

TRI-max

MAGAZINE n°158



KONA 2016 100% GERMAN



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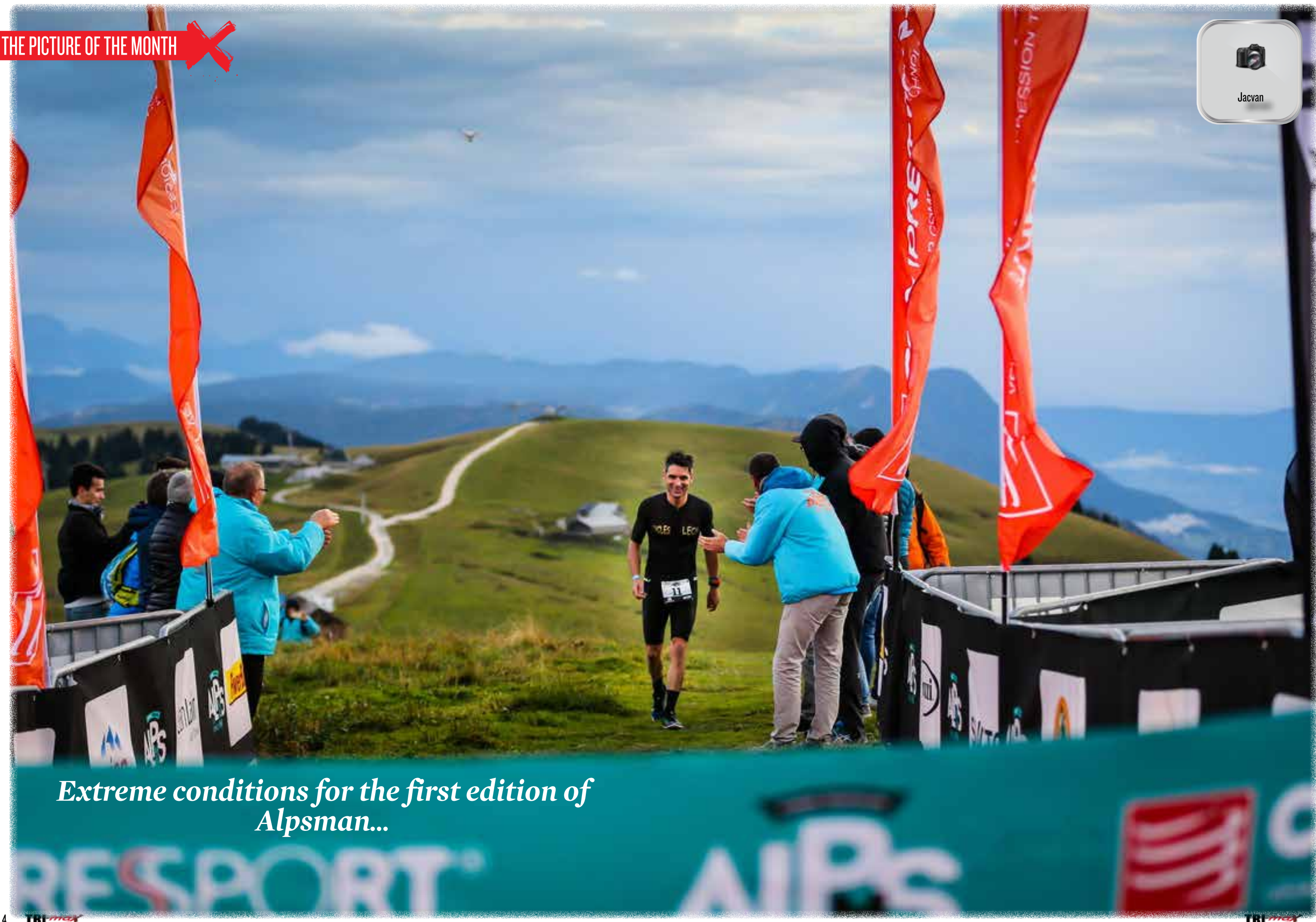
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Jacvan



Extreme conditions for the first edition of Alpsman...



