

2012

# TRI-max

MAGAZINE

2016

n°153

## ROAD TO RIO



### RACE REPORTS

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**LISBONNE** : Gomez wins European Championships

**RIMINI** : Molinari and Van Vlerken untouchable in Rimini

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Stretching after running

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**Challenge Poznan**

European Championships LD ETU

**Alpe d'Huez**

Let's face the myth

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TRI-max N°153  
MAGAZINE

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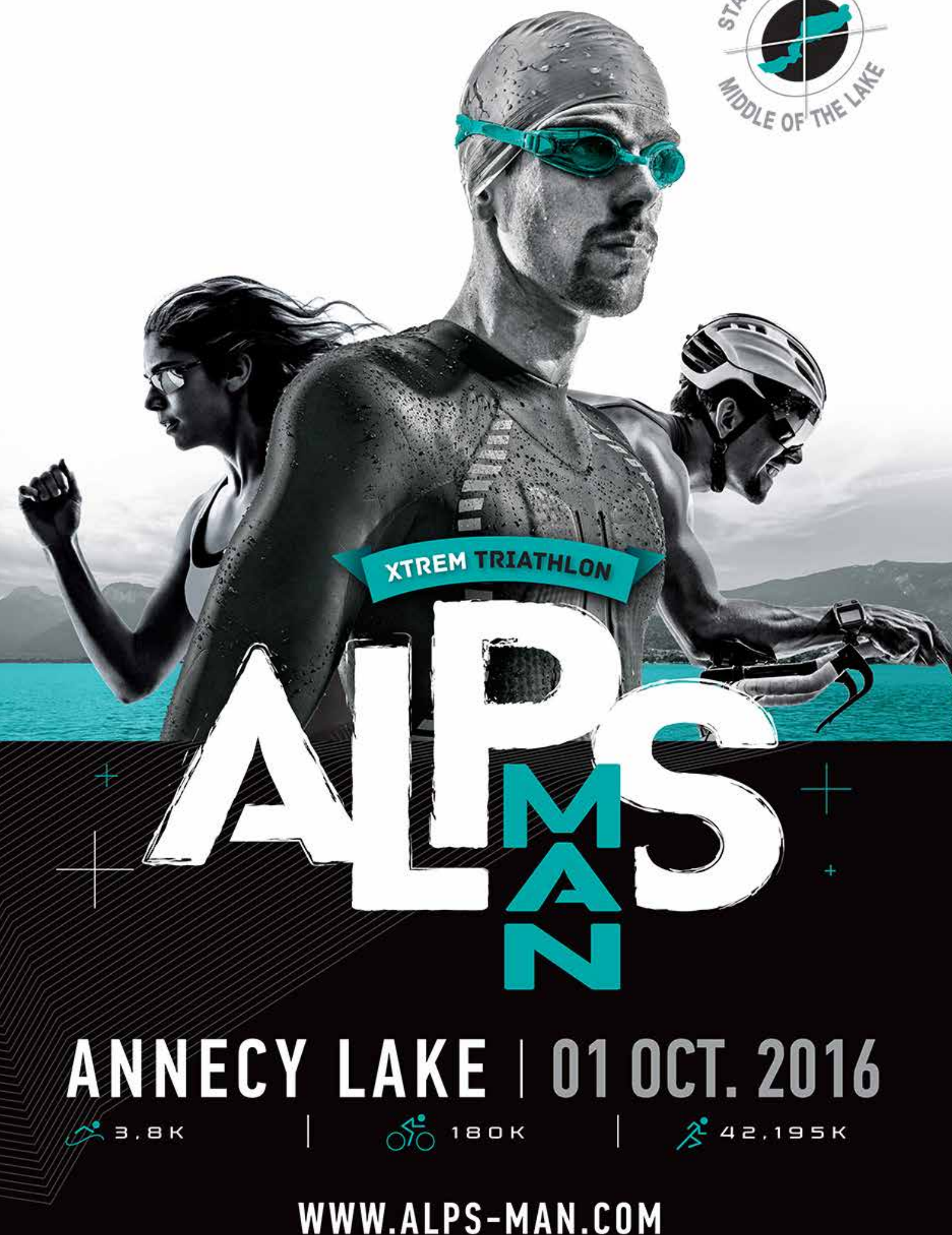
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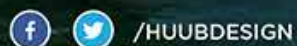
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*The french season of Grand-Prix started in Dunkerque (North of France) the last 22 may*



# Alpe d'Huez :



## Let's face the myth!

The Alpe d'Huez triathlon has become through the years an unmissable race of the month of July with many events in order to satisfy as many triathletes (and duathletes...) as possible. Result, they will be again more than 3000 to meet from the 26th to the 29th of July in the Oisans station to face the mythical 21 corners, deprived of its Tour de France stage this year.

Jacvan

Jacvan@copyright

**T**rimaX-magazine has met the race director, Cyrille Neveu, who explains the news for 2016 and the end of the partnership with IMG in the organization of this event.

**TrimaX-magazine : For how long has the Alpe d'Huez triathlon been part of the triathlon world ?**

Cyrille Neveu : We organize the 11th edition, the first edition was a testing year with a short distance and a kids race on the same day, then on the second edition, we launched events for everybody with a sprint which became a duathlon then, a long distance race, a kids race and a short distance.

**TrimaX-magazine : During the previous editions, what evolution has known this event?**

Cyrille Neveu : In 7 years with IMG the biggest evolution was the number of registrations. We have

gone from 1000 to 3000 athletes. We have also won an international aura.

Also, with more than 450 registered athletes on the duathlon, I think that we must position ourselves as one of the duathlon in France which gathers the most people in this sport in a single race.

**TrimaX-magazine : You have decided to stop organizing this race with the society IMG... Can you say a little bit more about the reasons of this choice?**

The breaking with IMG was not our decision neither theirs. We were working with IMG France which is an agency of IMG World and our collaboration with IMG France was very good and in 7 years the event has really developed. The new shareholders at IMG World have defined new strategies and have asked each of their agencies to implement them. The Alpe d'Huez triathlon didn't correspond to these new strategies and with a lot of bitterness

IMG France has withdrawn from the organization of this event.

**TrimaX-magazine : The 21 corners are mythical, except the LD triathlon which is quite consistent regarding summits, are the other events accessible to «beginners»?**

Indeed, the LD requires experience in the discipline and a more important preparation.

Regarding the duathlon and the short distance, they are accessible to athletes of all level. But it needs a minimum of preparation. There are about 15% of the athletes on the short distance who are not registered to the national federation.

