

TRI-max

MAGAZINE n°160

Triathlon - Duathlon - Aquathlon - Paratriathlon - Bike and Run - Swimrun



FOCUS RACES

70.3 Barcelona
Challenge GERAARDSBERGEN

PRO TIPS

Why should we do core training when we train for triathlon ?

NEWS

ITZU Tri Team, the new pro team by Luc Van Lierde

MEETING

Anja BERANEK, the future of female triathlon

Antony COSTES « Le Tigre »

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TRI-max N°160
MAGAZINE

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The french triathlete David Hauss chose trail running this year. New career ? He will participate some races of triathlon in french Grand-Prix with TC Liévin.



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cannondale



Alone or with a team, enjoy!

70.3 Barcelona will take place in May on the Costa del Maresme known for its sweetness of life, its landscape similar to a postal card and the conviviality of its inhabitants. There are just a few places left so don't be late.



You probably know Callela?

Situated on the Costa del Maresme on the Mediterranean sea, situated on the North-East of Catalonia, in the Province of Barcelona, it has become years after years a privileged place for athletes and especially appreciated by triathletes.

One must say that the climate, the landscape, the infrastructures are perfect for this practice.

For the fourth year in a row, Callela will welcome on May 21st the 70.3 Barcelona. A race which should gather on this edition almost 2500 triathletes. A few weeks

before the event, there are just a few places left, more than 75% of them are taken!

The course will be a one loop swim on the Callela beach. There will be 3 waves for the start : pro males, pro females, and age groupers. For the age groupers, the Rolling Start rule is applied.

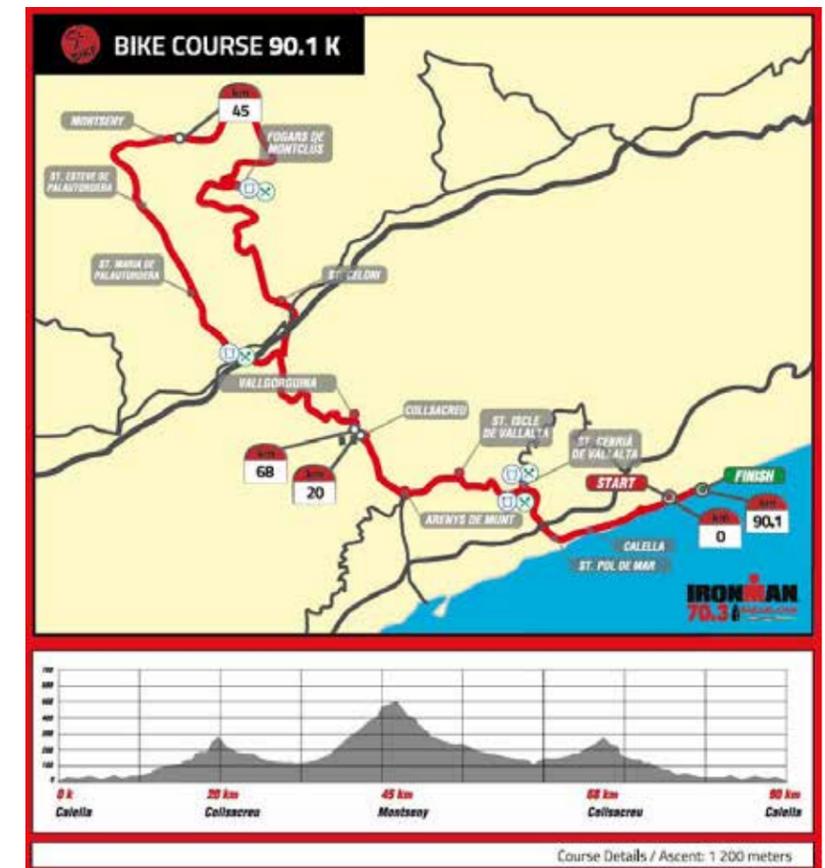
Then the competitors will ride the 90km inside the country, on closed roads. The bike course is a real challenge because it is not flat but still accessible (1200m elevation). The competitors should not leave too much energy to have the necessary lucidity to admire the landscape which surrounds them with a part in the Natural Park of the Montnegre integrated to the littoral Cordillera.

Finally, the run will take place along the coast until the Pinamar, in two laps with the finish along the sea.

