

# PADDLER PROFILE

## 2009 FENN CUP OCEAN SERIES

### Matt Rees

<b>Name</b>	Mr Matt Rees
<b>Gender</b>	Male
<b>Marital Status</b>	Married
<b>Nationality</b>	Australian
<b>Age</b>	37
<b>Height</b>	180cm
<b>Weight</b>	87kg
<b>Business</b>	ASN
<b>Profession</b>	ASN Owner / Director
<b>Qualifications</b>	Bachelor of Commerce, Certified Practicing Accountant, Diploma of Financial Services (Financial Planning), Master of Business Administration

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"Enjoy what you are doing!"

#### **Overview (A Little About Me)**

I started competing in surf life saving as a 3 year old in the under 5 year old age group and I have not missed a season since. I paid my way through University by competing professionally for a number of years as contracted competitor in the Uncle Tobys Ironman Series. During this time I was lucky enough to train with and compete against athletes like Guy Andrews, Guy Leech and Trevor Hendy. We also raced at some excellent locations both in Australia and overseas and one of the highlights was racing at Huntington Beach in Los Angeles and then being involved in an episode of Bay Watch with the rest of the competitors.

Now that I have a family I have focused on ski paddling (kayak paddling for those who dont know what is involved in surf life saving) and am really enjoying training for and competing in the ocean racing series. This involves racing in the ocean on your ski over distances that range from 10km to 60km. The races are generally downwind, so it is great fun chasing ocean swells and racing people from all around the world. The highlights have been competing in the Molokai World Championship Ocean Race. The race is a 60km race from the Island of

Molokai in Hawaii to Oahu and I managed to finish 5th overall on my first attempt. Strong trade winds are behind you the whole way so you get to chase massive ocean swells in the middle of the ocean and during the race you see turtles, flying fish, dolphins and sharks.

Interests

My family, ASN, training, competing, surfing and snow skiing.

### **Favourites (Food, Bodyparts, People)**

I've got a shocking sweet tooth so I can't go past chocolate.

### **Motivations (What Motivates Me)**

Enjoying what I do and competing against the best competitors in my chosen sport.

### **Training History (Years, Location, Trainer)**

I've been lucky enough to train with and learn from some of the best competitors and trainers in surf life saving over the past 20 years. During my career I've competed in events ranging in duration from 2 minutes to 5 hours and they include the four disciplines of running, swimming, board paddling and ski paddling. This has given me a good understanding of the training required for both strength and endurance racing, in addition to this I have also been able to experiment with which sports supplements maximise your training and recovery.

### **Training Schedule (Training Style and Tips)**

I've recently increased the amount of weight training I have been doing as I'm finding that as I am getting older I need to focus more on maintaining my strength. Because I have restricted time for weight training I focus on shorter, intense weight sessions around 50 mins in duration with an emphasis on reps and set numbers that develop strength/endurance.

### **Cardio Schedule:**

My cardio is all done on the ski and I incorporate a lot of variety into the program. Sessions can range from 2 hour aerobic paddles to 1 minute lactate efforts. Although I never really train specifically for fat burning, it is interesting to note that I always seem to burn a lot more fat doing intense interval training than when I am doing long 2 hour paddles.

### **Nutrition (Examples of My Diet)**

When I was younger and doing up to 4 hours of aerobic training a day, I pretty much ate whatever I wanted and lots of it. Now that I am older and have much less time for training, I have increased my protein intake considerably and reduced the amount of carbs that I have (especially simple carbs). I've found that by increasing the amount of protein I am taking (typically with protein supplements) my recovery has improved considerably.

### **Competition History**

- Competed for around 9 years on the Uncle Tobys Series and was a contracted competitor for the majority of this time. During this time I had a number of top 10 finishes in individual races.
  - Won numerous medals at both the NSW & Australian Surf life Saving Titles over the past 20 years.
  - Over the past 5 years I have had a number of top 3 finishes in the Mens Health Ocean Racing Ski Series, which is a national ocean racing ski series. I have also finished in the top 3 on the overall series pointscore on a number of occasions over the past 5 years.
  - I have also previously placed 3rd in a World Cup Ocean Racing event in Perth and 5th in a World Cup Ocean Racing event in Hawaii.

### **Goals (Future Plans and Career Expectations)**

- I plan to continue competing at the highest level possible in ocean ski paddling and surf life saving events
  - I want to continue to grow ASN so that we can provide people with access to cutting edge sport supplements that will allow them to take their performance to the next level. To me it does not matter if they are a world class athlete aiming to compete on the world stage or a mother of 3 kids looking to lose a few kilos. We have the supplements and more importantly staff with the knowledge to provide the right advice on how to use these supplements to meet their individual needs.

### **Supplements Used**

- Evolve Energize - during my long aerobic training sessions and longer races.
- Scivation Extend - before and after all training sessions.
- Anabolic Window the best post work-out supplement I have ever used.
- Evolve Slow Whey allows me to keep up my protein intake and it makes a fantastic mid-afternoon meal replacement for me.