**TrimaX-magazine : Will there be new things on this 2016 edition?**

Not concerning the event because we already offer 4 events and animations.



Arnaud Guilloux



# 11<sup>th</sup> TRIATHLON EDF ALPE D'HUEZ JULY 26<sup>th</sup> ▶ 29<sup>th</sup> 2016

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Tuesday, July 26<sup>th</sup> 2016**CHILDREN**

Kids triathlon

Wednesday, July 27<sup>th</sup> 2016**DISTANCE L**

2,2km • 115km • 22km

Thursday, July 28<sup>th</sup> 2016**DISTANCE M**

1,2km • 30km • 7km

Friday, July 29<sup>th</sup> 2016

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Our goals are to improve the kids race and the news is to implement a live of the race on Dailymotion and on a giant screen which is settled in our village in order to follow the evolution of the race but in order to realize this new thing we will need to have good weather conditions.

**TrimaX-magazine : How many competitors did you have last year? How many places are available at least?**

Last year we welcomed 3000 athletes. With our current arrangement on the short distance and the long distance, we have 1320 places on each of these two races.

On the duathlon, we have 600 places and for the kids our goal is 300, that is to say a total of about 3500 competitors.

**TrimaX-magazine : What race is the most successful currently regarding registrations?**

It is incontestably the short distance triathlon. Every year, we must refuse some people in the last days.

We have already 900 registered athletes on the short distance and 1000 on the LD.

**Have some professionals already told their interest for these races?**

Yes we already have about 30 pro athletes who have contacted me but we have to wait for the first results of the season in Europe and the month of june so that the leaders come forwards. But yes, the EDF Alpe d'Huez Triathlon interests pro athletes because it is well positioned in the season.

Today, Collins Arros, Arnaud Guilloux the winner last year on the LD, Andy Bocherer, Sven Van Luyck Man and many Spanish are already registered.



# THE PROGRAM

## Monday July 25th 2016

**3.30 pm** : Alpe d'Huez climbing  
**4-8 pm** : Opening of the Expo Village  
**4-8 pm Check-in** : duathlon Bourg d'Oisans - Alpe d'Huez, Kids triathlon (registrations and collection of bib numbers), LD and short distance triathlons.  
**5 pm** : Welcome drinks

## Wednesday July 27th 2016

**10 am** : Scouting of the running route - meeting at 10am at the Expo.  
**9.30 am - 7 pm** : Opening of the Expo Village.  
**9 am - 1 pm** : Registration Kids Triathlon  
**10 am - 12.30 am** : Registration and check-in : Kids triathlon, LD and short distance triathlons.  
**2.30 pm - 4 pm** : KIDS TRIATHLON  
**2.30 pm - 6.30 pm** : Check-in LD and short distance triathlons.



## Tuesday July 26th 2016

**9 am-7 pm** : Opening of the Expo Village  
**9 am-1 pm Check-in** : duathlon Bourg d'Oisans - Alpe d'Huez, Kids triathlon (registrations and collection of bib numbers), LD and short distance triathlons.

### DUATHLON

**12.00** : Opening of the bike park in Alpe d'Huez.  
**2 pm** : Opening of the bike park in Bourg d'Oisans  
**3.30 pm** : Race Briefing  
**4 pm** : START  
**5.15 pm** : Estimated finish of the winner  
**7 pm** : Awards

## Thursday July 28th 2016

### LD TRIATHLON

**7 am** : Opening of the bike park (P2) in Alpe d'Huez  
**7 am** : Opening of the bike park (P1) in Lac du Verney  
**9 am** : Race Briefing

**9.30 am** : START  
**11am - 9 pm** : Opening of the Expo  
**2.30 pm - 7pm** : Check-in short distance  
**3.15 pm** : Estimated finish of the winner  
**7pm** : LD Triathlon special party - raffle for the finishers, a Twingo and many gifts to win - draw of the car at 8pm.



## Friday July 29th 2016

**9am - 12 am** : Check-in short distance  
**9 am - 6pm** : Opening of the Expo

### SHORT DISTANCE TRIATHLON

**9am - 12 am** : Opening of the bike park (P2) in Alpe d'Huez

**11.30 am** : Opening of the bike park (P1) in Lac du Verney  
**1.30 pm** : Race Briefing  
**2 pm** : START  
**3.45pm** : Estimated finish of the winner  
**6pm** : Awards





# ENEA CHALLENGE POZNAŃ

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MEMORIES LAST FOREVER



The great sport festival is taking place on 22-24 July in Poznań. The highlight of the event is European Triathlon at Long Distance Championship. The triathletes are going to compete not only at the long distance but also in individual distances (sprint, Olympic, middle) and relay (middle). The fans of running are going to have their events – a.i. Enea Challenge Woman's Run and Enea Challenge Family Run. Additionally, like in every event by Enea Tri Tour, the competition for children is going to take place before the seniors competition (in duathlon and triathlon). More information are available on website:

[www.challenge-poznan.pl](http://www.challenge-poznan.pl).

## The most important event in Europe

-This year's Enea Challenge Poznań is going to be the most important triathlon event in Europe. We expect that the best triathletes are going to visit the capital city of Greater Poland and compete in long distance – says the chairman of Endu Sport and organizer of the event. – During the whole sport weekend, we anticipate presence of about 6000 active participants and 20 000 fans, who are going to support triathletes nearby Malta Lake and close to the finishing point in Liberty Square – Kruczyński adds.

## & ETU Long Distance Championships



Close to 3800 contestants have declared their participation in Enea Challenge Poznań (22-24 July) and this number is growing dynamically from day to day. The Poznań's event is going to be the biggest and the most prestigious triathlon competition that have been organized in Poland until now. The organizers are ready for the European Championship, they are preparing i.a. 3500 kg of fruits for the participants!





Thanks to the fact that this year's Olympic Games are taking place in Brazil and World Championship in long distance in Hawaii, the Enea Challenge Poznań is turning out to be this year's showcase of European Triathlon. The co-organizer is City of Poznań. On the lists we can note 34 representants of countries – i.a. USA, New Zeland, Germany, England, the Czech Republic, Wales, Croatia or Latvia.

