

James: [00:00](#) ...

James: [00:03](#) Well the dramatic piano is not working. James here from SOS and I'd like to welcome to our podcast Terenzo Bozzone, who's our awesome-sauce-ome IRONMAN triathlete who over the last three weeks has managed three triathlons. So Terenzo welcome to the podcast and also thanks for being part of the SOS family.

Terenzo: [00:24](#) Thanks James. Great to catch up with you. We've been fun organizers for awhile, so we've had to find a time where we were both in front of the computer.

James: [00:32](#) I needed you in the same time-zone or at least in a time zone that has worked or not on a plane for the last four weeks. So no, it's good to go to natter and um, you know, from my side, let's sort of kick into it: You've had a quite a topsy turvy season. Um, you're absolutely flying early on in the season and then disaster struck, so to speak with the bike accident and obviously amazing that you got back so quick and done what you've done. Just talk us through the accident and then sort of how you've been feeling since. And um, you know, how that's adjusted goals for this year and going forward.

Terenzo: [01:08](#) Yeah, thanks. I guess the end of 2017 was a really, really good start for me. Um, finishing sixth place in Kona kind of opened my eyes to the fact that that I do have potential to race well over on the Big Island. And that was, that was really exciting. And then went from there, still had a bit of energy in the tank so I went and tackled for races in four weekends. So it was Los Cabos 70.3, The Island House, which was a 3-day sprint triathlon. Um, then Bahrain 70.3 and Ironman WA and ended up with two firsts and two seconds and that was just great to be able to race over a range of distances in such a short time and then perform well. So I kind of knew things were looking good then and I was really ready to kind of make the step up and crack into the top five and hopefully get on the podium this year in Kona. 2018 started...

Terenzo: [01:59](#) And, uh, it showed, showed good signs of that with a great race at Ironman New Zealand in marched March down in Taupo; managed to win that after, after 10 years of trying, I finally got it right. And, uh, not only did I win it, I managed to break 8-hours, um, and that felt, felt really special because on that course I never thought anyone would break eight hours and, and the same with a lot of people. So that was a, that was a pretty, it was a great day. I'm. So I'm, I was, I was really happy to move on from there. And again, things, things kept moving forward. Things were progressing well, had a really good training camp in

Hawaii in May. And um, and that was just kind of getting back into things after, after Cairns ironman. And uh, it was beginning of July, I was back home just training for a couple of weeks before hitting up to Noosa for a training camp.

- Terenzo: [02:47](#) And I was doing some Aero-testing with, with my dad. He was out on the road with me and just parked about a kilometer away from where the incident happened and before I knew it, I was waking up in a hospital and I have no recollection of the accident unfortunately. And there were no eye witnesses, um, it was kind of a hit and run, I guess our best guess is a truck knocked me off the road and uh, I kind of left me there and um, a lady found me on the side of the road. Apparently I was still conscious but not really making too much sense and uh, managed to unlock my phone and call my wife. Um, but yeah, I kind of have no recollection - most of that day is a blank before and after the accident. I kinda remember about 10, 11:00 PM at night, waking up in the hospital and, and going from there, um, had, had a really good gash on the side of my face, which I think left my wife a little bit scared. Um, but
- James: [03:41](#) Well that ruins your beautiful looks, doesn't it? I mean, you know,
- Terenzo: [03:44](#) It did, it knocked my, um, my, my maxilla bone in, so that's my cheekbone had gone, knocked in, broken in four places and I just got rid of that really chiseled look that I have
- James: [03:58](#) So gone from Chisel to not quite as chiseled as he used to be, but you know, now you're rugged. I suppose it would be.
- Terenzo: [04:05](#) Yeah, there's definitely that, that scar on the side of my face is very, very rugged, so there's no questioning my, uh, my masculinity I guess.
- James: [04:13](#) Yeah. It's now it's maybe not as aero, but you know, you've at least got this sort of, you know, the battle scars and obviously desperately sorry about. And he's gutting that. They never found the truck driver. I mean it's, yeah, that was not exactly the best way to have things.
- Terenzo: [04:28](#) A real shame. The cops, they kind of did a decent job interviewing and looking, looking into things as best they could at the time. But yeah, little, little disappointed at the end of the day that they kind of, I guess their manpower was really low and they couldn't kind of get into it anymore. And, and uncover more of what, what went on. So actually now I ride with

cameras on the front and back of my bike. Um, just for safety. I am actually only allowed riding on the road once... well, as long as there's people I'm allowed riding on the road. And generally it works out on a Sunday that there's a good group of us that go out and tackle, tackle some efforts. Uh, most of the rest of the week I'm stuck on the indoor trainer cranking up my, uh, cranking up my levels on, on ZWIFT.

James: [05:12](#) Wow. On the trainer, all that time? Wow. I suppose it's safer, definitely. So that's really good. But that must be, um, how'd you prepare yourself mentally for training? Because I've managed to spend about an hour on a trainer and then by that time I was sort of like I'd been burnt out. How do you keep your sort of motivation for sort of two, three, four hours on one of those?