Challenge Gran Canaria :

sport, holidays and fun !



Showing the beautiful resort of Amadores in Mogán (Gran Canaria) an ideal training and competition centre in Europe, Challenge Mogán Gran Canaria will offer European triathletes the best possible place to begin the 2017 season. Its spectacular setting combines the landscape of the Gran Canaria and the most touristic coastal areas of the island. The varied and attractive course is a

mix of testing and fast undulating stretches which combine with the special characteristic terrain of the volcanic surroundings.

In the second edition of the race, the date have changed to April 22th, when still in the continent you can not train outside, Gran Canaria offer a training race to build a great base for your upcoming race season.





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On November 1st, 2017 the official start of registration for the Gloria CHALLENGE MOGÁN GRAN CANARIA 2017 will kick-off, with a early bird price on 130€ for few days the normal registration fee will be 160 €.

Take the opportunity to participate with Gloria Challenge Mogán-Gran Canaria. Non-athletes, families, and partners are more than welcome to join for a fantastic family vacation! As with



all CHALLENGE FAMILY events, there is a full festival programme around the flagship event including FUNRUN Challenge and two-distance races, plus there is a host of activities for visitors to enjoy, including culture, gastronomy, sport and music.



More information :
<http://challengegrancanaria.com/>

HAWAII

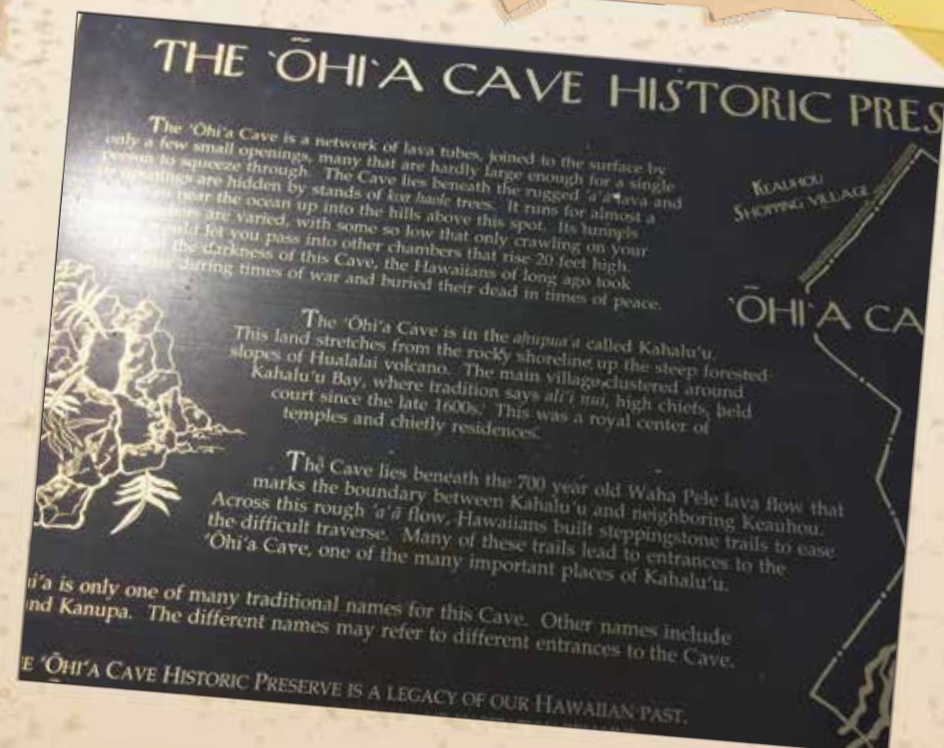
A little bit more in

the legend!

Nicolas Geay et Jacvan



Jacvan



Only triathlete of history to win both the Games and the Ironman of Hawaii, holder of the record in Roth and now the first one to keep his title in Kona since Craig Alexander in 2009. Jan Frodeno multiplies the records and goes beyond the impossible every time.