### Organizers on the final stage

A competition of this level is also big organizational venture. It is important to pay attention on all aspects that secure competitors and let them compete in convenient conditions. It is also significant promotion for the city, which is visited by foreign contestants and fans. A press spokesman, Aleksander Rosa, emphasizes that preparations for the event are going according to plan - We are ready to admit all guests who are willing to visit us during the Thriatlon Poznań weekend in July. Practically, we have completed determining and securing the route of the competition, what is the most important for us. Now, we are working on the last

projects, which are going to be used during the event – T-shirts, medals and other benefits which participants are going to get with their starting packages. The entertainment for fans is important also- we just have to nail the supervision of the star down – not only a singer but a person from the “fitness world” too.





The numbers are the most appropriate referent to the scale of the competition. In food point, finishing points and during the pasta party the competitors are going to eat i.a. 3500 kg of fruits, 6000 pcs. of ice-creams and 1000 kg of yeasty pie and drink about 21 000 liters of water – which is supplied by our partner – Cisowianka. The triathletes are going to drink about 10 000 liters of isotonic drink from ALE – Active Life Energy Company which prepared special edition of this drink dedicated to this event (specific numbers are given in the end of press information)

### The charming Poznan welcome triathletes

Poznan is counted among one of the prettiest and most interesting cities in Poland. If you are looking for a place where tradition blends with modernity, you have to come to Poznan. The capital of

Wielkopolska has a huge range of accommodation, which is a remnant of the football UEFA EURO 2012. Most importantly, the city offers the enormity of the attractions that simply must be seen.

Thanks to their multitude, everyone will find something interesting in Poznań. The adventure with the city can be start from the charming Lake Malta, distinguished Old Town, historic town houses or the modern Stary Browar.

Besides struggles sports, for fans it will be waiting also a lot of other attractions in the specially prepared fan zone (similar to that which took place in Poznan during the UEFA EURO 2012 ). Surely we can expect the show of pop music star, which will attract both sports fans and those who like to listen to good sounds. In addition, near of the fan zone will be the zone of activity, and in it: Breakfast food shows, outdoor CrossFit or training together with the Polish most popular fitness blogger.



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16 PM

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# Molinari and Van Verklen untouchable in Challenge Rimini

Organization

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If the Italian built his victory from the bike part, the Dutch counted on her running qualities to win in front of Leanda Cave, in great shape.



The good weather welcomed the 4th edition of the Challenge Rimini which gathered this year many pro athletes, as well for the males as for the female field.

The Czech Filip Ospaly and the Italian Giulio Molinari were the favorites while the queen of this race would be either Leanda Cave or Tine Deckers.





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MEN'S AEROS WETSUIT

WOMEN'S AEROS WETSUIT

The battle between Molinari and Ospaly reminded us the exiting dual last year when the Czech managed to take the lead during the bike course...

The Italian Marco Dalla Venezia was the first one out of the water but he was followed very closely by the favorites including Molinari who did a very good transition. The guy from the Carabinieri team began the bike very quickly and was leading after only 10km. At km 30, he had a 2 minutes lead on the German Otto and last year's winner Ospaly, followed very closely by Wallner and Bittner. At the U-turn, this lead was of 5 minutes.



The end of the bike part was a lone hand for the Italian who succeeded to take again a few minutes lead when he arrived at T2 (+8 minutes on Bittner and Ospaly). The most important now for the Italian policeman was to manage his effort on the run to take the virtual position of definitive leader... By the way, Ospaly as much as Bittner were trying their best on the run to come back on the Italian. Despite undeniable running qualities, Molinari was untouchable and became the incontestable winner of the 2016 edition in front of Bittner and Ospaly.



In the females race, the fastest swimmer was the British Drewette followed closely by the Italian Signorini who was making her debut on this distance. Margie Santimaria and Leanda Cave were ambushing. But only after a few kilometers of bike, the British Leanda Cave confirmed her current good shape by taking the lead. At km 30, she had a 1'30 lead on the best swimmers of the race who managed to stay in the lead. But the Dutch Yvonne Van Vlerken realized an amazing bike split (best bike split) which allowed her to take the lead at T2 for 15» on the British. Really at ease on the run, her strength, Yvonne increased her lead more and more. She kept this position of leader until the finish line to win this 4th edition of the Challenge Rimini which is still a success!



Top 10 males :

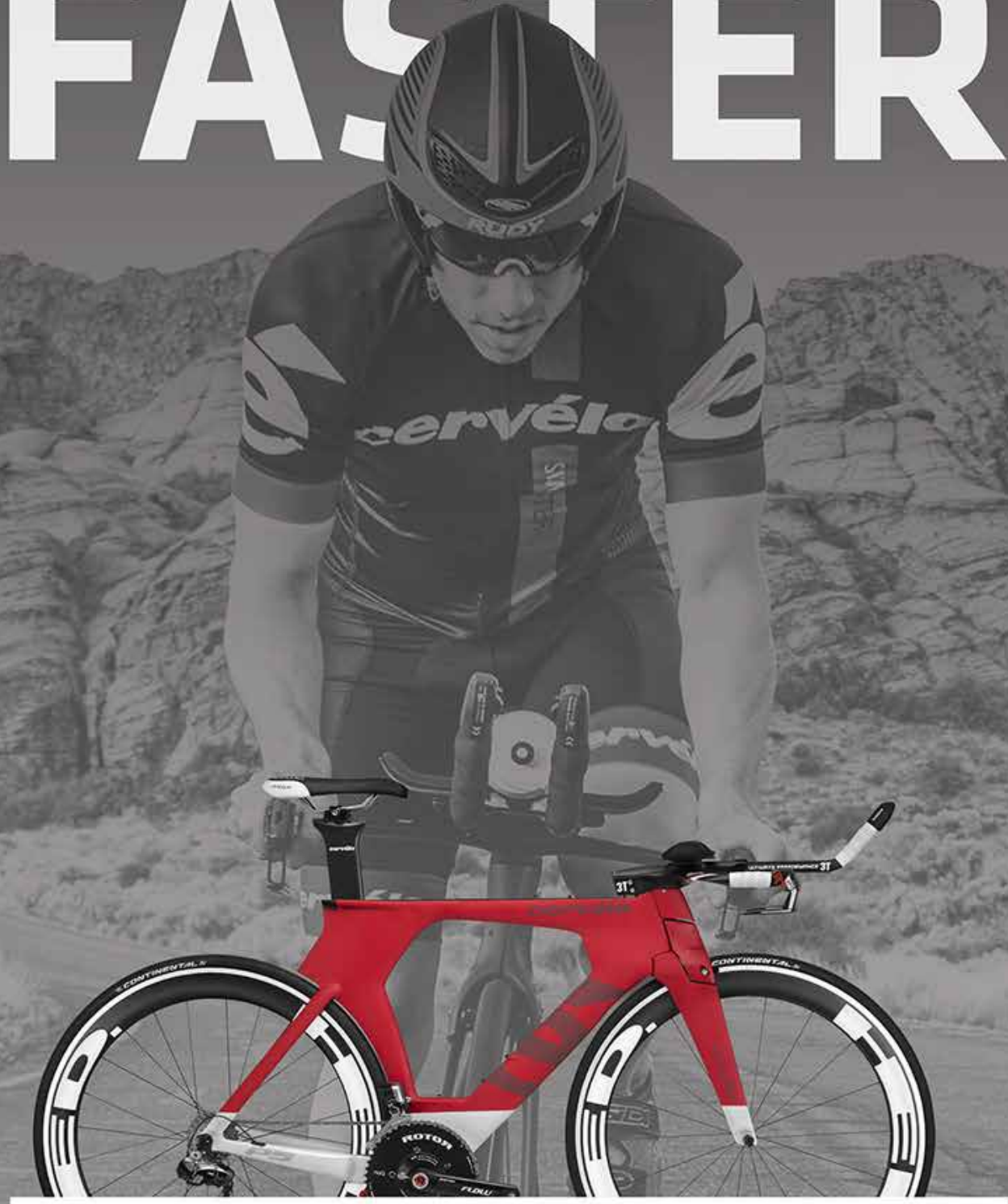
1. MOLINARI GIULIO	04:09:41.10
2. BITTNERPER	04:16:23.90
3. OSPALY FILIP	04:20:45.20
4. OTTO CHRISTIAN	04:23:13.10
5. BLEISTEINER SEBASTIAN	04:24:05.20
6. HEHENWARTER STEFAN	04:24:34.80
7. WOLLNER MARCUS	04:26:15.50
8. WIJNALDA DIRK	04:26:48.50
9. MASE´ NORMAN	04:29:20.40
10. KAUROV GEORGII	04:29:34.60

