



# SHANE PERKINS:

## PUTTING PEDAL TO THE METAL

SPRINT CYCLING SENSATION SHANE PERKINS IS ON THE RIDE OF HIS LIFE. TONI KRASICKI CAUGHT UP WITH HIM DURING HIS CAMPAIGN FOR GOLD.

**SHANE PERKINS HAS** his sights set on London 2012. And if he makes the team, it'll be his first Olympic Games. At age 14, this son of a talented 1960s track sprinter who represented Australia in both the Olympic and Commonwealth Games, decided to follow in his dad's footsteps and switch his basketball for a bike with the goal to become one of the fastest men in sprint cycling. 'I didn't think I would ride when I was playing basketball, but I stopped enjoying playing, so gave cycling a go and really enjoyed it,' he says.

Racking up ten years of track experience and a multitude of medals since then, Shane is keen to add 'Olympic Games' to his career highlights.

'Dreaming about going to the Olympics and winning a gold medal and watching people winning at the Olympics drives me to do the same,' he says.

Although the current Keirin World Champion, Shane's favourite track event is the Men's Sprint. 'It's generally one-on-one, and this makes it a very intense

mental race against your competitor. I love the mental preparation for the event,' he says.

Shane's 25 to 35 hour training week sounds gruelling, and that's excluding post-session recovery, such as massage therapy and stretching. When off the track, Shane plays golf to relax and to help loosen tight back muscles caused by long hours in the saddle.

*'Generally my training week is six days per week, sometimes seven, depending on the time of year. I could have up to four to five double sessions per week, taking up nearly a whole day start to finish. A double day may consist of a four-hour session in the morning with a four-hour session in the afternoon,' he says.*

'Most of the training we do is on our track bikes four to five times per week. But we do get out for rides on the road in the sun, which is a nice reward and relaxing after the intense speed work sessions on the track and the intense weight training. We also do efforts on a stationary bike to work on different training systems.'

To survive a heavy training schedule Shane lives a healthy lifestyle to keep his immune system strong. He's worked with nutritionists, and likes to call it a 'lifestyle' rather than a diet as he sees it as a long-term lifestyle choice rather than a short-term necessity.

'I listen to my body, when it is run down I give it a rest physically and mentally. Keeping balance is very important and allows you and, therefore, the people around you to be happy too!'

'I do eat more carbs on heavy training days to make sure I am going to recover and replace my glycogen stores for the next day's training. At races sometimes we race from 9am to 2pm with a short break and then again from 4pm to 10pm so having a huge meal is not convenient. Snacking on high carbohydrate foods is how we keep up the energy requirements on race day,' he says.

'If I make the team, I am looking forward to the intense competition the event creates, and to representing my country.' Good luck Shane!