REPORT

The German swims in a group of twelve men just after the British Harry Wiltshire. With him are Andy Potts, Marko Albert, Tim Don and Denis Chevrot. Behind them, at thirty seconds, other favorites including Terenzo Bozzone, Andreas Raelert, Frederik Van Lierde.

Frodeno's biggest rival exits the water 4'30 from the lead.

Before the climb towards Hawi, Jan Frodeno had already caught Weiss and Boecherer, Potts and Kienle. On the way back towards Kona, the two German Frodeno and Kienle decided to move up a gear and shared the lead with Boecherer, Weiss and Potts. Behind, many underdogs payed the price for a referee who liked to use too much the blue card. Many of them had a 5-minute penalty as our two French Bertrand Billard and Cyril Viennot. Frederik Van Lierde also had the same as well as Tyler Butterfield, 4th in 2015...



Sébastien Kienle and Jan Frodeno

The Germano-German fight continues. Finally Frodeno exited the second transition first with four

seconds lead on his countryman Kienle. The two men run together, neck-and-neck until the half-marathon. We think about the legendary dual between Dave Scott and Mark Allen. But Frodeno is ruthless and flies, alone, towards a second victory in Hawaii. In 8h06'30, the German wins with 3'30 lead on Sebastien Kienle. Their countryman Lange completes the 100% German podium. Note that he also goes down in history signing the fastest marathon of all time in Hawaii in 2h39'45 !!!



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2013 Ironman Canada Champion:
Trevor Wurtele

REPORT

Concerning the women, Daniela Ryf, also leaves her imprint in triathlon. As Jan Frodeno, she keeps her title. Out of the water in the second group with the other favorites, the Swiss accelerates at the u-turn to make the difference. As usual. She realizes the best feminine time in 8h46'46. Carfrae realizes a marathon in less than three hours to come back at the second place.



Daniela Ryf

In Kona, everyone goes down in history his own way...

Regarding the French, the result doesn't unfortunately rise to the occasion! We have known

better years but that's how it goes in Hawaii, the champions of yesterday are not always performing and the first French is out of the top 10.



Team French Kona 2016

He gave us his impressions just a few minutes after his finish.



Cyril Viennot

Cyril, you finish 18th after a penalty... Can you say that despite of that you were in a good shape?

The swim was ok, I was in the lead group and another athlete did a gap, I didn't have enough strength to catch the first group. Very early, I found myself in the second group with Bertrand Billard. But finally, our group didn't want to swim so much. It's a shame because we were really good athletes in this group. But it gave a good motivation before the bike because we were good cyclists, for example Kienle.

And it's true that during half an hour, I was feeling good, I was coming back on the lead while having good sensations. We were in the group... The referee came and showed me a blue card for drafting. I tried to understand why but he refused to discuss anything so I quitted.



REPORT



Yet I was very careful to respect the distances. I was disappointed. When I stopped in the tent, I realized that many of us had a penalty : Frederik Van Lierde, Patrick Lange, Mickaël Raelert, Bertrand Billard... The same referee gave us those cards. It's frustrating!

I tried to focus again... To think that it was not over, I could still have a good bike and finish in the top 10... This is what

I did. I still held my record on the bike without this penalty, I was feeling good. This is even more frustrating... But the energy I had lost on the bike to forget those five minutes had a consequence on the marathon. The first 10km were difficult and then I managed to catch other guys, the Top 10 was at 3 minutes when I started the half-marathon. But I pulled the engine... When my legs started to hurt, the mental began to give up.

Did you think about giving up?

I thought about it... But... I preferred to finish slowly rather than giving up. Even if a jogging here is difficult ! The season ends with this race so it would have been useless to save energy. On the Queen K, I saw many French people

who supported me, the atmosphere was great. Just for that, I couldn't give up! And I could still score a hundred points for the qualification next year.

Regarding the other French pro athletes, Denis Chevrot finishes 23rd and Bertrand Billard 39th.