Top 5 females :

1. VAN VLERKEN YVONNE	04:40:54.10
2. CAVE LEANDA	04:45:28.90
3. VIELLEHNER JULIA	04:49:33.40
4. DOGANA MARTINA	04:57:03.00
5. BERNARDI MARTA	04:57:38.10



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# Italy welcomes

## *World Cup for first time...*



**B**lummenfelt has been steadily climbing the rankings since announcing himself as an athlete to watch after going off the front of the bike with two men at the 2014 Edmonton Grand Final. While the break didn't lead to a win there, Blummenfelt once again powered his way to the front of the pack on the bike on Sunday, which this time proved a victorious move in a race that was critical in Olympic qualification for the 65-man field.

At the first-ever Italian World Cup, set on the scenic coastline of Cagliari, Kristian Blummenfelt (NOR) clocked his first World Cup win with a powerful effort on the bike and run. Behind him, France reigned supreme as Aurelien Raphael and Simon Viain secured the two final podium positions over a sprint-distance course. It was a day of firsts in the women's race as the top two ladies to cross the finish line stood atop their first World Cup. Great Britain's India Lee joined the illustrious history of strong triathletes when she executed an expertly timed break on the bike to spin her way to the win.





## REPORT

Raphael, true to his signature strength, set the tone for the day with a blistering swim in rough water. Italy's own Alessandro Fabian, along with Norway's Jorgen Gundersen gunned out of the first transition, in hopes of a three-man breakaway. But the trio couldn't muster up the speed fast enough to hold off a hungry field.

Blummenfelt blasted up the tough bike course, which saw the men climb 100 metres over just 2.5km on each of the four laps for a total of 18km. Tucked behind him were Marco Van Der Stel (NED) and Stefan Zachaeus (LUX), along with a string of men ready for the attack.

By midway through the bike, 10 men were riding together including Blummenfelt, Fabian, Viain, Raphael, Zachaeus, Gundersen, Gustav Iden (NOR), Tom Richard (FRA), David Castro Fajardo (ESP) and Tamas Toth (HUN).

The bell lap on the bike proved a pivotal tactical moment, as Blummenfelt led a six-man break including Zachaeus, Viain, Richard, and Raphael. From there, Blummenfelt kept his moment down the hill, off the bike, and onto the flat-three lap 5km run.



Léo Bergère



The bell lap on the bike proved a pivotal tactical moment, as Blummenfelt led a six-man break including Zachaeus, Viain, Richard, and Raphael. From there, Blummenfelt kept his moment down the hill, off the bike, and onto the flat-three lap 5km run.

"As an elite triathlete, I need the right training and racing gear to reach my full potential."

J. Gómez Noya

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## WOMEN RACE

It was a day of firsts in the women's Cagliari ITU Triathlon World Cup race as the top two ladies to cross the finish line stood on their first-ever World Cup podiums. India Lee joined Great Britain's illustrious history of winning triathletes when she executed an expertly-timed break on the bike to spin her way to gold.

Germany's Lisa Sieburger secured second after fighting her way back into the race on a challenging bike course, while bronze went to Austria's Lisa Perterer.

A sprint-distance race with a leg-crushing bike course that offered critical final Olympic qualifying points, pressure was high in Cagliari. To add to jittery nerves, strong winds and wet roads greeted the women as they set out in the morning on a tough and technical course.

Carolina Routier (ESP) took advantage of her strong swim skills to set the pace on the one-lap 750m choppy swim, exiting the water with a five-

second lead over the Netherlands Maya Kingma. The pair scorched through the long first transition, with Vendula Frintova (CZE) on their heels 10 seconds behind them. Frintova was the start of a long train that saw the majority of the women's field string out in a 20-second line.

By the end of the first turn up heartbreak hill, a group of 15 women had come together with the addition of Lisa Norden (SWE), Georgia Taylor-Brown (GBR), and Lee to the mix. On the third of four laps, Lee laid out a pace that nobody could match as she broke away from the group.

Teammate Taylor-Brown attempted to go with her, while the chase followed 25 seconds behind, but on the bell lap it was only Lee who managed to keep the chase at bay while Taylor-Brown fell back to the large pack.

From there, it was no stopping Lee, as she dropped off her bike and shot out to the run. Despite running a few extra meters on the back of the first lap, which saw her lead dwindle from 42 seconds to 37, the mistake wasn't enough to cause her the win.

French doubled on the podium



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**fi'zi:k**Women

## REPORT

While Sieburger was closing in behind her, there wasn't enough room over the 5km, three-lap course to overtake Lee. With just three years' triathlon experience to her name, Lee had time to high-five the crowd down the finish chute en route to the gold medal.