Terenzo: [05:31](#) Um, I think the movement of ZWIFT has been really good - just that online program where you can I guess race with other people, train with other people, there's a whole community online doing it. And that seems to really help with, yeah, just the motivation aspect of it. Um, also my, I guess my volume, like the number of hours I'm spending on the bike is, is a lot less, but the intensity is a lot higher so it's a lot, lot more concentrated training, getting a lot more bang for my buck and in a short period of time, which means I get to spend a bit more time on recovery and a bit more time with the family and a bit more time kind of psyching myself up for that workout. Um,

James: [06:13](#) Yeah so that's a lot of motivation. And what about your, what about your two little ones? Is it a no-go zone when you're busy or are you sort of like multitasking as you're busy bouncing around on the trainer.

Terenzo: [06:26](#) I, I love it when they come in there when I'm doing like a steady state, like more of a tempo workout or, or an easy ride or technique ride. I love it when they come in there and hang out. When I'm doing more Vo2 or anaerobic threshold stuff, I sometimes get caught having to text Kelly in the middle of an effort saying, Hey, can you come grab the kid - he's talking to me and I can't really talk back right now.

James: [06:49](#) I can't see your voice moving up on the the.. So just check the... I think it's working, but I'm not seeing your voice going up and down on the old magic screen.

Terenzo: [07:01](#) Okay. Um, I'm getting a little bit of...Yeah, it's gone up and down on my side, but..

- James: [07:06](#) We're all good. If we're going up and down on your side and my side, then we're off to the races. That sounds a bit wrong doesn't it.... Anyway, moving swiftly on. So you then have now had three races. I mean it was almost like you got yourself back and it seems to be that you've maintained a tremendous amount of form considering the fact you were literally brought to a standstill and then you spent all that time sort of off training and now you're sort of back at it.
- Terenzo: [07:36](#) Well, I woke up in the hospital and that's when I kind of, I, I questioned things, I was like, is this, is this the road for me? And uh, if there ever was a time to have an excuse, a legitimate excuse to jump out and uh, and do something else. This was the time. So, uh, I didn't really need to think about it long. It came to me very quickly that I still have very much unfinished business in the sport. I love the, I love the adventures and the journeys we get to go on. And I love the, I love the trying to, trying to be the best athlete I can be on a daily basis and that really spins my wheels. So, so there's no question in my mind that I'm on the right path at the moment. And I'm really excited about that.
- Terenzo: [08:17](#) So when I, when I got going, I kind of set my goal immediately, yet I'm going to make a comeback for Kona and I'm going to get on the podium. And, uh, I, I put everything in that basket and I knew it was a kind of unrealistic goal, but it was a goal that, that I needed to kind of keep moving forward every day, just keep motivated to doing the small things and doing the, like the eye exercises, the balance exercises or was all those exercises just to get my vestibular system back on track and uh, and helped my, my brain injury, the concussion just settle down. So progression was, was really slow. And about after a month I jumped to try to start progressing my running again. And unfortunately my Achilles after two 30 minute runs my Achilles flared up right down by the insertion. I never thought it would take so long to, to heal and bounce back. But it just, it just seemed to just stay bad and get worse and stay bad.
- James: [09:14](#) The problem with the Achilles is one sort of decides to take a route off to the left. It doesn't want to come back. It's sort of like, no, I'm taking my own sweet time. And the more you rush it, the worse it gets. And even taking rest, because I understand life as a pro, sort of like rest is a much necessary beast, but when you've been forced to over rest you sort of start getting frustrated. So yeah, I am. The achilles just doesn't want to play.
- Terenzo: [09:42](#) It was, yeah, it was a, it was a tough one because I definitely found the load progression helped it. So doing, doing calf raises

a, loading the Achilles and getting a little bit of an inflammatory response helped it, um, and just help to kind of progress slowly each week. I got to the stage a couple times where I tried alternative treatments, like PRP injections. I've tried that twice. I tried shockwave therapy, I had a cortisone put in...

James: [10:07](#) How was the shockwave therapy? I remember having that and it was like a hammer being sort of chucked through your leg!

Terenzo: [10:13](#) Yeah. Yeah. Especially on your Achilles where there's not much, not much tissue to kind of absorb it before it hits the bone. My brother warned me against that. I think shockwave works for some people and doesn't work for other people and I definitely think it had a negative effect on, on my recovery, a kind of I noticed I took a good step backwards after that. But things are going good now. I'm probably 90, 95 percent on the Achilles. Um, and just trying to. Yeah, I managed to get through the races the last couple of weeks. Um, and, and it hasn't flared up anymore. Uh, ran a marathon on it. So that's a, that's a good start, I guess.

James: [10:54](#) Crazy question you, you came back, you've done three races, a half a full and then obviously you have Bahrain at the weekend. You had two victories and unfortunately obviously about the weekend, but that's almost not surprising considering what you had, but how did you get yourself mentally prepared to the travel and everything else? How did you pull yourself through those three sort of bits? Those three races?

