited from expert advice on nutrition, hydration and physical performance in the build-up to the Dakar. Being lads from the services, the advice to head to the gym and treat the body like a temple wasn't always rigorously adhered to, and families and jobs often had to take priority. However, Paul, Andy and Bernie worked hard with the team and after just three short months, towards the end of 2012, they were as ready as they were ever going to be. They'd also found muscles they never knew they had!

'After doing a VO2 max test on the treadmill, I thought my life was over!' said Dave Marsh. 'You basically run for as long as you can while the speed of the treadmill creeps up every minute – it's totally exhausting and something I never want to do again. Saying that, Paul pushed me as far as I could go and I was pleased with where that was, as I'm not as young as I used to be. I wasn't sick either, which was a relief; the others did warn me about that.'

No living creature can survive without adequate hydration or the right nutrition for the task. This area was crucial for Paul White and his team to get right, as without taking on the correct liquid and food, illness and loss of concentration can take hold and become

key disaster areas for any extreme sports team. It is well documented by Dakar doctors that if riders and drivers paid more attention to these areas, some serious accidents and even fatalities could have been avoided. Armed with this information, Karl Bingley at USN Nutrition and Hydration Products was quickly on Paul's speed dial and they worked up a suitable package of nutrition between them. The guys then spent an invaluable day learning how to hydrate and feed themselves properly on the Dakar.

For the Dakar itself, drivers and navigators were given a day sack containing nutritional gels, protein bars, water bottle (pure water as you cannot risk tap water contaminants), enhanced dietary supplement tablets and a multi-nutritional gel; all of these are designed to enhance the performance and endurance of team members by restoring fluid and electrolytes, replenishing glycogen, reducing muscle and immune stress, and aid in rebuilding muscle protein. On altitude stages a VO2 tablet can also be taken to increase oxygen uptake and reduce muscle pain and stiffness. Cathy Drousseau even opted to bring some of her own pure oxygen canisters in case of need.

Ignoring just one supplement can reduce personal performance by as much as 30%, which can contribute to the difference between retiring or continuing on the Dakar. The gels were also recommended for mechanics after any big physical job on a car as they could expel as much energy as the racing pairs.

'I knew from the outset,' concludes Paul, 'that I wouldn't be able to maximise the team's ability to cover all areas of human performance, due to the lads being scattered all over the country and the fact that we didn't have the luxury of running as a full-time professional team. However, the key objectives were to establish a good immediate understanding of the race team's fitness levels, build a sound hydration system on to the cars and trucks, train the team to understand the consequences of not hydrating and feeding properly, and work with Pav to iron out some of the day-to-day emotional issues that affect a team's performance.'