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## Inside Tack Podcast | Episode 1

Navigating COVID-19



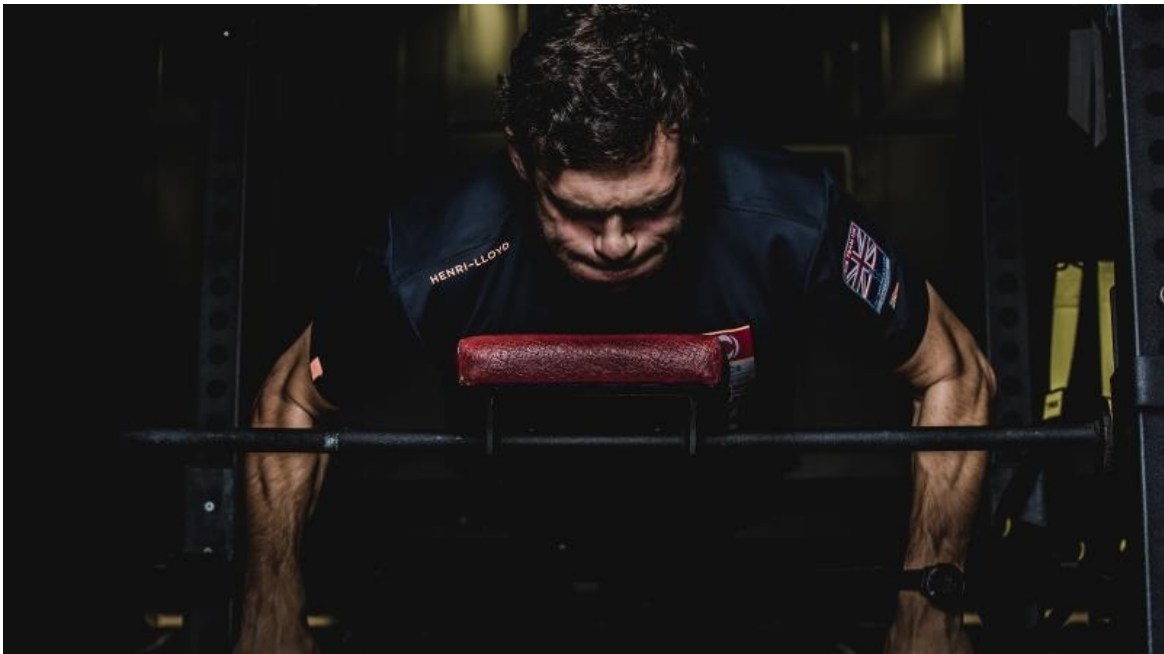
[Watch Now](#)

In the first episode of The Inside Tack, a series taking a behind-the-scenes look at INEOS TEAM UK's America's Cup preparations, Georgie Ainslie takes a look at how the team is navigating through COVID-19.

This episode, available on both YouTube and regular podcast providers, sees Georgie discussing how training plans and Cup preparations have been affected with Ben Ainslie and Giles Scott through to an in-depth look at how different team members used their design, manufacturing and operational capabilities to produce and deliver PPE face shields to frontline workers in the NHS as part of INEOS' commitment to be 'Hands On'

[Listen Now](#)

## Health & Wellness Insight



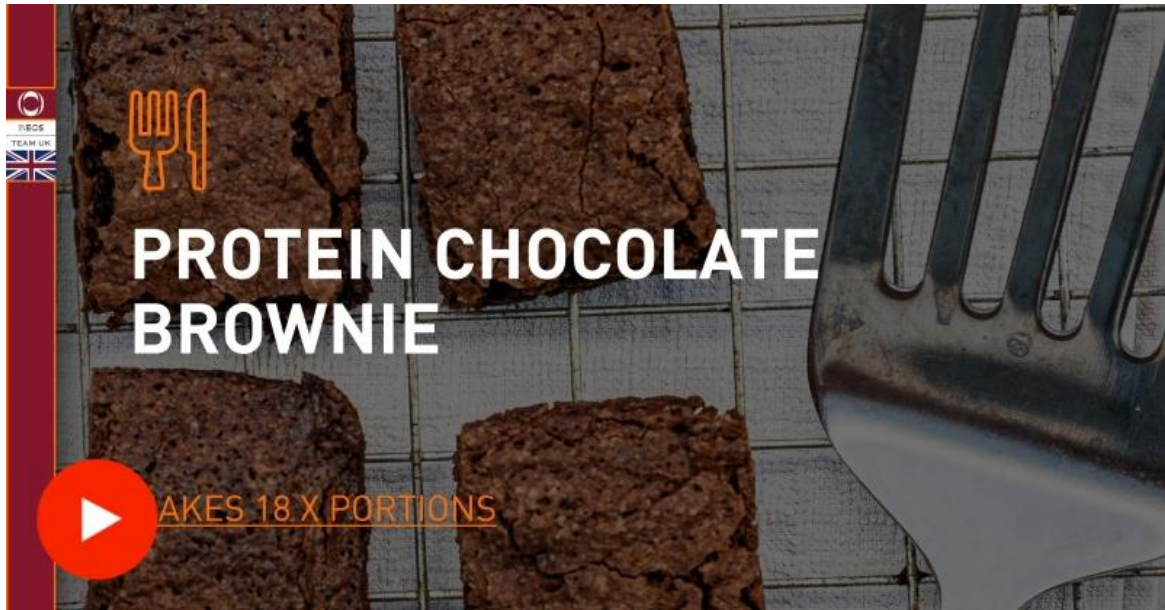
In a new series of interviews brought to you by INEOS TEAM UK, [Team INEOS](#) and [Science in Sport](#), we are opening up our team's performance expertise to help you stay fit at home.