Terenzo: [11:19](#) Well, so I got to the point that I was, I was a coiled spring. I was ready to pounce and ready to tackle some races, but, uh, my running only only started happening about two weeks before the first race. So my, my swimming and biking had progressed well, the headaches had gone and uh, and, and, and I think in hindsight the Achilles was probably maybe a good thing because it just slowed down my progression and let my, let my brain and the concussion side of things heal more fully, which was, which was really good. And about when I started running about two weeks before the first race, I noticed my energy levels, my, my daily motivation levels, uh, everything was looking a lot more normal at that time. And that was, that was really exciting. So I, I, at that point, I go 'cool', I uh, started progressing my running.

Terenzo: [12:04](#) I ran 6 kilometres, 8 kilometres and then 10 kilometres, and then I cranked it up to 18 kilometres over the weekend, one week before the first race. And that was, yeah, I mean, being able to recover from that and not that, that, uh, that 18 kilometre run, not flaring up my Achilles, uh, was, was a great

sign to say, okay, I'm ready to jump on the start line. But that was so, I guess going into their first race, I was always excited to race. I felt I felt a very, very excited that I was able to get on the start line before the end of the year and give it a crack. But ah judging by the few runs I had done on the road, my expectation was very low. I knew I was going to swim and bike well, but I also knew that ah, I kind of set myself a goal of running about a 1:20 would be, would be good enough and I would be happy with that.

Terenzo: [12:54](#)

And when I got off the bike and started, started the run in the first half-Ironman, um, I'd hoped to get rid of Sam Appleton who's a fierce Australian competitor who's having a great year. I'd hope to get rid of him on the bike. And when we got off the bike, he was, he was unfortunately right there. And uh, he's, yeah, I mean he's had a, had a great year. So when, when we got going on the run, I was like, awesome job man. We got, we got 10 minutes over the next competitors and, and this is all yours and just kind of playing myself right down and just hoping, hoping that my body would last the 21km to the finish. And at four kilometers I was, I was running with him and, and he started to show some signs of weakness and I was like, oh wow. The competitive side of me just got a sniff of it. And I was like, oh, let's, let's go with us and see what happens and ah, yeah, just tighten the screws on Sam. And slowly, slowly started edging away. And I was like, okay, cool. Let's just make the most of this now because, because who knows what's going to happen when we get 14 kilometers into this, into this run things. Good things could go upside down and pear shaped very quickly. And uh,

James: [13:57](#)

You broke him! Thank you very much. Right, next!

Terenzo: [14:04](#)

The bad thing that having, having such a good race that first race back, uh, from, from going in with very, very little, um, little pressure and little expectation all of a sudden to the next weekend where I did, where I was on the start line for a full Ironman in Western Australia, that expectation was back and I was like "ah cool. I had one last week and I want to win. I want to win now when I want to have a great race, I want to run well". And um...

James: [14:28](#)

How's it different? I mean 70.3 which I've just staggered around, um, to then sort of step up because it's a totally different beast. It's almost a different sport the 70.3 to a full Ironman. How did you go about preparing yourself from, you know, let's call it a little dust off, which you won to then go into something that's, you know, 7-8 hours, well you're a speedy

one, that would take me weeks. But um, how did you dust yourself off and pick yourself back up in a week to go and do that?

Terenzo: [14:59](#) Um, I guess recovery is recovery so important when, when you're racing and week to week and when you're doing hard work outs back to back, you, you need to put a lot of emphasis on, on recovery and uh, and kind of ticking that box as quickly as possible and, and looking after your body and your muscle health. So, so there's a range of things that I do to ensure that, um, I mean there's, there's always good compression, there's always lots of body work. Um really good hydration so I'll make sure I'm cranking. SOS HYDRATION during that recovery phase. So, so the hydration is actually going into my muscles and helping the muscles in the body recover, uh, with all the travel as well. You, you run the risk of dehydrating on the planes. Um, and then just, you can't really train too much during the week, you're not going to get fitter within a week. But I find I do need to keep turning over continuously. So every day I'll be between an hour and a half and two hours of exercise probably.

James: [15:54](#) Is that double workouts or is that just sort of one and...

Terenzo: [15:58](#) Yeah, usually I'll start the week with the swimming and biking. Um, so that'll probably be two to three days of just swimming and biking. And then, uh, later on in the week I'll start to throw some running in there and generally keep things around two workouts a day that, that, uh, that recovery week, um, and the wind up day before the race. So the day before I'll, uh, a crank a swim bike, run out and put a little bit of intensity in there and just make sure that the body remembers how to, how to fire.

James: [16:25](#) No, that's, that's pretty neat. Um, and then Bahrain happened. Feed us a little bit about the.. What with Bahrain, although I'm not really surprised how it sort of ended up coming down.

Terenzo: [16:40](#) It was, it was always, it was always going to be a long shot, the Ironman the week before was going to be a long shot. My longest run was the, was the previous week in the race at 21km and so, so those other second 21k's were always gonna be a big question mark. And the recovery from that with the lack of run training was, was going to be suspect. And uh, when, when I got to Bahrain I felt like I had recovered well during the week. Um, I was doing all the right things and bouncing back ok. Um, my legs were really sore kind of halfway through the week, but I got to Friday and I was like, Yep, cool. Um, I'm feeling okay. I think things are going to open up. Okay. Unfortunately it was a Saturday race in Bahrain, which meant one less day recovery,

which, which wasn't ideal, but I was, I was ready to give it, give it one more crack and I was looking forward to kind of finishing the year on a high but um...