Denis Chevrot

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Jacvan

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Christophe Geloni

IRONMAN **IRONMAN**
Vichy France **70.3** *Vichy*

AUGUST 26 & 27. 2017
Vichy



Thierry Sourbier



REPORT

Thierry Foulounoux



Top 10 males :

1. Frodeno, Jan	DEU	08:06:30
2. Kienle, Sebastian	DEU	08:10:02
3. Lange, Patrick	DEU	08:11:14
4. Hoffman, Ben	USA	08:13:00
5. Boecherer, Andi	DEU	08:13:25
6. O'Donnell, Tim	USA	08:16:20
7. Stein, Boris	DEU	08:16:56
8. Aernouts, Bart	BEL	08:20:30
9. Rana, Ivan	ESP	08:21:51
10. Van Lierde, Frederik	BEL	08:21:59



Bertrand Billard



Top 10 females :

1. Ryf, Daniela	CHE	08:46:46
2. Carfrae, Mirinda	AUS	09:10:30
3. Jackson, Heather	USA	09:11:32
4. Beranek, Anja	DEU	09:14:26
5. Lehtonen, Kaisa	FIN	09:15:40
6. Vesterby, Michelle	DNK	09:19:05
7. Piampiano, Sarah	USA	09:22:31
8. Lundstrom, Asa	SWE	09:22:59
9. Gossage, Lucy	GBR	09:25:57
10. Lester, Carrie	AUS	09:28:17



REPORT

Mirinda Crafrae



Frederik Van Lierde



Jan Frodeno



Patrick Lange



Poduim 100% german



Timothy O'Donnell



Michelle Vesterby



ABOUT 300 YEARS AGO, THE ISLAND OF HAWAII HAD RIVAL CHIEFS, WHO LED CANOE ARMADAS AND WARRIOR VESSELS.

birth, so that men do not willingly wander from place to place but remain in their own land. — Hawaiian Proverb



Pieter Heemeryck and Judith Corachán

reign in an incredible third edition of Challenge Peguera Mallorca 2016

Incredible victories from Belgium's Pieter Heemeryck and Spain's Judith Corachán in the third edition of the Challenge Peguera Mallorca 2016, on a day full of triathlon in the superb setting of Calvià.

A sunny day dawned in Peguera, with the weather becoming once more an ally for a magnificent event, converging in an epic and visual race. The sea, after a week of fluctuating weather conditions, left a wavy sea which made for a more complex swim segment

In the men's race Jordi García Gracia was first out of the water, in a group with Belgium's Pieter Heemeryck, David Bishop (UK) and Henry Beck (GER).

The run took place entirely in the central area of Peguera, distributed over four laps that went along the town's boulevard with the promenade uniting the beaches of Palmira, Tora and Romana, with stunning views of the Mediterranean Sea.

During the 90 km bike sector, Belgian's Heemeryck dominated a technically demanding and sinuous segment that combined coast, mountain, natural landscapes at the foot of the Serra de Tramuntana (UNESCO World Heritage), through



traditional villages such as Capdellà, Calvià and some of the best known resorts in Europe such as Santa Ponça or Peguera, along with Toro.

The run course would prove decisive, with an unrivalled Heemeryck, the rest of the podium places still had to be determined. An incredible

RACE REPORT

comeback clinched Julian Mutterer (GER) second place, while the third position went to Spain's Jordi García Gracia, after yet another unbelievable run segment.

Judith Corachan, a perfect race.

Britain's Catherine Jameson and Judith Corachan sustained an impressive contest throughout the first two segments, virtually finishing the swim course together and retaining a slight



Top 3 males :

1. Pieter Heemeryck (BEL) 03:56:02
2. Julian Mutterer (GER) 03:58:41
3. Jordi Garcia (ESP) 03:59:20

difference during the main part of the race, with UK's Nicole Walters following behind them in third spot.

Coming into the final race segment, Catherine Jameson was unable to uphold Judith, who continued to maintain a very high pace that

Top 3 females :

1. Judith Corachan (Esp) 04:32:48
2. Sara Dossena (Ita) 04:35:48
3. Sara Loehr (Esp) 04:37:53

ultimately earned her the final victory. Italy's Sara Dossena, rallied positions on the run leaving T2 in in seventh place to finally finish in second position. Lastly, the 2015 Challenge Peguera champion, Sara Loehr, kept her fourth position from off the bike, and in an incredible final course completed the podium in third position.