A destination to choose with your family because besides triathlon, Callela is a popular tourist destination for its sweetness of life, its night life, its restaurants, its golden beaches and its water sports and outdoor activities. A walk through the historical neighbor is a must-have. The race goes through the famous lighthouse which has become a symbol for the city!

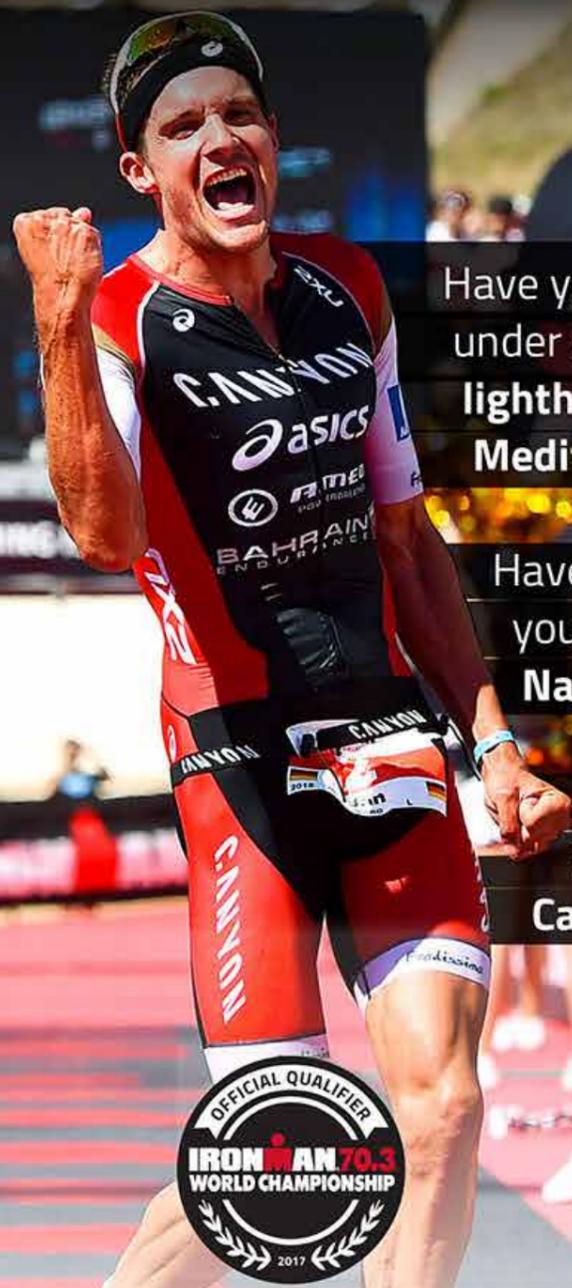


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MAY 21st, 2017
CALELLA, ESPAÑA

Have you ever swim
under an iconic
lighthouse in the
Mediterranean?

Have you ever ridden
your bike through a
Natural Park?

Have you ever
run in front of the
Catalonian crowd?

You can participate to this race in individual but also in relay. A chance to share a moment of sport in a magical setting without being a triathlon lover. The team race can be done at two (one competitor does two sports) or three.

So, what do you do on May 21st ??? Don't be late to register and still benefit from a price before the last change of price, planned after February 26th.

More info on :

<http://eu.ironman.com/triathlon/events/emea/ironman-70.3/barcelona>



Parcours course à pied



70.3



Challenge Geraardsbergen, a challenge like no other



Exciting landscapes, exciting courses



One of Belgium's most beautiful regions are the Flemish Ardennes, with their typical rolling landscapes, slopes and hills, green trails, vast fields and meadows. The region has nothing to do with the real Ardennes, but got its name from the typical hilly landscape.

In the midst of all that greenery is the quiet, little town of Geraardsbergen, or so it seems. The city is definitely passionate about cycling. The reason why is simple: with the Muur van Geraardsbergen and the Bosberg, Geraardsbergen often writes cycling history in races such as the Tour of Flanders and the Eneco Tour. As regular as clockwork, the town is flooded by cycling fanatics who just love to



cheer on their favorite athletes, which often ends in a big party.

This exact place is where next year the first triathlon in Belgium under the Challenge Family flag will take place. It will be a half distance triathlon, for individual athletes as well as for trio's. Fully

matching the ideas and spirit of Challenge Family, Challenge Geraardsbergen will focus on the athlete and his experience, putting him central, doing everything possible to give him the ultimate tri-experience. This race must be one to never forget.