Terenzo: [17:28](#) Well, I mean the last two weeks were definitely a high end and a big tick and I'm still celebrating those two victories that I managed to finish the year in that, in that fashion, uh, but yeah, I, I did want to give by a good crack, I'm part of the Bahrain Endurance 13 team and wanted to represent them really well. Um, so yeah, got going in the swim, um, felt okay in the swim. I took the, there was a guy up to the lift swimming, which I thought was a straighter line, so I jived across to the left to jump on, jump on his feet. And uh, and unfortunately just with that little little extra surge that I had to do to get across, I kind of felt myself breathing a bit hard. I got the heart rate up and really struggled to recover from that.

Terenzo: [18:08](#) So. So before I knew what I was dropping back off his feet and stuck in no man's land halfway between him and halfway between the main group, um, and uh, fortunately kind of got, got through halfway of the swim and I was done moving backwards and started moving forwards. And by the time I got out of the water, I was, I was more or less where I would have expected to be with those front guys with the defending champ, Kristian Blummenfelt and a though ah cool cool, let' get on the bike. And uh, I mean my, my biking has been going well, Kristian and the other two Norwegians are riding well, but I thought I could, I could either stretch them out or maybe get a little bit of a gap coming off the bike and got going. And I knew I was in trouble straightaway. My, my, my legs were pushing no power. I was, uh, I was stuck at lower power than...

James: [18:53](#) Just to make everyone aware. Low power is still considerably faster than most people's high power. So, you know. But I understand.

Terenzo: [19:05](#) I mean, yeah, the low power compared to what I would normally be expecting to push in a half Ironman. And I thought, okay, cool thing, things will come right to settle down. Bring your heart rate down after the swim and things will, things will start to come right. Um, and unfortunately they just didn't and I kept pushing, I got to 6km's down the road, which isn't very far, but I just, I got to the point where I knew, I knew I was not going to come right. I knew I was going to keep moving backwards and uh, and the legs weren't going to come right. My, my heart rate was high, my breathing was very labored and the legs, legs felt terrible and weren't turning around and in any, any good fashion.

Terenzo: [19:41](#) And I just had to, at that point, I just have to say, look, I've done a great job the last two weeks. And, and, uh, I knew it was going to be a long shot to recover in time for this. But, um, and I haven't, um, the, the lack of, I guess the lack of run training meant that my recovery was slower than usual. And backing up, excuse me. And backing up from a, uh, an Ironman to a 70.3 a week later, I, you kind of, and especially in that with their field, with three guys actually went through the course and the world world fastest time. Uh, I knew I would have to be in the shape of my life. So I, um, yeah, unfortunately just said, okay, cool. This is, this is it and let's look after the Achilles. Let's look after the body and not push things and go backwards. Let's just, uh, let's just regroup and keep moving forward like we have been the last five months.

James: [20:26](#) No, that's, that's really sensible. I mean, you've come a long way in those three races. You've learned a lot. You've got yourself back on. Also, more importantly, I suppose it's, you've, um, you've got rid of the, that sort of first race back boogie man off your back. And now it's...

Terenzo: [20:46](#) I was freaking out when I was packing my bags. I'm like "Gees, what am I doing?" I have no idea!

James: [20:51](#) So speaking of that, "have no idea" that brings us nicely into new triathletes and what we should do. And so on. And so forth and, you know, what do you think would be five quick wins for somebody either doing a 70.3 or an Ironman for the first time or they may be trying it their second time. I'll give you two or you know, if you could get to three. I'm gonna, you know, we'll, we'll give you a round of applause.

Terenzo: [21:20](#) I think, I mean one of the big things is consistency with your training. Just having, having. And I think having a coach or someone who knows what they're doing writing you a training plan is going to pay huge dividends, especially when you're, when you're pretty fresh into the sport, they'll help structure things in a way that, that gives you a better return for, for your effort that you're putting into things. And I find having a group to train with really helps. So having, having people with similar interests and passions around you really helps to kind of spur on that, that, that, uh, that hype and you keep you keep you motivated. Um, the second thing is a, probably with those training sessions incorporating some brick type sessions where you're swimming to biking in a, in a short sub-session and by running, so you want to practice that running off the bike because your legs do feel different when you're running off the bike rather than running fresh.