Despite a sluggish swim that, like Lee, required Sieburger to increase her workload early on the bike, the German athlete had enough in her legs to pump out the fastest run split of the day for second place. Solid on the swim and bike, Perterer took off after Sieburger with a run speed that saw her collect her second consecutive World Cup bronze medal of the year.



Audrey Merle leads the chase group





Tom Richard



Frintova Vendula



Sandra Dodet

Top 10 females :

1.India Lee	GBR	01:03:52
2.Lisa Sieburger	GER	01:04:19
3.Lisa Perterer	AUT	01:04:22
4.Emmie Charayron	FRA	01:04:27
5.Mariya Shorets	RUS	01:04:30
6.Vendula Frintova	CZE	01:05:05
7.Petra Kurikova	CZE	01:05:11
8.Carolina Routier	ESP	01:05:13
9.Cassandre Beaugrand	FRA	01:05:14
10. Anneke Jenkins	NZL	01:05:18

Top 10 males :

1.Kristian Blummenfelt	NOR	NO	00:56:00
2.Aurelien Raphael	FRA	FR	00:56:20
3.Simon Viain	FRA	FR	00:56:44
4.Gustav Iden	NOR	NO	00:56:51
5.David Castro Fajardo	ESP	ES	00:56:59
6.Stefan Zachaeus	LUX	LU	00:57:02
7.Léo Bergere	FRA	FR	00:57:11
8.Tom Richard	FRA	FR	00:57:18
9.Antonio Serrat Seoane	ESP	ES	00:57:23
10.Shachar Sagiv	ISR	IL	00:57:27



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Wwomen's podium



David Hauss





# European

## *Championships in Lisbonne*



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The european championships began with paratriathlon. Europe's top paratriathletes will be in Lisbon, Portugal in the hunt for final Paralympic points before qualification for the 2016 Paralympic Games closes one month later. The sport class start lists are loaded with hungry talented ready for battle.

### PT1

Two top contenders for Great Britain will line up in Lisbon with Phil Hogg and Joseph Townsend racing. Both are consistent competitors, who could make a real showing for the nation in Rio. But they will be challenged by Italy's Giovanni Achenza and the Netherlands' Geert Schipper and Jetze Plat. Although Plat has won the ETU title for the last two years, he and Townsend will need impressive finishes to stay in the bubble for Brazil.



## RACE REPORT

While the women's PT1 class will not compete in Rio this summer, Spain's Eva Maria Moral Pedrero and Great Britain's Lizzie Tench will go up against newcomers Fiona McCormack (IRL) and Romy Pansters (NED).

### PT2

Italian Michele Ferrarin returns as the reigning World Champion, but in last year's ETU Championship in Geneva he was outperformed by Frenchman Stephane Bahier and earned the bronze to Bahier's silver. These two men are the top-ranked athletes in the men's PT2 sport class, but everyone else will be after points to improve their standing in the Paralympic qualification rankings.

With no Americans in the European race, France's Elise Marc is the favourite heading into Friday's race followed by Rakel Mateo Uriarte (ESP). The race will also be important for Finland's Liisa Lilja to improve her ranking for Rio.

### PT3

While not a sport class slated for Rio on the men or women's side, that didn't deter a wide array of talent from traveling to Lisbon. Reaching the top of the European Championship podium in the

men's PT3 sport class usually goes to Alejandro Sanchez Palomero (ESP) or Oliver Dreier (AUT). This weekend, the two will come face to face to see who can beat out the other for the ETU title. But both men will also have competition with Spaniard Daniel Molina, who also joined them on the ETU podium last year, to contend with.

As the World Championship bronze medallist, Saskia Van Den Ouden (NED) leads the field in the women's PT3, but it was Nora Hansel (GER) that won the continental title last year.

### PT4

By far the most stacked men's start list of the weekend is in the PT4 sport class. Topping it out is Martin Schulz (GER), Yannick Bourseaux (FRA) and Jairo Ruiz Lopez (ESP). All three of these men will likely book tickets to Rio and will put on a show to dazzle when they do. But look out for George Peasgood (GBR) to lead on the swim and bike, as he's known for his strong up front speed. Great Britain have entered all of it's big hitters in the women's PT4 sport class with Lauren Steadman, Faye McClelland, and Claire Cunningham all racing. The trio shared the World Championship podium in 2014.



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## RACE REPORT

### PT5

Likely three of the strongest competitors that will take to Copacabana for the women's PT5 sport class will line up in Lisbon in Alison Patrick (GBR), Susana Rodriguez (ESP), and Melissa Reid (GBR). Joleen Hakker B1 will also provide stiff competition for the ladies.

While they won't be heading to race in Rio, that won't stop last year's European Championship gold and silver medallists Vasyl Zakrevskyi B1 (UKR) and Alen Kobilica B1 (SLO) from sweating it out for the ETU titles this Friday.

### Elite men race

For the Elite Men, this was time for a showdown. Olympic places are secured and now it is a chance for the most select of titles, European Champion. On the start line were a number who had held this coveted title. On the start line were some new kids on the block who thought that today, perhaps, there was a chance of changing the old guard with the new.

On the start line was also Javier Gomez. Would he have the pace? Would he take risks in a race so close to Rio? Would the rain cause upsets out on the bike course?





## RACE REPORT

So many questions. So much tension. So many athletes and the quayside, with thousands of spectators. Really, this was the place to be. As the athletes were announced the cheers rose for the home nation's athletes but you could also hear the shouts and cheers from groups of spectators who supported individual athletes.

As if any more excitement was needed, the heartbeats echoed around the quays. Then there was silence ....

So still ... and then the explosion of muscles pushing off the pontoon, the crashing of the water as 61 sets of neoprene hit the water and then the arms and legs pulled and kicked away from the crowds out into the calm waters.

The turn buoy was really a place in hell for some as the leaders accelerated away from it leaving those to fight their way around the sharp turn.

Leading out as usual, was Richard Varga SVK. He swam safely and in front but was beaten into T1 by Spain's Francesc Godoy. He had a lead of just a couple of seconds. Gomez had a bad swim and was over ten seconds off the lead. He later said it was a tough swim and he made a mistake by not staying closer to the front.

Soon enough though a big pack formed. Norway's Kristian Blummenfelt, with an early-season clutch of ETU and ITU medals, has raced back to back weekends from Madrid, to Cagliari, to Yokohama and then to a domestic race in Dunkerque. He was in the chase pack and doing more than his fair share to try and bridge the gap, which a one point was 41 seconds.