Lake-to-lake swim

First, there is the unique setting of the three courses that will be responsible for this extraordinary race. The swim start in the lakes of the recreation area De Gavers is definitely special. Thanks to the beach start in waves, the swim course will be relaxed and fast.

Swimming from lake to lake through a corridor, these ponds have fun hotspots from where supporters can follow their athlete easy. The green, idyllic setting provides a pleasant touch and an instant holiday feeling.

Flanders' cobbles and bergs

The bike course is one of a kind: the typical "cobbles and hills" are well known in the cycling world. They are physically and technically an irresistible challenge for athletes, regardless of age or gender. It is a unique experience to be able to conquer this Tour of Flanders course in a triathlon.

After two passages on the Muur van Geraardsbergen, slalom through the hilly, green slopes: a fascinating and varied landscape which is never boring.

The transition area T2 is located in the picturesque town center, on the banks of the Dender and near the finish area. The foot course winds through the entire historic inner city. The course has a couple of decent climbs but has a lot of fast and flat sections to keep the race moving and exciting.

Here too, family and friends can easily feast along the route, enjoy the impressive performance of their athlete, and cheer him to the finish line. This is located on medieval market place of Geraardsbergen, in front of the impressive Sint-Bartholomeus church and the neo-gothic City Hall, under an encouraging look of the oldest little one of Geraardsbergen: Manneken Pis.

You thought only Brussels has a statue of a peeing little fellow? Manneken Pis of Geraardsbergen may not be as well known, but he is in fact 160 years older than his Brussels' little brother!

The half distance of Challenge Geraardsbergen is not the only challenge to take that weekend. In the Relay Challenge, three athletes accomplish the half distance, each one of them doing one branch. For kids and teens (6 - 14 year) there's an exciting swim-run on Saturday. There is also a superb open water Swim Challenge and a 5 km Female Challenge run for women only, and with a

NEW at CHALLENGE FAMILY



lot of fun stuff to discover after the race. Last but not least, there is a unique Four-Hours-The-Muur Challenge for teams: how many times can a team of cyclists conquer the Muur in 4 hours?

All info & contact:
www.challenge-geraardsbergen.com

See you the 2th of July 2017!



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THE CHAMPIONSHIP
SAMORIN - SLOVAKIA



Pending the season, meeting with A... Antony Costes



Mathilde DUPOUY

After 8 months in Thailand, Antony Costes « Le Tigre » will be back soon in his hometown in France to finish his preparation for 2017. Last year, he successfully added 2 international victories to his resume with the IRONMAN 70.3 Korea and the CHALLENGE Thailand. He also finished on several podiums and obtained a 2nd place at the Panamerican Championship 70.3 outpacing Tim Reed (the current World Champion on this distance) and being one of the very few able to rack the bike at T2 in front of Lionel Sanders this season. Truly motivated to succeed on the full distance, we had the chance to meet him and to talk about his goals for 2017 and the future:

What will you remember from Thailand on both sports and personal sides?

It will represent the beginning of my career as a 100% professional triathlete. The facilities at Thanyapura helped making this easier. It's like heaven for triathlon! It was also an excellent experience with heat and humidity conditions which I'm sure will be helpful later. On the personal level it was a rich human adventure: living in Asia helps seeing life from another perspective.



kept me motivated since very young. My point of view on that, demonstrated by many athletes such as Sebastien Kienle, Craig Alexander or Jan Frodeno, is that the abilities required to win Kona are close to the ones required to get a 70.3 world title. With this in mind, I am working to improve myself in long distance triathlon.

For you, the IRONMAN distance is...

The gold standard, and this plays a lot on my motivation to succeed on this distance. On the other hand, it doesn't mean that it is the distance I would have created to get the most complete triathlete at the end, mainly because the swim is underrated in my opinion. A 4,5km/120km/30km or a multiple seems more adequate to me in order to highlight the strongest athlete in the 3 disciplines.

You go back to France in March. Is it definitive return?

Yes it is. However I will come back in Thailand with pleasure for training.

What strategy will you have for 2017?

I will take my time to train during long periods in order to keep improving myself. The exits from my den are going to be more spaced and targeted...

Can you share with us your calendar for this year?