- Terenzo: [22:14](#) I remember the first couple, the first time I did that, I mean I couldn't cycle when I first did my 70.3 so that was an adventure in itself. I was like sort of, you know, daisy with a bell in a basket on the front. But then I looked beautiful. I mean it was this picture of fluid motion and then I got off the bike and running... obviously I used to be all right at it and wow, what a different feeling that was. It was like I just picked up to jelly legs, um, and it took about five km to get used to it. So I totally agree about training with doing a couple of bricks that really sort of helped me out. And then the other one was the open water swimming. Um, that to me was something that, I was used to a pool, but the pool is, it's not easy, but a pool was really easy staring at a black line. Um, and you knew where you were and then the first time I was in open water you can't see the bottom and it's really weird.
- Terenzo: [23:13](#) Yeah. Yeah. And, and getting used to swimming with a wetsuit on, if it feels quite different around your shoulders and your neck. But yeah, make sure you put some anti-chaffing cream around your neck. My very first, ah, duathlon was what I did the first time and run bike run. And uh, I had, I had borrowed a friend's bike to give it a go. I was in high school and finished the bike portion, hopped off the bike and I fell straight over the bike, just collapsed, my legs, had nothing. I was like, wow, I love the sport, let's, let's make it a job!
- James: [23:48](#) Well it's certain things motivate people, but crack on. Yeah. No, that's awesome. Okay. So...
- Terenzo: [23:53](#) I guess when you're starting is just to look after, make sure you're looking after your body, so putting, putting good nutrition and hydrating it well and getting good. Uh, good, good. Like a Prehab type Physiotherapy and massage really helps to look after your muscle, muscles and muscle health and make sure that you're recovering well and ah limit the risk of getting an injury.
- James: [24:17](#) No, I agree. I definitely agree on the, um, that sort of side because the, when I was training, I had a massage once a week and a guy called Scott Tindle help me out with my, um, the nutrition side and it was just, it made all the difference. Um, you know, you forget it's fairly easy just to go for a run and not worry about nutrition. But with you guys it... nutrition and hydration... Obviously I'm very biased on the hydration side, surprise. Um, but the nutrition and hydration was so key to actually get everything in the right place, you know, it was, I couldn't have done it without learning how to take on the carbs, learning when to fuel and went to hydrate and so on and so

forth. And it was also getting that massage so that you avoided the knots and crannies and lots of people say yes about the nutrition and they sort of, their nutrition is, you know, Oh yes, I'm going to eat carbs this week. Um, but it really is, it really is. You have to go deep into it and from your perspective, obviously, you know, it is a job so you have to be even more sort of cut throat than everything else. So yeah, I totally agree with you there. What about experienced triathletes? You know, they've done several. They sort of think now they're top of the game and now it comes down to rather than knocking hours or minutes off, or sort of hours and tens of minutes off, how do they get that final sort of extra 10 percent?

Terenzo: [25:50](#)

Um, I guess a couple of things to put in that basket would be, ah, a simple one is transitions. So making sure you're stepping through your transitions. So when you're in a race you can, you can kind of go swiftly through that transition without wasting any time. That's, that's a big one. You can save probably a minute, minute and a half by doing a good job there in an Ironman or half Ironman. Um, the second thing would be equipment choice. So making sure you have equipment that is, that is running well, that is ah, that yeah, that that's going to give you the best, best outcome. And then you need to make the decision if you're riding like 24, 25 miles an hour faster than probably going for more aerodynamic, like a disc wheel and a deep rim front wheel. If you're going slower than that than just good, a good deep rim wheels would, would suffice and kind of give you the best, best advantage there.

Terenzo: [26:46](#)

Um, your position. So making sure you're, you're staying aerodynamic on the bike, staying in aerobars not sitting up because every time you sit up and, and ride on the base bar your, your kinda, your speed's going to drop about a mile, an hour of mile, two mile and a half and hour. And that's all gonna add up. Um, and then getting the taper, right. So I'm, I'm very fortunate I rice a lot so I can, I can play with different taper strategies on a, on a, kind of a, on a basis before every race and test different strategies and see what works for me. Uh, you wanna, you wanna make sure you're turning over leading into the race, but you also want to make sure you're, you're recovering and giving your body the best chance to, to fire on that specific day. Um, other things, other things, uh, and this is, I guess probably from my experience, one of the big things I learned with ironman racing, especially only really over the last two years, is backing yourself and backing your race plan and your strategy and not getting carried away or, or drawn off track by other people, by your friends when they ride past you at the early stages of the bike.

Terenzo: [27:53](#) You need to make the call, ok cool, he's going too fast for me. That's not the pace that I want to be riding at and back off and stick to your plan and, and at the time it will feel really weird and you'll be like, why? Why am I doing this? But trust me, if you go with them and you alter your, your plan, its going to come back and bite you in the ass big time. Uh, come, come. Yeah. 90, 80, 90 miles on the bike. You're gonna, uh, you're gonna wish you had stuck to your plan. Um, and the same goes with the run and that was one of the big things I experienced last or two weeks ago at Ironman Western, Western Australia is when I was uh, uh, I was rolling on the bike and Cam Worth who's an uber-biker in the sport. He caught me at 15 kilometers in, so 10 miles and I was really hoping to kind of get at least halfway through the 112 mile bike before.

