

PADDLER PROFILE 2009 FENN CUP OCEAN SERIES

Hayley Bateup

TRAINING DAY

HAYLEY BATEUP

BY ANDREW WEBSTER



WHAT DOES IT TAKE TO WIN BACK TO BACK AT THE COOLANGATTA GOLD? LOTS OF HARD WORK AND A DAILY DOSE OF GREEN POWDER.

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The Coolangatta Gold is an iconic (and demonic) surf race from Coolangatta to Surfers Paradise. Long before Guy Leech took out *Celebrity Survivor*, he won the inaugural race in 1984 and backed it up the following year. No competitor had emulated his feat until last October, when Hayley Bateup, 26, powered through the sand, after torturous board, ski, swim and run legs, to claim back-to-back titles. Bateup, who represents lifesaving powerhouse Northcliffe on the Gold Coast, is invariably considered an “animal” by her fellow competitors because of her ferocious attitude to racing and training – something that will be on display during the summer surf series.

But here’s a surprise: she’s not Superwoman. Refreshingly for the



Photo: Andrew Shield

“I have a very simple philosophy when it comes to my body and

weekend warrior, there's no secret ingredient to her regime. You just have to be prepared to work. Because of the troubled profile of competitive surf sports, Bateup does this while working at Northcliffe Surf Club.

training: it's a matter of finding what works.

ROCKET SCIENCE IT AIN'T

"I have a very simple philosophy when it comes to my body and training: it's a matter of finding what works. When I was younger, I'd do all those tests for fat, like skinfolds and whatever. What do you really do with that information? You can tell when you're getting lean or not. You don't need calipers to tell you whether you're in shape."

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BALANCING ACT

"The training I do is a balance between fitness and technique. I've found that if you've got good technique, it makes the training a lot easier; you don't have to use as much energy to go faster and you can be more efficient."

PUSH AND SHOVE

"The girls in the Northcliffe squad who I train with all work very hard. Most of the elite women would do what we do – although a lot only train twice a day. There's a fine line. Sometimes I feel like I'm working too hard. By the end of the week, I'm stuffed. You can do a

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Hayley "Animal" Bateup – hard body, hard work.

little bit less, but everyone's pretty close in this form of competition, so if you can fit it in ... But now I make sure I back off before races. If you've done the work, you can do that. If you haven't, you can't take it easier."

DON'T WORRY, BE ANGRY

"I get cranky at myself. I set my goals to win: I don't want to come second anymore. During the board leg of a recent race, I got caught on the can and everyone went past me. I was way back, but I was so angry that I ended up passing everyone and winning the race. When I have that anger in me, I race a lot better. In training as well. I try not to race every time I train, but most of the time it helps to better my times."

DEAD WEIGHTS

"Now we're in racing mode, it's hard to fit any weights sessions into my schedule. Before the Gold, I was doing some, but I find I get too sore. If you do weights, you've got to do a few sessions to make it worthwhile."

FUEL FOR THOUGHT

"When I was younger, I watched everything I ate. Now I eat what I want: if I'm out to dinner and feel like hot chips, I'll have them. If I have hot chips, I'll have something good with them. I used to have

Photo: Andrew Shield

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only skim milk, but now I have full-cream milk, because it's better for you. I'm well balanced with my nutrition, with plenty of protein. I have bacon and eggs for breakfast – it's protein; it's good for you. For lunch, I'll have a tuna salad or a sandwich. For dinner, whatever: a roast, steak, Indian ... I'm sponsored by MegaBurn, so I drink their electrolyte drinks during training and competition."

POWDER OF ONE

"I used to take lots of different multi-vitamins when I was younger, and I found I got sick more often. If I feel like I'm going to get sick now, I back off and will miss a session. There's one thing I have everyday – my family does, too – and that's Body Boost. It's a green powder made by MegaBurn. It's a 'live food' that's good for your digestion."

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THE BODY SPEAKETH

"The longer I've been doing ironwoman, the more I've learnt to listen to my body. When I was younger, when I felt a bit tired or I had a sore throat, I'd tend to push through it. A lot of young competitors will go to training so they don't disappoint their coaches. I've learnt that you just get flatter and flatter. These days, if I feel sick or rundown, I take a



Photo: Andrew Shield

"When I was younger, I watched everything I ate. Now I eat what I want: if I'm out to dinner and feel like hot chips, I'll have them. If I have hot chips, I'll have something good with them."

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session off instead.”

THAT’S GOLD

“There’s a lot of pain in the Gold. I just try to think, ‘Well, everyone else is hurting just like me.’ And if not, they’re probably hurting more than me. I keep telling myself how much I want it.

“In 2005, we raced with the wind so it was much easier. But this year we raced into the wind the whole way, so it was a lot tougher and took an hour longer. To recover from it, I should’ve jumped into an ice bath after the race. Instead, I went out and partied all night and didn’t drink any water. I had to take a week off.

“Normally, you’d rest and eat properly and drink lots of water. But that’s part of keeping a well-balanced life, I guess – enjoying yourself. I’m tough on myself and well disciplined. It just meant the week after I didn’t recover as well as I might have. I did a race two weeks after the Gold and won that by six minutes.

“You’ve got to keep pushing yourself. I’d like to have a go at racing over the men’s distance [46.65km]. Surf lifesaving gave us the option and only a few of the girls said yes. A lot don’t believe they can do it. I definitely think we can.

“That’s the ultimate goal. Now I’ve



Photo: Andrew Shield

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won the Gold twice, I want to dominate it for as long as possible, over whatever distance I can do it.”

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WEEK IN THE LIFE

Monday to Saturday: “Every morning, we swim-train in the pool. The squad swims five to six kilometres. We don’t just get in and do it straight. We swim from 5.30am to 7.30am. One session might be long distance, another might be a heart-rate set [short distances done repetitively].”

Monday: “10am: it’s normally a 10km run. It varies each week, but it’s usually about the same. 1pm: we have a ‘paddleback’ on a surf-ski from Currumbin, Tugun or Snapper Rocks to Northcliffe, which is about 25km.”

Tuesday: “10am: we’ll do four 1500m runs. One of our events this season has a 1500m run in it. Otherwise, we might do run-swims in and out of the ocean for an hour. 1am: board training session.”

Wednesday: “10am: ironman, where we’ll work on transition and all legs together: board, ski, swim and run. 1pm: we’ll ski on a river. The type of training may depend on what event we’ve got coming up – but it works out at an hour of paddling.”

Thursday: “10am: it’s hills and stairs. Up the hill and then down the stairs

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Photo: Andrew Shield

then back up again. We'll normally do ten of those. 1pm: a board on the river session. Because the Aussie titles are in Perth next year, we're doing a lot of work on flat water. We're tailoring some of our sessions that way."

Friday: "10am: it could be run-swims again or it could be track, just depending if we've done run-swims during the week."

Saturday: "We do all three sessions before 11am. We'll do heart-work running – five 50m and ten 100m sprints at hard and easy rates. Then we'll do a 3km swim afterwards. Then by 10am we'll do ironmans, like the Wednesday session."

Sunday: "Collapse."

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