I will start my season the 22nd of April on the IRONMAN Texas (North American Championship, P4000). It will be my main goal for the start of 2017. I will pursue with the IRONMAN St George two weeks later the 6th of May (70.3 North American Championship, P1500) to benefit from my trip to the US and to participate to another world class event. The following remains to be determined.

You were ranked 5th at the IRONMAN 70.3 World Pro Ranking 2016 and you are currently at the 12th rank in 2017. Have you ever thought about focusing 100% on the 70.3 Distance?

For me the Graal is Kona and it is a dream that

According to you, this kind of quest has to be done alone or accompanied?

When I am racing, I am alone but that does not mean that my surroundings do not have a huge contribution in my results. Mathilde, my future wife is with me daily and takes care of the logistic and marketing and she's the one answering this interview instead of me right now (just kidding!). Nicolas Hemet, my coach since 5 years now is a key element to my achievement and we don't run out of ideas to improve ourselves. I work with Cyril Deblois who is bringing his expertise on the psychological aspects of the performance. Georges Soto-Romero is my scientific advisor and on that subject we also never run out of ideas. Gilles Sorel is my lawyer specialized on sports. Last but not least, Jacky Everaerd is my manager and handles all the sponsoring relationships.

Will you participate to the French Grand Prix with your team Triathlon Toulouse Metropole?

MEETING

The variety of distances is something that I love in triathlon. If I can be of any help for my team on the Grand Prix, I will be there with pleasure! The density of short distances races is great: no mistakes are forgiven and it brings me useful skills for longer distances. I don't know yet which Grand Prix events I will be part of. This is going to depend on my results at the beginning of the season.

Do you have a sport model or a famous person to whom you refer?

In the world of sports, Michael Jordan for his perfectionism and his will to be the best one in his field. It's a common point that few people are aware of that I also found in Michael Jackson in the entertainment kingdom. In the scientific community, Albert Einstein represents also this absolute in my representation.

When you started triathlon, have you ever imagined being where you stand today?

I had no thoughts about it or projection. But I always had this deep will to get better. I made my best to apply it daily and I will keep doing so.

What did you do yesterday for training?

A nice day! 5h bike with a chaotic weather: from a pouring rain to a massive heat. In the afternoon I did a 30' run session with some Ironman pace and 15' easy swim. Already 2 of the 17 weeks separating me to the IRONMAN Texas have been done since the start of my training block. I am counting weeks with impatience, while ensuring that they are properly filled.



Have you thought about the « after triathlon »?

Yes, my conception is the following: even though the « master » performances keep on improving, in particular in triathlon, I know that it will get complicated to keep racing at high level after 40-45 years old. So I enjoy the years I have in front of me to realize my goals. Now that I have obtained my PhD in Biomechanics, I will be able to work in this field when I feel like it. Currently, I am still involved in some scientific projects during my free time to keep a foot in this universe that I am passionate of. One of my ideas would be to develop the first swim powermeter usable in the field. Some projects exist in the world but nothing comes close to the solution I have in mind and started to put together with Georges Soto-Romero. Time is missing to push this project, but it will come.

What best can we wish you for this year?

To keep moving forward, cross the finish line of an Ironman happy with my performance and to keep enjoying my sport.



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ITZU Tri Team, the new pro team by Luc Van Lierde



On January 18th, the new professional team has been presented to the press in the Flanders Bike Valley.

Letting the athlete develop himself, supporting him among a professional structure which allows him to focus a 100% on his sports and his benefits, that is the Itzu Tri Team goal. A team managed by the famous Flemish coach Luc Van Lierde. TrimaX-magazine was at the presentation...

The origin of the team comes from the encounter between Koen Janssen, Limburger business manager, and Luc Van Lierde, a legendary Belgian triathlete. The project has been on its way since last year and was formalized by the presentation of the Team on January 18th. It's a dream that Luc Van Lierde has been imagining for several years.

As main sponsor, the society Itzu is committed to this team for several years.

In the choice of his triathletes, Luc Van Lierde wants a team composed of young talents in order to make them improve. He has known these talents for several years because he was already their coach. This relation coach-triathlete will thus begin expanding with all the structure established around the team.



TEAM

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Luc Van Lierde

TrimaX-magazine : During the presentation of the team, we realize that it's a very young team. Is this a will of Itzu, of yourself or a common choice ?