Terenzo: [28:43](#) And I was like, Geez, what's going on here? And try to ride with him for about a minute. And I had to check myself and said your heart rate's too high. Your powers too high, you need to, you need a back off. Otherwise things are going to go pear shaped very quickly. And sure enough I backed off, I stuck to my power. He, he did pull away from me but, but pretty slowly throughout the, throughout the bike ride. But then when we started the run I was again running, running really well, running good 1k splits. I was checking my watch every Km and I was turning over very well. And uh, and he was actually putting time into me. He was running away from me and at this point I thought, what am I going to do? Am I just going to quit and settle for second place or am I just gonna stick to my plan. He's going to pull away from me, which is going to be a little bit demoralizing for the time being. But, but come 20 miles or 30 odd k's into the run, he's going to, he's going to come back and sure enough I stuck to my plan. I kept positive in the mind and end at 20 miles. He came back and I was able to kind of get the upper hand on and then...

James: [29:41](#) Sweet. And as you say thats one beauty and that brings me to your sort of next thing... You were a quality runner in New Zealand. Um, you know, the thing about running a marathon, you have more time to react. But certainly as you go down the distance to what Tom and I used to do, the 800 and 1500, there isn't much way to sort of adapt to if there is a mistake or let people go and then so that they come back to you. But the beauty of being an Ironman is if you've got confidence, as my old drill sergeant used to say, have confidence to keep your time down and stick to your own plan. People do come back and it's that such a motivating experience when you're running past them. And I also noticed that running, cycling people seem to be really, good cyclists in triathlon. But if you're a really good runner, which is your background, you almost have an

advantage over them because the one mile an hour or so on a bike, yes, it's a lot over sort of several hours, but it's two or three minutes a mile quicker on the actual run. You take up, you managed to gain back so much time. So what, why did you... Why did you choose triathlon apart from the fact when you're on your duathlon you fell over and looked like a lunatic?

- Terenzo: [30:53](#) Um, I guess my background when I started competitive sport was swimming, so I was uh 12, 13 and I was swimming very competitively. Uh, I was a breaststroke swimmer which didn't transfer, transfer very well into a, into sorry... Into freestyle. Um, and I, I just, uh, I actually popped my ear drum wakeboarding when I was 13 and that forced me out of the water and I still, uh, that, that was, that was probably a blessing in disguise because I was right at the point in my swimming career where, where I was getting just over it, over the 10 sessions a day over the, staring at the black line. And, and I guess I had always grown up with a little bit of, a little bit of ADD. I kind of had a bit too much energy or you couldn't keep me still and I, uh, I had to do something so I'd always done a little bit of running and I thought, okay, cool.
- Terenzo: [31:45](#) Let's try do a Duathlon, a run bike run because after that your operation I was not allowed in the water for a while and I just got hooked on it and I guess through high school I, I focused on duathlon triathlon, but I also managed to dabble in, in running and cross country and cycling events individually. And I really liked that and I managed to get some really good, really good performances over all those individual disciplines. Um, and my brother actually, he was on the same track as me with, with triathlons and running, but already finished and in high school he actually made the decision to shift away from, from triathlon and just focus on running.
- James: [32:39](#) Is that because you were kicking his ass?
- Terenzo: [32:39](#) I think so. I think so, but yeah, I, I pride myself on the fact that, uh, he's never beaten me. He has faster times than me in running, but we've never actually toed the start line together in a running race and uh, and him, him get in front of me so.
- James: [32:40](#) Well that sounds like my brother. So he's got faster times than me, but he's never beaten me in a sprint, so it's the way we roll...
- Terenzo: [32:50](#) I actually just got a text message on my phone from a buddy, Nick Blincoe. You guys would have run a bit with Adrian Blincoe in the day. So Nick, I'm good mates with Nick and he, he just

um, he tore his brachial plexus, so the nerve nerve complex in his shoulder playing rugby a few, quite a few years ago. And he had actually taken up track cycling the last few years and he sent me a text message he rode a one on one half minute PB at nationals a couple of weeks ago. Then he just sent me a text message saying he's been confirmed for the national team for world champs next year in the Netherlands. So that's, that's pretty cool. That's pretty cool.

James: [33:26](#) Especially from rugby to cycling. That's not the usual sort of way round. It is it, but no. Yeah. Well impressive. So what's your favorite race?

Terenzo: [33:37](#) I get asked this all the time. I should probably put a bit more thought into it. Um, I guess the most memorable race that kind of is at the top of my head would be, would be Wild Flower Half Ironman in California. Um, it's Kinda, it's been referred to as like the Woodstock of triathlon. So

James: [33:53](#) It sounds like, I know you like the wine... So is it also because of that too?

Terenzo: [33:58](#) Well, yeah. No, there's actually, I mean there's a little bit of a party afterwards. You get all the, uh, the university kids who come and volunteer for the event and they let the, they like to let loose. But um, the, the races Lake San Antonio, which is in the middle of nowhere. Yeah, everyone has to camp there in RV's or tents and it's a hilly, it's an iconic course. Um, it was around before the whole 70.3 scene kind of started. So, so that was the only half Ironman back in the day and um, and that just, yeah, I guess it just holds, holds memories as a, as kind of a huge, iconic, iconic race.

