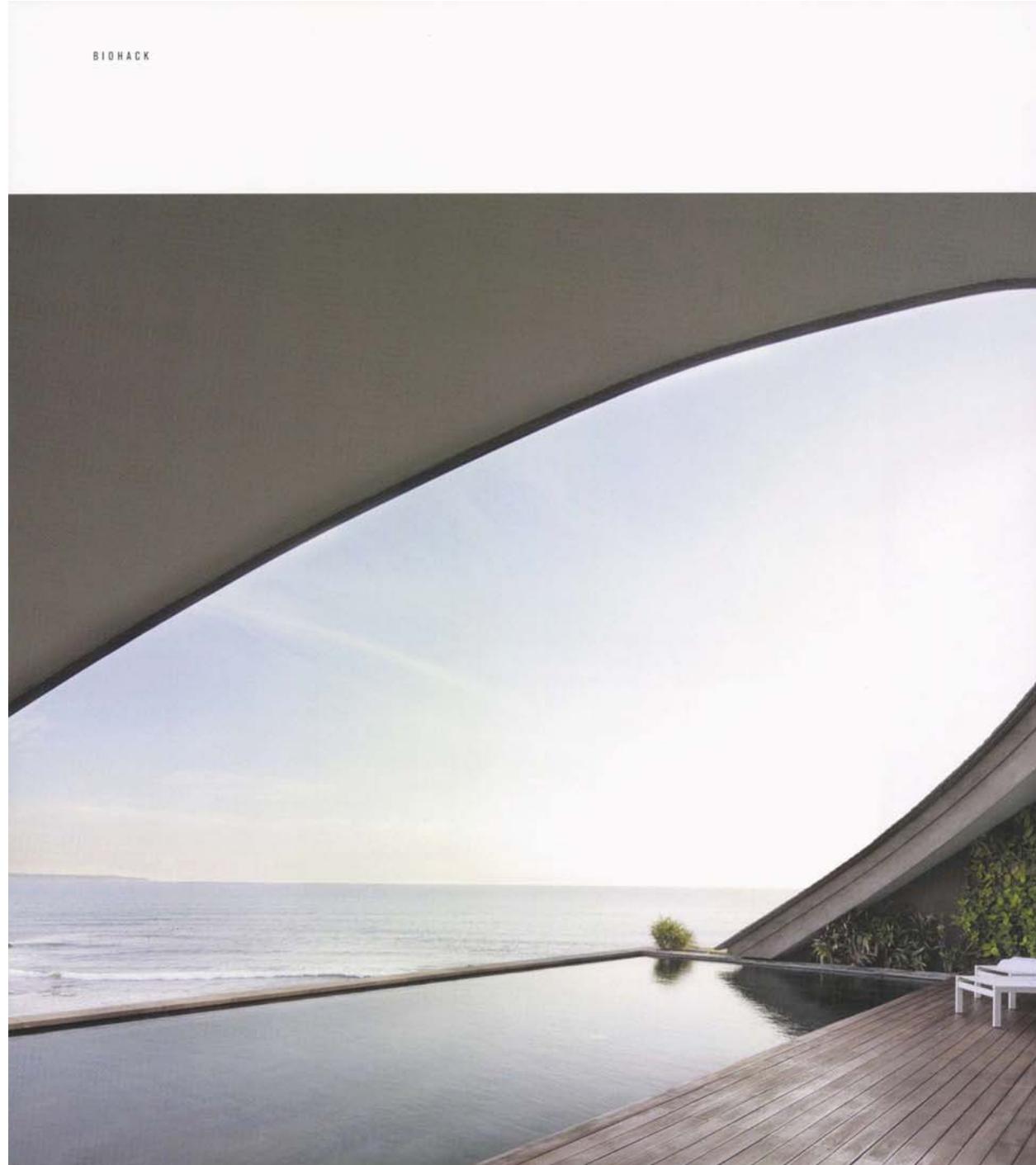
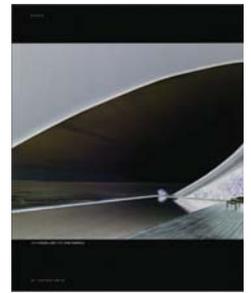


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# FIT FOR THE RACE

*It takes meticulous planning to prepare for endurance sports. Professional triathlete Jim Lubinski shares his thoughts on his past experiences and conducting his first performance training workshop in Asia*

**P**rofessional triathlete Jim Lubinski is excited about conducting his first performance training workshop in Asia. "There has been quite a bit of planning, as we hope to give the athletes attending the week of training the highest quality experience possible," he says.

To be held in picturesque Bali, the performance training workshop is organised by COMO Shambhala. Together with COMO Group nutritionist Eve Persak, he will be running the week-long workshop in September this year at COMO Shambhala Estate and COMO Uma Canggu. Coaching is part of Lubinski's repertoire as a professional triathlete. He brings his experience and expertise in endurance sports to guide newbies and athletes who aim to improve themselves.

The 36-year-old was not always a triathlete. His career in sports began in college where he played ice hockey after having received a hockey scholarship. Before that, he had always been athletic, engaging in sports that included basketball, soccer and baseball. Upon graduation, he had gone on playing ice hockey. But after a season, he decided to leave and explore a career that was in line with his education – he majored in Political Science and minored in Business Management and Communications.