Challenge Peguera Mallorca concludes with great success and offering a high quality sporting event. This success, based on community support and the volunteers, consolidates the race as the most important deseasonalization sporting event for Calvia.

Final result list:

<http://www.challenge-mallorca.com/es/registro/resultados/>



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let's
meet
the extreme !



JACVAN

Once the first edition, the organizers had warned, the Alpsman was considered as the French version of the Norseman. A new born in extreme triathlon which could become the French reference in this field. And the extreme was forthcoming on October 4th pushing everyone's body and mental at their limits.

When we learnt the implementation of a new triathlon in the Lac d'Annecy, we immediately thought about the magnificent landscapes and its pleasant life which make it a famous destination for many tourists. But don't be fooled, the Alpsman wanted to be the Extreme triathlon. You don't start such a race as you start a «classic» triathlon... Why ?

«Because the 3,8km in the almost complete dark, the 183km with 5000m of elevation gain and the 42km run, with the famous Semnoz to finish, oh nothing really (1300m of elevation gain in 15 km almost exclusively trail) could make many triathletes looking for intense sensations run away» Steven Le Hayaric who had chosen this race as a goal for the end of the season.

Since many weeks, it had been a nice autumn in Annecy and its region with agreeable temperatures (the sun was still shining the day before the event), however, on the morning of the race, it was not the same. We could believe that Mother Nature had heard the desire of extreme of the organization !

«An identity «Extreme Triathlon» which is not about marketing! Extreme Triathlon but also extreme humility from the organization which succeeded its first edition. The tone is a just one, the atmosphere is wonderful...» said Christophe Aubonnet who had chosen this race as the third one of his summer trilogy (after the Inferno and the Grand Raid).



So what is the Alpsman ?

First of all an outstanding adventure, a parenthesis in this world of records and Slot for Hawaii. We come here to live something different, out of time.

That is the definition of Steven Le Hayaric.

So they were 120 courageous athletes starting this inaugural event that had chosen Marcel Zamora as godfather. When you pretend to be the cousin of the Norseman, between the Altriman and the Embrunman, you cannot chose anyone better than the one who has the record of number of victories in Embrun. The Spanish had however decided to participate to this event in relay. He gave the opportunity to two amateurs to run with a legend of the triathlon! He was the one who started the race. We must say that the start in the dark doesn't



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ROTOR

frighten him because it is the same conditions than in Embrun except two things... The size : the start is in the middle of the lake in a boat and the integrality of the swim is in the dark... Which can frighten many athletes not very at ease in the water.

The lake of Annecy can be considered as the purest of the world but it doesn't change the fact that the contenders have only seen the obscurity



considering the bike part that follows. It begins right away with a 30km climb.

«Alpsman, the one-day journey through the unique landscapes of Haute-Savoie, an unforgettable experience.»

«This is it yes, with the elevation gain on top of this.» jokes Steven Le Hyaric.

and some torches which seemed to indicate the good direction. Also difficult in the obscurity to have a landmark and to know the distance which separates us from the end of the swim. Everything is different, you have to forget your usual reference points and above all stay focus on your effort.

And the shore is finally within sight and allows to take your time for a careful transition

Once the beginning of the bike part, it is clever to manage the effort to begin the ascension of the Semnoz. Think about your nutrition, your clothes and be even more cautious because the clouds have now turned into rain, a cold rain, with temperatures which reminds us that we are in October in the mountain.



«Rolling, tiring, you should be careful in the last part. I was a little cold in the first kilometers of the descent, I did everything to gain some time, pedal as fast as possible to get warmer. I saw a cow herd, I had to stop,

I was freezing, I was shaking, I couldn't brake anymore or change gear but I had to. I was shouting and shaking deep down inside, I hadn't thought I would be so cold» continues Steven.

And to finish, the marathon with two finishlines... The first one for the «Top Finishers», those who

will arrive at the foot of the col before the cut off and who will finish the marathon with the 15km climb towards the summit and those who will be Lake finisher.