James: [34:36](#) That's pretty neat. What about pre-race rituals? Um, you know, is there anything you would sort of, do you know, um... lucky pants or in America that's trousers but lucky pants or you know, you wear your watch on your right hand or something.

Terenzo: [34:50](#) Um, for me it's, it's groundhog day, the, so the two days leading into a race is groundhog day, so I'll have the same, I'll have the same breakfast. All my drink bottles will be made the same throughout the day. Um, I will, I will, uh... Lunch will be pretty similar. Dinner will be pretty similar. And then the, the when I packed my bags I kind of go through it the night before I lay everything out. I go through my swim bike, run stuff, always wear a new pair of goggles for race. I always wear compression socks and compression tights for warming up before the race. It doesn't matter how hot it is, which I paid the price for a few

times and uh, yeah, and just always in my warmup I'll, I'll include some, some race pace stuff. So usually we're not allowed a bike warmup because we've checked our bikes in the day before, but I'll always like maybe 4x30 seconds on the run at race pace and then when I get in the water for a little swim warmup, I'll always do four by 4x30 or 40 strokes at, at race pace.

- Terenzo: [35:47](#) And that kind of primes me up and gets me ready to go easy.
- James: [35:50](#) Are there any tunes, are there any tunes you listen to that sort of like, ya big beat up is, it's like Kylie or something.
- Terenzo: [35:58](#) It's funny. I'm quite the opposite. I do, I do sometimes play, play some, uh, some, some, some kind of some, some up and go stuff. Some Calvin Harris or, or something like that. Um, Eminem is go-to at times. 'Lose Yourself' and kind of that kind of stuff. It gets me amped up, but I've actually...
- James: [36:21](#) Well I hope you don't lose yourself in a race because then you like take the wrong left turn.
- Terenzo: [36:25](#) Well I kinda did that in Bahrain didn't I?
- James: [36:28](#) I think my brother did it once at the... He was sprinting for home and realized that there was still allowed to go. So yeah...
- James: [36:36](#) Oh, uh, no. Um, what about, um, I've got a couple of questions from @travelathlete12. What's your strategy in hot races? Well, let's use Bahrain as an example. Had you, you know, what's your strategy? How does your strategy change for those evil temps?
- Terenzo: [36:56](#) When it gets hot, pacing becomes a lot more, a lot more important. So making, making sure you're not spiking your heart rate and going, going hard like uphill or around corners. Um, you probably need to back off that intensity slightly. So you're riding with a power meter, uh, you need to take off, take off 5-10% of your power because if it's really hot it's got ah, it's yeah, it's just automatically going to slow you down. It's kind of like racing at altitude so you get the same out of your body as, as you would at a, at a cooler sea-level type race.
- Terenzo: [37:28](#) Um, and then keeping well hydrated and keeping cool. So, so making sure you're getting, getting in your water and electrolytes on the bike, making sure water is going over your head and keeping cool as much as you can through the aid stations and then when you're getting on the run, it's a, it's, it's

equally as important and probably more important to keep the water going over your head, just to kind of keep bringing down that core temperature. If ice is available I always chuck ice inside my race suit. Yeah, yeah, around my, under arms, around my heart and let it kind of drift down slowly into the, uh, into the pant area of my, of my, uh, of my race suit. And that just helps kind of keep things, keep everything cool..

- James: [38:14](#) Well it keeps you awake doesn't it?!
- Terenzo: [38:14](#) Yeah a little bit of ice burn at the end of the day.
- James: [38:16](#) There we go, we've got chafing and ice-burn: That's Terenzo, thats how he gets through his races.
- Terenzo: [38:22](#) And then I guess one of, one of my, I guess my hydration strategies for, for, uh, for like for a marathon for example, is ah.. I mean, I, it's quite hard when you go into a race and you're not used to the nutrition and the hydration that's on the course. So I'll, uh, I'll actually run with a bunch of SOS sachets in my pocket and uh, I kind of alternate every, every second or third aid station, depending on how hard it is, I'll, I'll grab sachet and I'll, I'll mouth that quickly before I grab a cup. And you want to get the timing right on that because if you're stuck with a dry SOS powder in your mouth and your, your 30 seconds away from an aid station, you're gonna, uh, you're going to struggle to struggle a little bit with your dry mouth to kind of digest that. But if you get it in a cup of water, um, that, that seems to work a treat.
- James: [39:07](#) That's part of the reason we came up with the sticks to rip and pull and then sort of chase with water as you quite rightly say, if you don't chase with water your mouth will sort of [gargle]... So yeah, was absolutely is absolutely cracking. So, um, yeah, it's, it's a definite winner in those size of packs. They're as small as a gel and quite rightly you've got your gels for your energy and your carbs and then you have your water and then you have your SOS as well. So I just want to bring things sort of to a close, or a couple more questions and then we'll bring it to a close. Thank you very much. A bit controversial: Is there a doping problem in triathlon, do you think?
- Terenzo: [39:51](#) So, I'm like Switzerland, I don't do controversy....
- James: [39:54](#) [Laughs] Perfect, I like that one.

