

CASE STUDY



RICHIE CUNNINGHAM

Professional Triathlete

Richie is a 40 year old professional triathlete from the Gold Coast in Australia. He has been competing in triathlons for 14 years and currently lives in Boulder, CO with his wife, 2 dogs and chickens. He was the very first athlete to use RecoveryPump and he has been using it since 2010.

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

RICHIE'S RECOVERY PUMP 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 warmup

OUTCOMES

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

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.

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My career highlights include a first place finish in the Team Relay World Championships, 2 x 3rd place and 2x 5th place finishes in the Ironman 70.3 World Championships, and winning the Rev3 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.

"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."

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.