A move to California and a desk job later, he also found a thriving sports culture and was soon interested in the sport of triathlon. His first triathlon in 2005 was memorable. "I went into the race overconfident. I thought I was going to win the whole thing. The gun sounded, I jumped into the ocean and swam halfway out to the first buoy before I blew up," he says. "I had to stop. I didn't think I would survive the swim, let alone finish it. I composed myself and started swimming again slowly and told myself, 'Keep moving forward'." Even after he has turned professional, he has continued using the mantra to motivate himself on tough courses even until now.

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Lubinski credits his ability to succeed as a triathlete to the solid foundation built during his ice hockey days. He believes that strength is an essential foundation before athletes go for intensity. Without strength, burnout and injuries would occur easily. When making the switch from ice hockey to the sport of triathlon, he also changed his training, "Ice hockey is a much more ballistic sport than triathlon. I went from highly explosive workout on ice and in the gym to more aerobic and functional strength training in the gym," he shares.

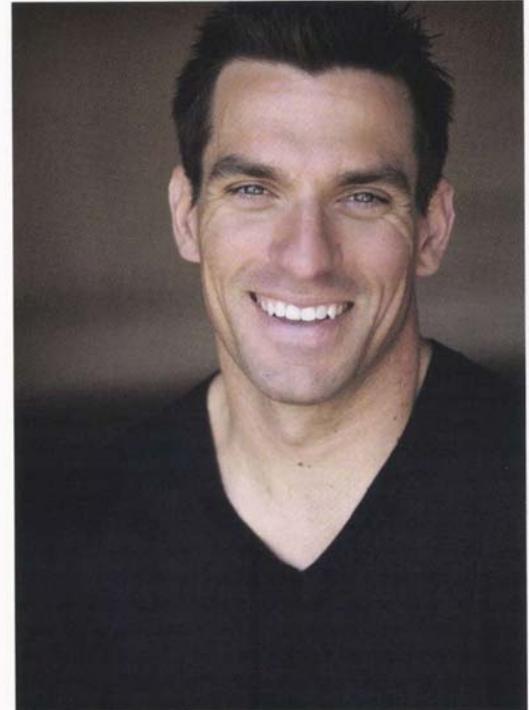
The journey, however, was not an easy one. In his second season as a triathlete, in 2006, Lubinski's races came with average results. A year's break later, he kicked off 2008 with a basic triathlon training regimen and completed his first Ironman, which was held in Arizona. It spurred him to train as hard as he did when he was a pro hockey player. Which led him to several wins, including the overall amateur win at the prestigious Vineman 70.3.

His daily routine? The alarm rings at five in the morning. He swims for an hour and a half. At nine in the morning, he trains on his bicycle indoors or on the road for up to four hours. Later in the day, he goes for a run and may also include strength training. Rest is a full day off, where he spends time with his wife.

Next coming up for him are the Ironman Santa Rosa 70.3 and Ironman Mont Tremblant in July and August. He will be preparing intensely for them. When asked about his training, he says, "In order to have successful days on these longer events, my muscular resiliency has to be top-notch. To build this, I have been doing a lot of climbing in the Santa Monica mountains on my bike and running hilly trails for the run. Our Masters team incorporates a lot of race-specific training at this time of year, such as sighting, drafting, transitions, close-quarter swimming, and open-water swimming to best prepare us for race conditions."

With more than a decade in the triathlete scene, Lubinski certainly knows his stuff. For first-timers, his advice is to start slow. "Stress quality over quantity. Completing 30 minutes of quality training is much more beneficial than just heading out and ticking off countless miles with no specific goal for the session," he says.

He plans to bring his knowledge gained over the years to the performance training workshop held in Bali. His training would include fusion workouts that combine HIIT, cardio exercise, sport-specific biomechanics and techniques, strength conditioning and performance breathing. He says, "I want each athlete to leave the workshop fitter and stronger than when they arrived, but more importantly I want each athlete to leave a smarter athlete than they were before the workshop."



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*COMO Group nutritionist Eve Persak will be conducting the workshop together with Jim Lubinski on September 24 to 30 at COMO Shambhala Estate and COMO Uma Canggu. She shares three diet and nutrition tips*

1. Just like your shoes and your bike, fit matters. Assuming what 'works' for other athletes would work for you confuses the body. Instead, develop a fitness and nutrition regimen that is tailored to your body digestively, metabolically and biomechanically. The same goes for lifestyle habits including sleep, travel, stress, and the training plan.

2. Give the same attention to your recovery nutrition as you do your race nutrition. Your body requires ongoing nutritional support to replenish stores, repair micro-damage and preserve optimal functioning.

3. Take a very close look at your supplements. Navigating the world of speciality products can be tricky. Not all have the most benign ingredient profile (additives, fillers, colourings, preservatives). Taking too much of any product or combination of products can very easily drift into worrisome excess. After streamlining their regimen, many athletes feel noticeably lighter, more efficient and curious symptoms such as low energy, digestive distress and headaches often dissipate. **D**