- Terenzo: [39:56](#) It's really hard, I mean there's some performances that are, that are really good. There's some guys that have come out, uh, come out and progressed really quickly. Um, but we, we do have a very stringent testing testing regime. I would, I would like to see the testing evolved to blood tests post-competition because they never really do that. It's always blood test pre-competition and urine post-competition which, which makes it quite hard for them to test for I think...
- James: [40:23](#) All the various cocktails....
- Terenzo: [40:25](#) Well yeah, and test for blood doping and, and, and so on and so forth. But we do, I guess everyone, they do get regular blood tests throughout the year that, that kind of create an athlete biological passport, uh, which would, yeah, which would come up with an error if someone did that. But um, yeah, who knows how long it takes for that kind of stuff to dissipate and, and regulate out.
- Terenzo: [40:46](#) Um, yeah, so the testing could always be better. Um, and it's hard to say as well because being from New Zealand, I'm actually on the New Zealand testing program, um, which, which means I get tested very frequently by, by New Zealand, but a lot of countries with their long course athletes don't actually, don't actually have them on their individual, national country testing program there that kind of regulated just by just by Ironman. So, so yeah, it's hard to hard to say if they get tested. And are looked at as kind of stringently as the New Zealand or Australian long-course athletes.
- James: [41:22](#) That totally makes sense. And it's what I've, there are obviously things, more about the age-group'ers actually popping the stuff rather than the pros. The pros seem to be, to all intensive purposes clean, but there seems to be a bit of a, there's the rumor in the mill that more people from an age group perspective are pushing it, which is a bit of a shame, but you know, um, you know...
- Terenzo: [41:42](#) Yeah, that's the good thing with Triathlon, I'm mates with most of the guys and you realize that, well, yeah, you realize everyone is actually a pretty good guy and, and uh, they, they seem pretty legit and there's, at the end of the day there's not that much money in the sport.
- James: [41:57](#) No and if there was it would be be a different beast. So running a marathon, if you were to just do a marathon and train for a marathon, what do you think you could do?

Terenzo: [42:07](#) Ohhhhhhhhh.....

Terenzo: [42:09](#) That's a tough one. Um....

James: [42:11](#) Could you beat Tom [Mayo] 3:14?

Terenzo: [42:14](#) 3:14? Yeah!

James: [42:17](#) Well we know you can do that... That's easy.

Terenzo: [42:24](#) What have you done? What have you done?

James: [42:26](#) I am a massive 3:41. So I tore to my IT band at mile 20, so I walked and it was quite an embarrassing moment because my mum, when she was 50, ran 3:46 and there I was hobbling in, walking the last six miles. Um, desperate to be 3:46. It was like, ah, what am I going to do? So yeah, there is, I'll never say never to a marathon. I'm going to say never to a full Ironman. Well, that's now. I said I'd never do a half Ironman. And Look, I've done one and then I'm doing another one. So, you know, things change.

Terenzo: [43:05](#) Yeah, I reckon um, uh, I, I would like to say with the, with uh, with some specific training and conditioning, a low two twenties, somewhere between 2:20 - 2:25 I think.

James: [43:20](#) So well we'll challenge you to that, when you, when you've retired in several years time, but for now I just want um, and where do you think you can... Obviously winning Kona is the be all and end all. Um, from a time perspective. Are you chasing a time? Not In Kona but, or you just chasing the winning Kona.

Terenzo: [43:41](#) Uh, it's, it's hard in Kona with, with a time perspective because it was this year that had such, such perfect conditions and, and uh, that 8-hour barrier, which, which was kind of so, so distant, um, was, was smashed by two competitors this year and yeah. So, and then the bike times were ridiculously fast for, for that course. So, I mean next year... It would be hard to find conditions that are, that are better than the conditions that they had on that day.

James: [44:13](#) Except for next year when you turn up and you go and kick their ass!

Terenzo: [44:17](#) Yeah. Well, and that's the thing. It's for me, it's more of a process type thing. So I have my, my power on the bike that I'll try and try and get used to being able to hold. But, but with the

professional race, it's slightly different. You do need to take a little bit of strategy into the mix.

- Terenzo: [44:32](#) Are there are surges. You do need to go with the group at times. You do need to let the group go at times and then trying to manage that marathon as well because because a lot of guys go out of the gates and, and they're running much too quickly and with the heat, uh, it's going to take its toll on you a lot quicker as well. Um, but yeah, I mean I, my, my, my, my goals, my short term goals are to get a top three or top five this year and hopefully fight for the top spot on the podium or sorry, in a top three, top five in 2019 and hopefully fight for the top spot on the podium in 2:20
- James: [45:03](#) Easy. Well, Terenzo thanks a million for um, one being part of the SOS family and for sharing your interesting adventures. I'm looking forward to a book when you write one, there's definitely several chapters just this year alone. So a 2020, once you've won Kona, then Terenzo's life story's coming out. Um, that's an exclusive from SOS here first. Thanks again for everything.
- Terenzo: [45:28](#) Cheers mate and good luck to everyone and wish everyone a very merry festive season.
- James: [45:33](#) Sweet as, thanks mate.