In this first part of the series, we spoke to INEOS TEAM UK Head of Human Performance Ben Williams on the importance of [maintaining muscle mass and strength](#), and how the Performance team are helping our sailors do just that whilst in lockdown.

Visit [INEOSTEAMUK.com](https://www.ineosteammuk.com) for further features including [Biological Clocks](#) with Ben Williams and [Supporting the Immune System](#) with [KXLife](#)'s Aidan Goggins, INEOS TEAM UK's Nutrition Medicine Consultant.

[Read Now](#)

## Menu of the Week - At Home with Holty



[Watch Now](#) | [Inside Tack](#) | [Protein Chocolate Brownie](#)

Every week, team chef Nick Holt has been preparing the sailing squad's favourite nutritious meals and snacks, and teaching you how to make them at home.

This week Nick, with the help of [Science in Sport](#), prepared the perfect training treat, protein chocolate brownies.

Visit our YouTube channel now for more meals including everything from blueberry muffins to super green smoothies.

## KX's Lockdown Workout



[Watch Now](#)

Looking for that weekend home workout? Look no further than gymnast Joe Perkins from our friends at [KXLife](#).

The sailing squad completed this session and all you need is your front room and a sofa! The full details of Joe's workout and how to set your exercise to your level of ability can be found in the details of the YouTube video above.

## Moving Parts | CFD Engineer Max Starr



[Watch Now](#)

Growing up Max Starr had two dreams. To become an astronaut or to work in Formula 1. Max never did travel to space, but he achieved one of those dreams and in doing so started a journey that would eventually lead to him becoming a CFD Engineer for Britain's challenge to win the America's Cup.

[Read More](#)

## Moving Parts | Facilities Manager Mark Rogers





[Watch Now](#)

The INEOS TEAM UK base in Portsmouth holds a special place in Mark Rogers' heart. He even likens it to his "first child". That is no surprise for someone who helped build it and has looked after it ever since.

[Read More](#)