The crowds lined the streets. The cheers could be heard back at the Arena. At the front of the lead group was Switzerland's Andrea Salvisberg. He looked strong and was first to leave T2. His lead of 40m was enough to delight the crowds but as they left the arena, the cheers were loudest for Gomez who looked determined and who appeared to have played the most strategic game for years.

His work in the pack, urging and pushing and making sure the pace never dropped, had taken his group far into the lead. It was all going to be down to the run but would there be a risk if he kicked early?



After the first lap he did just that. He caught Salvisberg and ran for a while with him but then really pushed.

It was only Russia's Dmitry Polyanskiy who could hold pace with him and the two pulled further away from the Swiss athlete. Back down the pack two Portuguese athletes were being urged on by their home crowds. João Silva lives only a short distance from the Arena and the crowds were going wild as he and João Pereira seemed to be making their way towards the podium. As each lap took them through the Arena they seemed to get re-charged. Was it at all possible that they could medal?

Gomez was supreme. He had timed his race perfectly. His kick away from Salvisberg was at just the right time and the right place but he had to make sure he had created enough space to take him away from his old rival from Russia. Gomez

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## RACE REPORT



### Top 10 males :

1. Javier Gomez Noya	ESP	01:49:30
2. Dmitry Polyanskiy	RUS	01:50:09
3. Andrea Salvisberg	SUI	01:50:32
4. Alessandro Fabian	ITA	01:50:37
5. Igor Polyanskiy	RUS	01:50:38
6. Joao Pereira	POR	01:50:39
7. Joao Silva	POR	01:50:40
8. Francesc Godoy	ESP	01:50:48
9. Rostyslav Pevtsov	AZE	01:51:01
10. Grant Sheldon	GBR	01:51:05

entered the Arena and the crowds went wild. The cheers were deafening and he cruised down the blue carpet, enjoyed the welcome home and held the finish tape high.

Behind him, Polyanskiy added a few metres to his run by misjudging the final turn. His run pace was enough to give him silver and Salvisberg held on for his best Championship place ever.

As they were enjoying their moment, the crowds erupted in a frenzy of cheering as a sprint of 80m to the finish saw three athletes cross the line in three seconds. Silva's 30:57 was the fastest run of the day but not quite enough to give him the glory of being first Portuguese athlete. That went to Pereira but he in turn was outrun by the Italian Alessandro Fabian.

With Rio so close, Gomez has made himself heard. With Europe dominating the start lists at the 2016 Olympics and having seen this race today, well, it is going to be an amazing race



### Top 10 females :

1. India Lee	GBR	02:04:03
2. Yuliya Yelistratova	UKR	02:04:19
3. Zsófia Kovács	HUN	02:04:24
4. Vendula Frintova	CZE	02:04:40
5. Anne Haug	GER	02:04:45
6. Alexandra Razarenova	RUS	02:04:51
7. Heather Sellars	GBR	02:05:04
8. Mariya Shorets	RUS	02:05:09
9. Agnieszka Jerzyk	POL	02:05:23
10. Lucy Hall	GBR	02:05:29

## RACE REPORT



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Top 5 junior men :

1. Javier Lluch Perez	ESP	00:58:03
2. Samuel Dickinson	GBR	00:58:04
3. Emil Deleuran Hansen	DEN	00:58:08
4. Vasco Vilaca	POR	00:58:12
5. Alex Yee	GBR	00:58:18



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Top 5 junior women :

1. Cassandre Beaugrand	FRA	01:02:42
2. Lisa Tertsch	GER	01:02:54
3. Lena Meißner	GER	01:03:14
4. Ines Santiago	ESP	01:03:26
5. Emilie Morier	FRA	01:03:51





XTERRA

Erbenova lors de la course à pied

Ruzafa has once again demonstrated impressive mountain bike

# The European tour in Portugal



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Three-time XTERRA World Champion Ruben Ruzafa of Spain and three-time XTERRA European Tour Champion Helena Erbenova of the Czech Republic captured the elite titles at XTERRA Portugal on Saturday.



Carlioni-Serrano

It was the third of 11 races on this year's XTERRA European Tour.

"It was a good day in Portugal," said XTERRA World Tour managing director Dave Nicholas. "Mild temperature, clouds and some breeze made it perfect for the competitors. Ruben Ruzafa is back to his dominating ways."





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He made a power move on Francois Carloni on a steep uphill, passed into first and never looked back. For the women, Helena had a good swim and worked with Myriam Guillot-Boisset to catch leaders Brigitta Poor and Renata Bucher. Bucher, Myriam and Helena stayed together passing and repassing until the end when Erbenova was able to break away followed by Guillot-Boisset."

In the highly competitive men's race Ruzafa took the tape in 2:34:11, more than 1:20 ahead of Belgium star Yeray Luxem, with the reigning XTERRA European Tour Champ Roger Serrano in third.



Mens podium



Ruzafa has been Quà manage strength walk

"Carloni and Serrano were shadowed by Belgium Yeray Luxem until Luxem had a problem on a downhill," explained Nicholas.

"He rode very hard to get back to the Franco-Spanish duo but headed on the run in 4th. Carloni

and Serrano ran together for the first 6K and then Roger pulled away. Luxem caught Francois about 4k from the finish and passed Serrano when the Spaniard leapt over a fallen tree and immediately cramped."





Ruben Ruzafa



Womens podium

#### Males :

Roger Serrano, ESP :	211 points
Ruben Rusafa, ESP :	142 points
François Carloni, FRA :	107 points
Brice Daubord, FRA :	104 points
Pierre-Antoine Guilhem, FRA :	82 points

#### Females :

Brigitta Poor, HUN :	203 points
Helena Erbenova, CZE :	150 points
Moragane Riou, FRA :	118 points
Louise Fox, GBR :	103 points
Maud Goldstein, NED :	95 points

#### Top 5 males :

1. Ruben Ruzafa	2 :34 :10
2 . Yeray Luxem	2 :35 :38
3. Roger Serrano	2 :36 :28
4. Francois Carloni	2 :37 :49
5. Sam Osborne	2 :40 :51

#### Top 5 females :

1. Helena Erbenova	2 :59 :53
2. Myriam Guillot-Boisset	3 :00 :40
3. Brigitta Poor	3 :04 :33
4. Carina Wasle	3 :07 :46
5. Renata Bucher	3 :11 :52



Victory for  
Helena Erbenová

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# THE HIIT, what is it ?



