

RP CASE STUDY: RICHIE CUNNINGHAM PROFESSIONAL TRIATHLETE

Richie has been a professional tri athlete for nearly 20 years. Originally from Australia. Now living in Boulder, CO. Some of his highlights have been top 3 at world championships twice and top 5 three times, 2nd at Boulder IM last year and he probably has the most number of seconds in any 70.3 out of any 70.3 athlete luckily thanks to Craig Alexander who beat him a lot when he was starting out.



HIS STORY

After I left school in Australia I joined the military for 5 years. After leaving the army, I chased a short running career and then transferred to triathlon, turning pro in 1999. I raced Olympic distance/World Cups for 4-5 years and then transitioned into longer distances around 2005/2006.

My career highlights include first place finish in the Team Relay World Championships, 2 x 3rd place and 2 x 5th place finishes in the Ironman 70.3 World Championships, and winning the Rev 3 Triathlon Series. 2013 highlights include wins at St Croix 70.3 and Texas 70.3. The last 2-3 years have been by far the best years of my career. Using RecoveryPump has enabled me to train much harder than I ever had before.

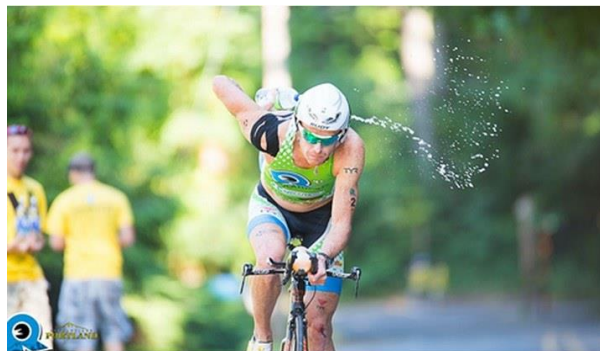


"With the amount of extra training RP has enable me to do, I've been able to go to a new level in my running"

KEYS TO SUCCESS

1) FIT IN MORE TRAINING: My training partners are both a lot younger than me but in spite of being older, I was able to back up workouts better than they could. They have since gotten RecoveryPump and it has helped them too.

2) AVOID INJURY: I stay injury-free throughout the year. Before using RecoveryPump I was very prone to injury, RP even helped when I was injured. Two years ago I broke my hip in a race in Germany - the extra blood flow that the boots provided aided in the healing process, I was back racing 8 weeks later.



"At my age, I should be slowing down, but I've had a podium finish in almost every race I've done in the last 3 years."

RICHIE'S RECOVERYPUMP PROTOCOL

POST TRAINING

- 60 mins with pressure at 80 and the pulse cycle set on 10 after every workout

- The sooner I get into the boots after a workout the greater the recovery benefits I see

PRE TRAINING

- I get in the boots for 10-15 minutes before a workout to help warm-up

OUTCOMES

- Simply put, I am able to train a lot harder
- I can back up workouts a lot more quickly- this enable me to fit more training in
- Staying injury-free throughout the year, I struggle with injury prior to using RecoveryPump
- Improved my running - I've gone to a new level in running though my use of RP



SOCIAL MEDIA

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