
From: Jon-Paul Hendriksen [mailto:jp@jphtraining.co.nz]
Sent: 20 November 2007 14:07
To: Jane Land
Subject: Improvements from massage

Hi Jane

I just thought I would send a good news email since they are always nicer than complaint emails.

I started getting weekly massages from Ada in mid October. It was two week before the Auckland Marathon. An event I had been training for over the last 5 months, but I hadn't had constant massages to help my recovery and hoped that it would still make a difference in the last two weeks.

I managed to finish 8th in 2 hours 34 minutes and 26 seconds. This was 21 minutes faster than I ran the Rotorua Marathon in May. **Granted my training has improved but I do thing a lot of my gains have been a result of the massages. My legs do feel a lot fresher and free after a massage rather than feeling tenderised.**

The proof in the benefits I have got from the massages has been my recovery from the Marathon. They generally say that it takes a month to recover from a Marathon, but I had a race planned for 17 days after it, so needed to reduce that. I've continued to have weekly massages in between to assist the recovery process. I have also continued to do a few hard training sessions and races to keep my body well trained. **The massages have helped me get in the shape to be able to push hard through these, as I ran within 2 seconds of my personal best for 5km the week after the Marathon and 2 seconds slower the next week despite strong winds.**

Last Saturday I raced the Keri Keri Half Marathon and placed 5th. More importantly though I took 4 minutes off my previous best Half Marathon time and 5 minutes off my fastest time for that course.

Of course a lot of it has to do with my strength gains I have got from my increase in training this year, **but having fresh legs for training and racing because of the massages has certainly helped, and I will continue to sing the praises of Ada's massages.**

Thanks

Summary of events 2007

28/10 Auckland Marathon- 8th Place 2hrs 34 min 26 secs (Previous Best: 2 hrs 55 mins. Rotorua Marathon 28/4/07)

6/11 Loaded Hog 5km Run- 1st Place 15 mins 46 secs (Personal Best 15 mins 42 seconds)

13/11 Loaded Hog 5km Run- 1st Place 15 mins 43 secs (windier than the week before)

17/11 Keri Keri Half Marathon- 5th Place 1 hr 11 mins 33 secs (Prevoius Best: 1 hr 15 mins 34 secs. Whangamata Half Marathon 8/9/07)