What can I get with HIIT?



## What is HIIT training?

The acronym HIIT means High Intensity Interval Training, or training by high intensity intervals. The research during the last years has focused on the way the body adapts to this type of stimuli and how to use the most appropriate way to improve your performances.

Discovery

Alexandre Gomez



fotolia-droits réservés

It would be what is traditionally known as interval training. The difference is that the HIIT only uses average and short intervals, with a maximum duration of 5' of each repetition. The fundamental concept of HIIT is the use of stimuli, more anaerobic threshold, intensity or VT2 threshold -second ventilatory threshold- to reach the proteins responsible for the adaptation of endurance activity. Gibala, one of the main researchers of HIIT, defines it as «the activity which is characterized by a small intermittent set of the vigorous activity, interspersed with resting periods or low intensity activity.»

The most direct and general answer is that HIIT would allow to improve performance on the bike. The HIIT is able to stimulate the proteins responsible for the activation of the genes which regulate the production of mitochondria, where we would burn the oxygen and to produce energy with metabolism of glucose. Formerly, we thought that only endurance training and low intensity inter-

vals or the anaerobic threshold could realize these adaptations. However, the HIIT demonstrated that the same adaptations are realized, but much more quickly and with less volume. We don't only see adaptations on the maximal intensities, but also on the efficiency of pedaling, burning less energy to go at the same speed, on low to average intensities.





## What intensity must I do my repetitions in HIIT?

The key of the HIIT training is intensity. We already said that it must be above the anaerobic threshold, but from this maximum intensity that we can develop, we still have some margin.

We will divide the work in two types of HIIT, under the name of short HIIT and long HIIT.

With the short HIIT, we are looking for a big mobility of fast fibers in order to empty their tanks -ATP and phosphagens- fast energy. To do so, the repetitions must all reach a maximum level of intensity with a time of 10 to 30 seconds.

With the long HIIT, we want the cyclist to spend as much time as possible in the VO2 max zone. We intend to use the full capacity to consume oxygen as long as possible. This set programmed from 1 minute to 4 minutes accumulates a total work of high intensity between 12 to 20 minutes.

In this case, recovery is very important. So active recoveries are recommended at aerobic threshold or not below 70% of the max HR.

In summary, we can say that we can do HIIT at two intensities:

- the long HIIT where you have to put all out in each repetition or VO2 max, the intensity which can be maintained during 5' or 6'. For beginners or very low level cyclists, we can soften the long HIIT by using intensities just above the anaerobic threshold, without reaching VO2 max.

- The short HIIT suits very well, but in this case, and if we want to be cautious, we will avoid to do repetitions of more than 20 seconds.

## How to organize a session of HIIT?

The HIIT can be organized according to different protocols. We show you here some examples. You can plan sessions -4h endurance session- doing HIIT in the first two hours, then the rest of the session at aerobic threshold or Z1-Z2. Generally, you mustn't mix in the same session HIIT set or inter-thresholds between aerobic threshold and anaerobic or Z3-Z4.

### SHORT HIIT SESSION :

S1 : 1H in Zone 2 - integrating a sprint of 10 seconds / 4 minutes recovery

S2: 12 x 20" max speed / 2 minutes recovery

### HIIT LONG SESSION :

S1 : 2(8x1' at MPA / 1 minute recovery) Recovery 6' between blocks

S2 : 8x2' at MPA / 2' recovery

S3 : 3x4' at MPA / 4' recovery

## When must we or can we do HIIT?

Most of the traditional methods warns us about these training techniques on the last part of the season to obtain the best result.

The current tendency is to introduce early in the season this type of method. When we talk about tendency, we obviously don't talk about four crazy guys who watched the last «Interieur Sport» about triathlon or the bike saying I will apply the same method! We talk about a tendency listed by scientific studies. These scientific studies make hypothesis of work, testings, analyze, to give then results. Coaches have to test on the field these methods then.

We can say today that we can do HIIT all along the season, by using at first one month of adaptation at low intensity, and some work in zone 3, then we can increase the volume. If adaptations are sufficient, we integrate short HIIT at first during 4 weeks, then we will be able to spend some time on long HIIT.







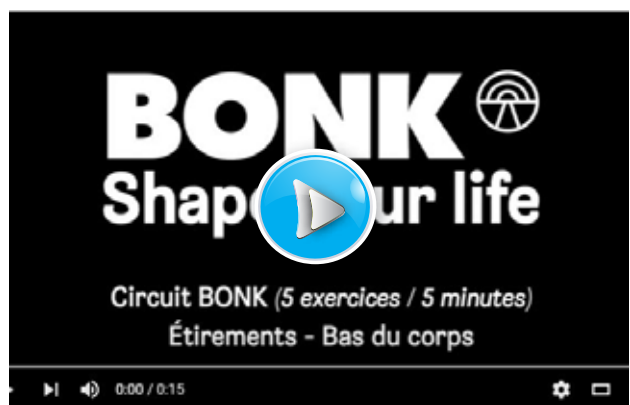
# Stretching after running

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Stretching... Here is a simple subject but which was often a polemical subject... There are those who cannot finish a training without taking the time to stretch while others are reluctant to stretch.

Stretching before the effort are not advised, they are said to have the reverse effect: fostering blood flow rather than «vascularity».

However, we think that stretching must be done

at the end of sessions and they are an integral part of them.

But be careful, after a long session, the goal of stretching is really to stretch the muscle to give it its natural length. So no question to wait too much, stretching mustn't be painful, and also you should avoid to stretch in case of pain in order to avoid creating potential micro-lesions.