They will be 34 top finishers to reach the summit... A little bit more to start the climb before giving up like Steven Le Hyaric.

«My body said stop, I still had the courage and the heart! I was feeling dizzy, I was cold, they gave me a rescue blanket. I tried to run slowly but I was feeling bad. I was shaking deep down inside... Some volunteers (women) gave me their

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

J. Gómez Noya

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dry clothes to exchange
with mine.

And yet giving up is not
part of my vocabulary.
But I had the feeling
not to be here anymore.

It was too hard for the
body, my mental didn't
manage to find the
resources... I turned
around.

This is the game with
this kind of event,
nothing or everything.



Sport as a challenge, sport as a personal efforts» says
Steven.

« I'm not even disappointed. I'm even proud of myself
and what I accomplished even if I'm very close to the
Strike.»

On his side, Christophe Aubonnet who missed the
CUT, finished very proudly in the Lake Finishers.

«The best is in the end : the happiness to share the last
lap with my family. A privilege which is forbidden on
Ironman but possible on the Alpsman, one of the most
magical moments and most emotional of my adventures
of the last years.»

An event which has marked the bodies and minds
for its first edition! The race will take place in June
in 2017... On June 10th and 11th!



TOP finisher (Top 10 males)

1.JACQUOT Cédric (A.S. Monaco Triathlon)	12h21:04
2.HOLVOET Rinus (Durance Triathlon)	12h49:51
3.DIEPART Xavier (BEL)	13h00:13
4.PIRON Emmanuel (Vichy Triathlon)	13h13:21
5.NICOLL Ed (GBR)	13h32:26
6.BESSELING Michel (NLD)	13h45:31
7.DAILLIEZ Ludovic (Team Wellness)	13h45:54
8.SARTOUX Nicolas (Nutritionsport)	13h47:04
9.LEPERS Romuald (Beaune Triathlon)	13h53:37
10.VONNECHE Didier (BEL)	13h55:18



Lake finisher (top 10 males)

1.MARIETTE Cedric (FRA)	13h56:21
2.TABURET Jean charles (Les Alligators Seynod Triathlon)	14h05:33
3.HAROUTEL Rodolphe (FRA)	14h07:18
4.ANDRIEUX Nicolas (FRA)	14h44:24
5.RIZZOTTO Julien (Besancon Triathlon)	14h48:14
6.HUSTEDT Bernhard (GER)	14h51:59
7.PITHON Christophe (Limoges Triathlon)	15h00:50
8.KREMEUR Arnaud (FRA)	15h03:34
9.TORAL Manuel (Aubenas Triathlon)	15h04:47
10. STERIN Guillaume (FRA)	15h05:22



Marcel Zamora

Top finisher females :

1.EISENBARTH VERENA (GER)	14h26:41
2.WALTHER Kathrin (GER)	16h15:14

Lake finier (females):

1. MAI Julia (GER)	13h57:11
2.CIAUDANO Carla (A.S. Monaco Triathlon)	15h13:08
3.DOM Elke (A.S. Monaco Triathlon)	15h13:08
4.BLEAS Camille (FRA)	17h36:25



3 questions to ... Cédric Jacquot, Top Finisher winner

1

What made you want to participate to this first edition of an extreme triathlon?

After the Embrunman, I wanted a new challenge, the Alpsman, a triathlon which seemed outstanding in France.

2

What type of preparation did you follow to prepare for this kind of event?

I was already prepared for Embrun on August 15th, so I continued the same training during 4 weeks plus 2 weeks of recovery.

3

Has it lived up to your expectations (conditions, organization, sport performance)?

This triathlon was exactly what I expected : extreme conditions as I like, great organization composed of devoted volunteers, consequently I did an unexpected performance after the hardest swim ever. Finally, I will meet you on June 10th for even more intense sensations !!



fizik.com/makingofchampions

MICHELLE VESTERBY, TRIATHLETE AND GOLD MEDALIST.
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fi'zi:kWomen

*MICHELLE VESTERBY, TRIATHLETE ET MÉDAILLE D'OR CHOISI FI'ZI:K R5B DONNA.



