

Mike Chadwick has been juggling training, racing at a high level and university studies, with the aim of finishing 2017 as an Ironman and a fully qualified sports dietitian!



Mike on his way to a superb 5 minute mile at our May Super Mile at Normanby Hall

Mike Chadwick is a man of many talents, building on his previous career as a professional cricketer to become a key Elite Team Blizzard member, all the while juggling a demanding Dietetics degree at Leeds Beckett university!

The 27-year-old duathlete and triathlete aims to make 2017 his greatest competitive year yet, targeting both his first full Ironman as well as completing a Masters in Sports Nutrition.

Although he was struck down with a knee injury at the beginning of this year, it came after a hugely successful competitive first few months racing under the Elite Team Blizzard banner.

Last November saw the studious athlete clinch the bronze medal at our Normanby Hall Adventure Race, just hours after sealing overall victory in the One Step Beyond off road duathlon series the previous day! In the same month Mike also posted a 34:51 result at the Leeds 10k, before going onto finish a strong third at a very windy Barnsley 10k in a swift 35:35.



Mike excelled to win the overall title at the One Step Beyond off road duathlon series

Here we find out just how impressive a range Mike's athletics ability spans, how he fought back from injury with the help of one of our three ace physiotherapists, Jenny Blizzard, together with coaching and support from fellow elite triathlete and coach, Jono Frary, and what his competitive plans are for the future.



Mike battles with fellow elite Team Blizzard athlete Tom Morris

Blizard: “You are coached by Jono Frary and as a result had lactate threshold tests on the bike and treadmill, as well as swimming analysis sessions to find your individual training zones. How have you benefitted from his considerable expertise in these three disciplines?”

Mike: “Jono is a top bloke and knows his stuff. He’s a strong all-round triathlete himself, and a particularly good swimmer, so I’ve enjoyed improving my swimming with some hard sessions in the pool. When I’m fit and in full training it’s great to have him there to advise me on how to get the best out of myself, especially when an average week can include 10 hours on the bike, three hours running and three hours in the pool, plus three hours strength and conditioning!”

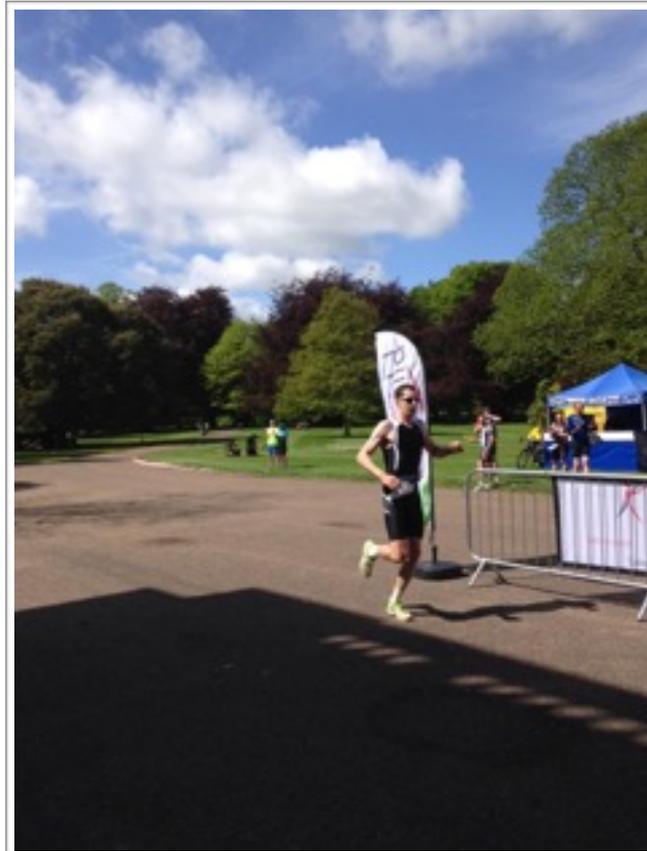


Mike enjoying the post-race ‘glow’ after a brilliant bronze medal winning performance at our Normanby Adventure race

Blizard: “Clearly you’ve had a tough year with injuries and studies interrupting your racing calendar - how did Jenny help you recover from your knee injury?”

Mike: “Without Jen’s help and thorough treatment I would probably be still struggling with it now - it’s so important to seek expert advice, and I was relieved that Jen said I wouldn’t do any damage to my knee or the nerve by continuing to train, and instead said the best thing for it was to keep trying, alongside regular hip and glute flexibility exercises.”

Blizard: “Your return to form was impressive following intense physiotherapy at the clinic, with a victory at our Normanby Hall Duathlon in May (Mike finished two minutes clear of his nearest rival in 1:59:12 for the 10k run, 40k bike and 5k sprint), several speedy Blizard 5k time trials, and a brilliant 8th overall finish at the British Duathlon Championships (Mike also claimed the fourth position in his age group) earlier in the year. With PBs ranging from a top class 16:40 5km to a 2:58.56 marathon, and having qualified several times to represent GB at age group level in duathlons and triathlons, the future looks bright for you!”



Mike won our Normanby Hall standard duathlon just weeks after returning to run training following injury

Mike: "I can't wait to just be able to train fully again! I did underestimate how tough this year would be in regards to workload and getting through placements, and I've never been so tired. However, I've just finished my last degree placement, so have started with some easy training again.

"I am pleased that I have been able to get a few competitions under my belt off understandably limited training this spring and summer. I was happy to claim second place at the Doncaster Olympic Triathlon in July, as well as managing a top 20 finish at a Cleveland Triathlon club event, despite missing the start by about 15 minutes! I also clocked up a top 20 result in the Steelman Half Ironman in July, after walking a good chunk of the run.

"Alongside my racing and training, my placements have all gone really well, and I'm looking forward to stepping up to a full Ironman next year!"

We are proud to support Mike with his coaching and race planning and preparation from Jono, his physiotherapy from Jenny, massage from Chris Allcock and the best kit available from Newline and On Running, stocked in our shop for all Team Blizzard athletes to enjoy!