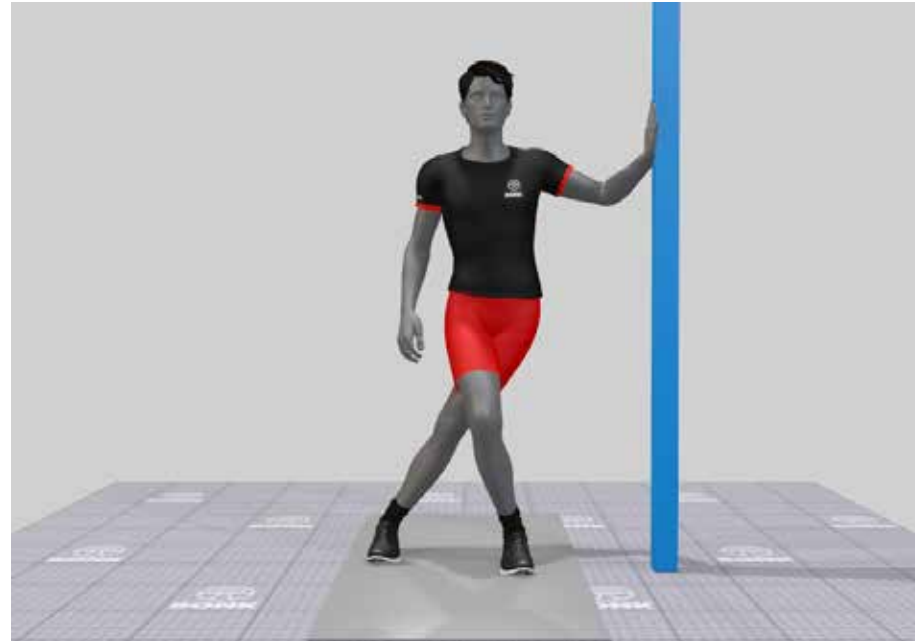
## Here are some simple stretching to do after the running.

### HAMSTRINGS (30" by sides, total 1')



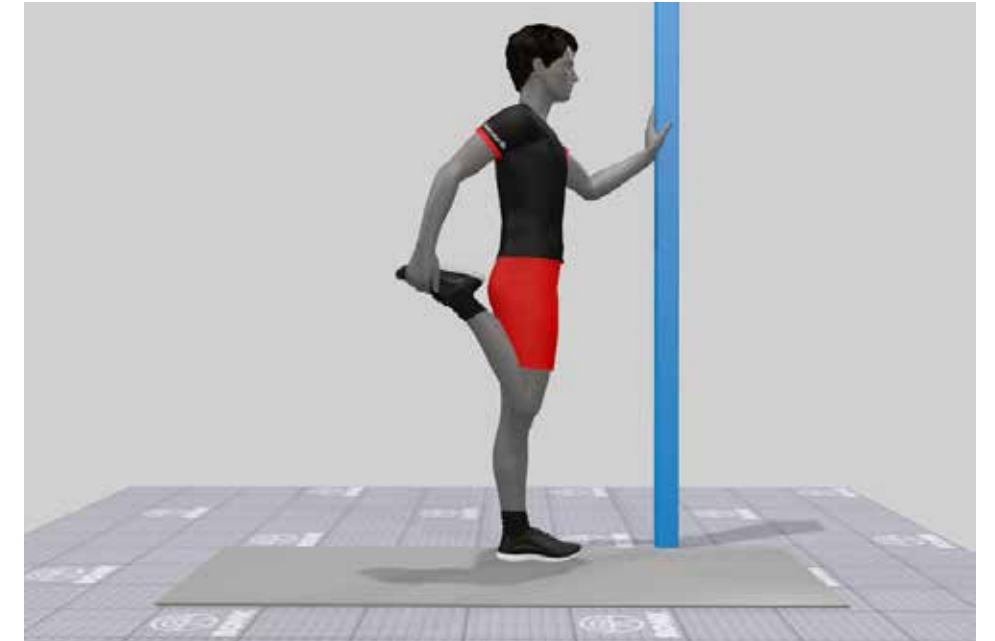
The back leg is tight, the front leg semi-flexed. Body frontwards and hands at hips level. The back leg pushes backwards, the front leg pushes frontwards. Allows to stretch the muscles situated in the back of the thighs.

### TFL (30" by side, total 1')



Cross your legs by putting your back leg semi-flexed and maintain the position.  
Your feet are aligned on the same line.  
Allows to stretch the lateral muscles of the pelvis belt.

### QUADRICEPS (30" by side, total 1')



Slightly push the knee frontwards while holding it with your hand and keeping your torso and hip fixed.  
Alternate contraction then relaxing.  
Allows to stretch the muscles of the thigh.

### GLUTES (30" by side, total 1')



Bring your left knee towards the inside with your opposite hand. Your glutes must stay in contact with the ground. Allows to stretch the muscles of the glutes.

To realize ideally at the edge of a bed. Knee-chest- relax the free leg in the emptiness keeping your back flat and without pulling on your lumbar. Allows to stretch the muscles which attach the limbs to the torso.

### PSOAS (30" par côté, total 1')

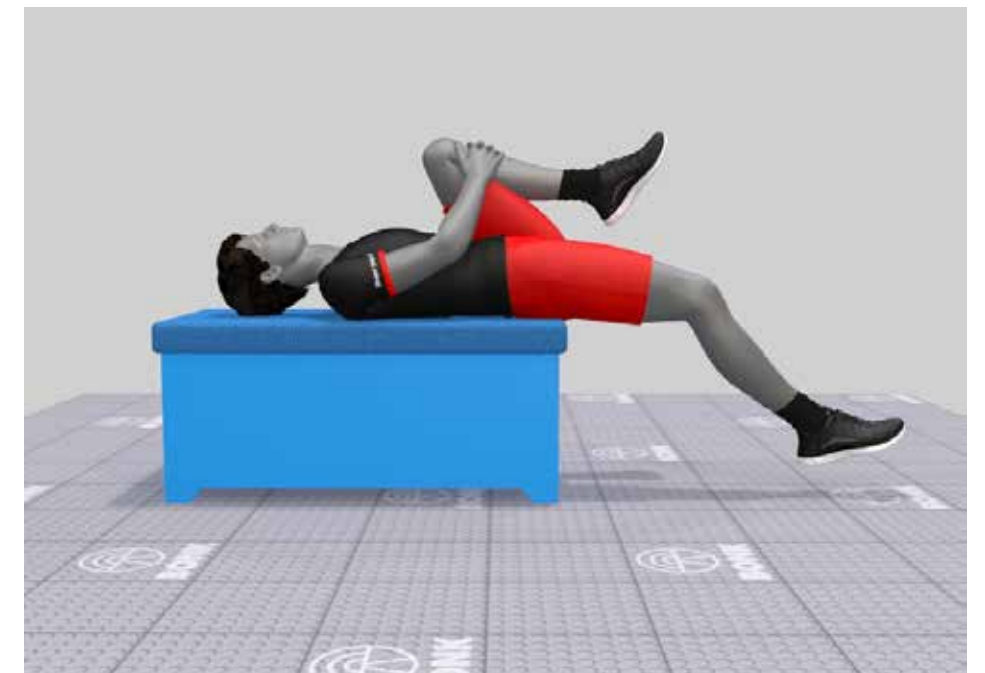




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