YOGA for Runners



Charlotte Ménard

Yoann Rochette Photography

The regular practice of yoga allows to improve the endurance, the mental strength and to make your muscles more flexible. Having a flexible swim, keeping an aerodynamic posture on the bike and extending your stride are three dimensions that any triathlete is looking for. Last month **BONK** has interested in the benefits of yoga to meet the needs of cyclists. This month, **BONK** focuses on the advantages of regularly practicing yoga for a runner.

When running, the strength of the impact on the ground can represent three or four times the weight of the runner. It can lead to tensions or injuries in the different muscular groups that are solicited (quadriceps, hamstrings, calves, abdominals, arm muscles such as deltoids, biceps, latissimus dorsi).

Yoga reinforces the articulations and develops the muscles where the runners most need it ; in the abdomen, the lower back and the gluteus. It also improves power, aerobic capacity and lung functions. This practice helps the body to get rid of toxins accumulated in the muscles and improves the cardio, which is particularly useful for runners who generally have a narrow rib cage. Finally, it improves concentration which allows the runner to deeply dig to develop his performances. Holding a yoga posture

is physically demanding, it constitutes an excellent way of developing your strength, your muscular endurance and your flexibility, main concerns of a good runner.

Yoga is considered as the essential element to respond to a prevention against the risks of injuries, a muscles and articulation flexibility and also develop a better understanding of your body.

This month, the **BONK** advice would be to initiate to a 10-minute practice of yoga after each run. We advise to hold each posture during two minutes. It is important to focus on your breathing, slow and deep to allow a full relaxation of your muscles. You inspire and expire through the nose.



Posture 1: the lifted hands salute (Urdhva Hastasana)

Inspire and lift up your arms laterally, turning your palms upwards. Your hands are facing each other and your fingers try to reach the sky. Open your rib cage, relax the neck and trapezium. Slightly arch your back at the level of the dorsals. Focus on your breathing : breath deeply or inspire deeply opening your rib cage.



Posture 2: the stork (Padahastâsana)



With your feet together, stretch out your legs, bend your body frontwards and put your forehead in contact with the knees, without bending them. Focus on the solar plexus. Breath easily and freely during the flexion when the posture becomes more familiar. This exercise reinforces the abdominal muscles and stretches harmoniously the dorsal muscles. Generally speaking, as any posture in front flexion, Padahastâsana efficiently fights constipation. It makes the hips thinner and the spine more flexible.

Posture 3: Posture of the head down dog, lifted leg (Eka Pada Adho Mukha Svanasana)

Lift your leg towards the sky while keeping the hips lined up as in the classical posture of the head down dog. This posture reinforces the whole body. Don't forget to practice with the other leg after.



Posture 4: Crocodile, lifted leg (Eka Pada Chaturanga)

From the posture Eka Pada Adho Mukha Svanasana, go down in Chaturanga with the eyes straight forwards, the elbows backwards and brushing against the ribs, you must keep a 90-degree angle with the elbows, your arms must be spread, do not go down too low to maintain the 90-degree angle.

Posture 5: the posture of the cobra (Bhujangasana)



The entire nervous system takes advantage of this Asana (posture) of the cobra, the nervous toning is pushed at an optimum way. The right muscles

of the abdomen are tensioned and the blood is propelled towards the backbone.

Lying down on the belly, palms of the hands on the ground, under the shoulders, expire deeply. Inspire slowly lifting the head and the trunk with extension of the arms. Contract your dorsal muscles. Avoid to carry your body weight with the arms, they must only prevent you from falling facedown.

Your legs must remain floppy during the exercise. With the low-belly on the ground, only the trunk must be solicited at its basis. Keep your head up. Increase the straightening by pushing slightly on the toning of the dorsal muscles and abdominals. The kidneys fully benefit from the Bhujangâsana.



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Fitletic offers a complete range of armbands to run with a cellphone, accessible thanks to the transparent True Touch window. Thus you can use your device during your session, without taking it out of the armband, which is very convenient to change your music, answer

the phone or go from one app to another.

