

Kyla Coates 2011 Season Review



My 2011 season got off to a slow start as it took me a full four months to get over my broken collar bone from my crash in June last summer. Despite taking forever to heal, getting back into training went amazingly well, and within a month of trying to swim again I was able to do a 5km swim workout. I was also fortunate that TriCan still wanted me to be Paula Findlay's training partner despite my injury. With only a month and a half of learning to train again, I was whisked off to a three week training camp in Maui. It was a huge jumpstart to my fitness. After having the latest start to the season of my life, I went on to start racing earlier than I ever have before at the first world cup of the season in Mooloolaba, Australia. Although it wasn't as big of a field as some of the later races, it was the most competitive World Cup of the year, so I was very pleased to finish 26th. From then on, I ended up travelling the world with Paula as she dominated the World Championship Series.

Unfortunately, due to my lack of World Cup points, I didn't make it into the World Championship races I was at with Paula this year (first on the waitlist a few times!). That combined with some health issues led to me to race far less than I would have liked. Mid-way through the season I began to struggle with some blood pressure problems that I have dealt with in the past. I had 4 episodes this year during races and time trials, one of which was really scary and ended with me in the hospital over night. I still haven't quite figured out how to stop it from happening, but it was an eye-opener

for me, and I am finally taking this issue seriously and I am working really hard to have it all sorted out for next season. In total, I raced two World Cups, and two Pan-American cups that were enough to qualify me for the Canadian elite U23 team. My sister and I, ended up being the only two to qualify, so it was really neat to represent Canada together for the first time! Luckily at the World Championships in Beijing, I didn't have any blood pressure issues and I was able to pull off a race that I am proud of. I wrapped up my season by getting my 2012 world cup standards.

I had the experience of a lifetime being able to travel so much and get a feel for WCS racing. I brought my training up to a new level this year, and I look forward to transferring my training to my racing more in the future. My goal for 2012 is to race more so that I can earn enough points to qualify for the bigger races and hopefully work my ways towards qualifying for the national team. Canada is looking to have the strongest U23 field ever this year, so it will be really neat to see if we can establish ourselves as one of the dominant triathlon countries alongside Great Britain and Australia. Thanks for all your support, and please check out my blog kylacoates.blogspot.com for more in depth updates!

Kyla Coates



Results:

Mooloolaba World Cup	26 th
Monterrey World Cup	44 th
Coteau du Lac Pan American Cup	5 th
Kelowna Pan American Cup	5 th
Beijing U23 World Championships	12 th



(finishing third Canadian in Kelowna)