## INEOS Grenadier supports Farmers Army



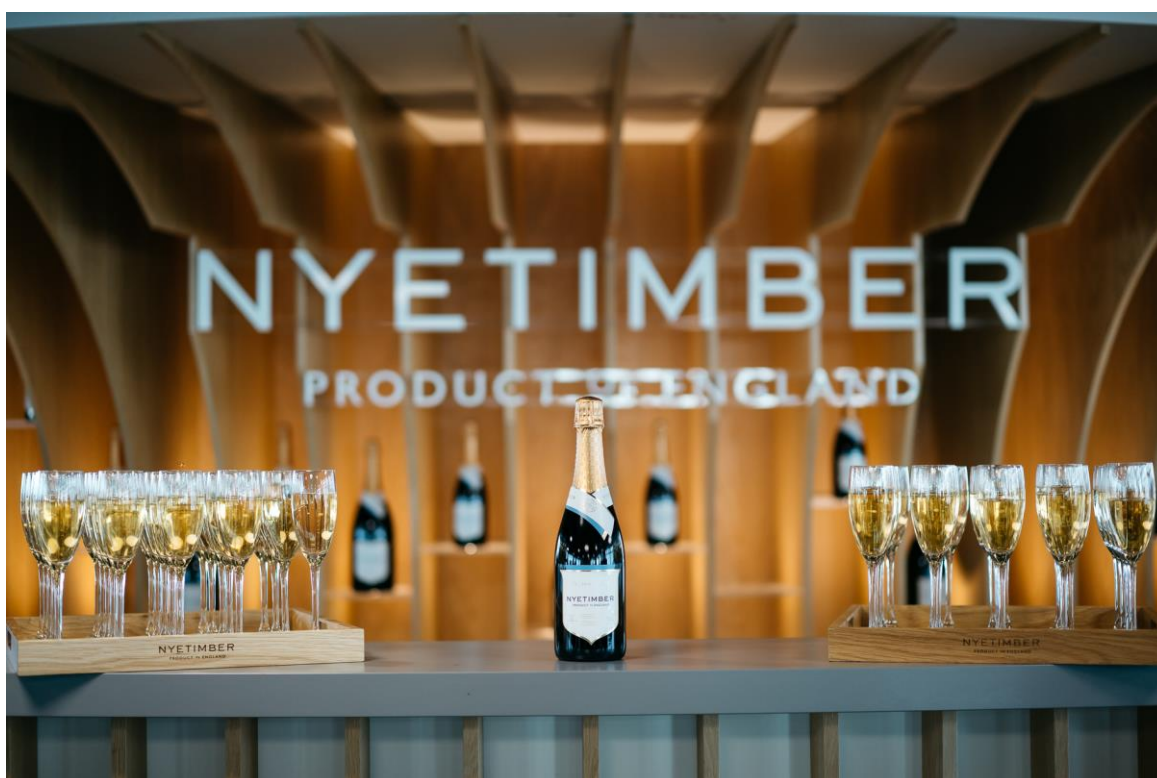
UK farms are facing their biggest challenge since foot and mouth. They need 80,000 people to complete their harvests. With coronavirus driving food demand higher, failure just isn't an option. That is why [INEOS Grenadier](#) are supporting

Farmers Weekly with their recruitment drive campaign 'The Farmers Army' to help UK farmers get the job done.

Farmers can advertise jobs for free on The Farmers Army website by calling 020 8652 8638 or emailing [recruitment.services@rbi.co.uk](mailto:recruitment.services@rbi.co.uk) and you can explore the [Farmer's Army website](#).

[Read More](#)

## Exclusive Nyetimber Offer



As a proud supporter of INEOS TEAM UK [Nyetimber](#) are delighted to offer an exclusive promotional partner code for orders placed before the end of June\*. Redeem a 20% special offer against their celebrated collection of sparkling wines at [www.nyetimber.com/shop](http://www.nyetimber.com/shop). Please use “**NyetimberIneos**” when prompted.

*Terms and conditions: promotional partner code is valid one per customer, expires 30/06/2020 and is only redeemable on Nyetimber sparkling wines purchased at [Nyetimber.com/shop](http://Nyetimber.com/shop). Promotion is not valid in combination with any other promotional offer.*

[Shop Now](#)

## Exclusive Henri Lloyd Fan Bundles



[Henri-Lloyd](#) and INEOS TEAM UK are delighted to be able to bring you **two exclusive fan bundle packages**.

The Tech Tee and Polo are great looking, easy to wear and easy to care for. They also feature innovative high UV sun protection and Polygiene anti-odour technology. These are the same great products worn by the team during their day to day America's Cup duties.

[Shop Now](#)

Meet The Mini | La Marzocco Offer





As a proud supporter of INEOS TEAM UK [La Marzocco](#) are delighted to offer a 10% discount on the new **Linea Mini** to all INEOS TEAM UK supporters. Simply apply the promo code **LMINEOS10** at checkout.

Handmade in Florence, the **Linea Mini** is built of the same components as La Marzocco's Linea Classic, which is used in coffee shops all over the world, providing uncompromised quality and consistency for home baristas. Now, with the most recent product update of the connectable technology, home baristas have even more control over their brewing experience.

For more information, please contact the team at La Marzocco Home on 0808 129 0170 or [info@lamarzoccoathome.co.uk](mailto:info@lamarzoccoathome.co.uk).

[Shop Now](#)

Download your exclusive image:





[Download](#)

We welcome the guidance issued by UK Government on the phased return to training for elite sports and all forms of water sports practiced on open waterway in England.

We look forward to re-joining the fleet soon and you can download your exclusive image of 'Britannia' sailing in the Solent via the link above.

Before heading out on the water please check the latest official guidance: <http://rya.org/BG2e50zFocM>.



# INEOS

  
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ENGLAND 1924

**GRENADIER**



**AMG**  
**PETRONAS**  
FORMULA ONE TEAM