Depending on how you use your device, you will find an adapted armband among the range



Hydralock armband

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The closing system follows three steps and allows to guarantee impermeability : first to seal the pocket, then to close the flap and finally to secure it with the velcro clip. Obviously, there is no question of getting the headphones out once the armband is sealed.

The armband is quilted to improve comfort and perfectly conforms to your arm in order to remain stable while a small pocket situated on the side of the armband will allow you to put your keys or a gel.

The presence of reflective details will allow to foster your visibility in case of bad weather.



Price : 40€



Surge Armband

It's the new ultra light phone armband of the brand and it is comfortable thanks to a flexible and elastic fabric which composes it but doesn't offer the softness of the other models. You have to make the good choice!

You can also put your keys in a small pocket and secure them thanks to a snap hook so that you don't lose them during your training.

Here, you will have 4 holes for your headphones so that the cable goes directly inside without being folded all over the place.

As for the rest of the range, the armband is perfectly maintained and the clamping, via a large velcro allows to adjust it perfectly.

The big reflective panel improves your security during your sessions in case of bad weather or in the early evening.

The Surge armband is available in two sizes depending on your arm diameter and it is suitable with phone models with the same size as iPhone 6 or 7, or Samsung Galaxy S6.



Price : 24,99€



Forte armband

The model Forte represents the most comfortable model but it's a little bit heavier than the Surge.

The shape memory foam conforms your arm and the inside of the tightening belt offers a pad. Your headphones have the choice between two holes while you can put a credit card in a small inner

pocket in addition to your keys or gel which will find a room in the outer pocket.

The two-way zipper secures the main pocket and allows an easy access to your phone.

As on the other models, reflective details are integrated in order to increase your security.



Price : 29,99€



Hydrating belt by Gabriela Sevilla



Fitletic hydration belt

360 ml flask
With pocket and gel carrier.

Belt S/M (61 cm-91 cm). The size is right, it's easy to settle by two sides of the belt.

On the cuff some small silicone pads designed to help maintaining the belt against the body and prevent a rebound when you run, perfectly fulfill their role.

This belt has a quite thick neoprene pocket which is waterproof. The pocket is not very big, you can put your keys, a credit card and mobile phone, but, if the phone is too big it will be hard putting it inside. If you try to connect the headphones you'll have to find another solution because even if you manage to do it, after several meters you'll realize that it's not ideal. You also forget tissues, to put



somewhere else ! There is a small convenient part inside to separate the keys and credit cards from the phone for example, which is appreciable to keep your phone clean.

You can find 4 compartments to put there gels if necessary.

The 360ml flask with the belt allows to hydrate during the race, it's enough for a short race. You can feel some rebounds when it's full but after drinking a little bit, it doesn't move anymore and you quickly forget it. The flask is leakage prevention. You can put it in the dish-washer and there is no disagreeable smell or plastic taste in the water which is very appreciable.

On the armband the reflective bands allow to run securely in case of low luminosity.



€ Price : 41,99€

Fitletic hydration belt

Two 250 ml flasks
With pocket and gel carrier.

We find almost the same characteristics as on the HYDRATION BELT 1 FLASK, same settling with the size S/M (61cm-91cm), same dimension of the pocket, we also find silicone pads, and the reflective bands.



The differences : the two 250ml flasks, convenient for longer races. We can feel rebounds at the beginning, but tolerable, and we have two and not 4 holes for gels.

€ Price : 44,99€

Fitletic quench

Two 360 ml flasks

It is the most complete belt. To do short joggings, it's not necessary to fill the two flasks. Indeed, the weight creates too much rebound, even if the belt has silicone pads to limit them, making it less comfortable then. However, once we decrease the quantity of water the problem disappears. This model is thus advised for trekking.

The pocket is not huge and you have to be careful except if you want to have at the same time an armband to put your phone.



€ Price :

9,99€ for the Race 1 and 10,99€ for the Race 2

All these accessories are available on
<http://www.accessoires-running.com/>

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