Luc Van Lierde : They are all young triathletes that I've trained since one, two or even 4 years. The goal is to train young athletes and give them time to improve. Right now, we're not interested to integrate a very high level triathlete, 35 years old or athletes who already have the potential to win Hawaii now. Our goal today is to only take young athletes and see their evolution after 2 or 3 years.

TrimaX-magazine : Finally the choice of these 4 triathletes is a logical continuation of yourself as a coach ?

Luc Van Lierde: Yes, it's possible that the athletes who are currently in the team can in 2 or 3 years take a TOP5 or TOP3. But I don't say that they can't stay... I would like in the future that all these triathletes remain in the team while also having young rookies.

TrimaX-magazine : As regards partners, have the Belgian partners followed you in the adventure ? Or was it difficult to convince them in a sport which is not very publicized in Belgium ?

Luc Van Lierde: The structure was in the team. We have partners which take care of the «social network» for example and which give to the sponsors everything we have to give them. It's not only coaching and having results, it's much more than that. With Koen (administrator commissioner of Itzu) and his team, we perfectly fit on this point.

TrimaX-magazine : Has Alexandra Tondeur, who participated to Hawaii last year and who will certainly do better this year, helped?

Luc Van Lierde : Alexandra is a big talent, I've been coaching her since June 2016. There is a big potential. In my opinion, she is an athlete who can find a place in the TOP10 in Hawaii this year. But we know that it was very difficult to qualify because for women, there are only 35 of them who can go. It's not easy. When you are there, you have to be a 100% ready. Many athletes race too much and are qualified. But once in Hawaii, they have lost their condition and are not in a good shape anymore.

Regarding the triathletes...

The first four triathletes chosen to represent the Itzu Tri Team all along the season 2017 are the Belgian Alexandra Tondeur, Amber Rombaut, Kenneth Vandendriessche and the Spanish Saleta Castro.

Alexandra and Saleta, both aged 29, have specialized in the Ironman distance and hope to integrate this season the top 10 of their sport.

On the other side, Kenneth, 25 years old, long distance duathlon European champion, will keep improving in triathlon, with a goal of winning his first victory on Ironman 70.3.

Still a junior (18 years old), Amber will progressively keep discovering her transition to the Olympic Distance while combining her medical school.

Prominent partners

The project couldn't have been realized without the participation of strong partners, each of them at the forefront of their field. They have all contributed to the professional structure and the equipment of the Itzu Tri Team, allowing the athletes to match their ambitions. The Itzu Tri Team can rely on the following partners: Itzu, Bioracer, Endless Pools, Chaintec, Ridley, CEP, Lazer Helmets, Shimano, FFWD, Contigo, Hiddit, Hands, Stadsbader, Foederer, ECS, Zone 3, Delen Private Bank and Scio Productions.

About the coach :

Luc Van Lierde

This 49-year-old Belgian (Bruges) is a former triathlete who has become a coach. We can remember from his triathlon career, his two victories in Hawaii and his 2 titles of Belgian athlete of the year.



About the triathletes :

Amber Rombaut

Amber is the youngest of the team. She was born in Gand (Belgium), on may 10th 1998.

She is Françoise Wellekens' daughter, 4 times long distance world champion in age group.

Main goal:

- Tokyo 2020

Goals 2017:

- Last year in junior
- Preparing the transition to the olympic distance, with the Volcano triathlon in Lanzarote at the end of April.



Alexandra Tondeur

Born on march 20th 1987, she is from Namur (Belgium). She has returned to triathlon in 2013 after a period off. She has first started with her own team and then with Luc Van Lierde.

Main goal

- TOP 10 à Hawaï

Results 2016

- 2nd IM Lanzarote
- 2nd triathlon MD de Cannes
- 1st half-marathon Nivelles
- 1st National MD Eupen

Races 2017

- 02/04 Ironman South Africa
- 29/04 Volcano Triathlon Lanzarote (1/4)
- 20/05 Ironman Lanzarote (to be confirmed)
- 18/06 Euro 1/2 Danemark
- 06/08 Ironman Maastricht (to be confirmed)
- 14/10 Ironman Hawaï



Saleta Castro

Born on November 3rd 1987, Saleta is a Spanish triathlete, from Pontevedra in Galicia (Spain). She integrated the Olympic distance Spanish team until her last U23 year.

Goals 2017

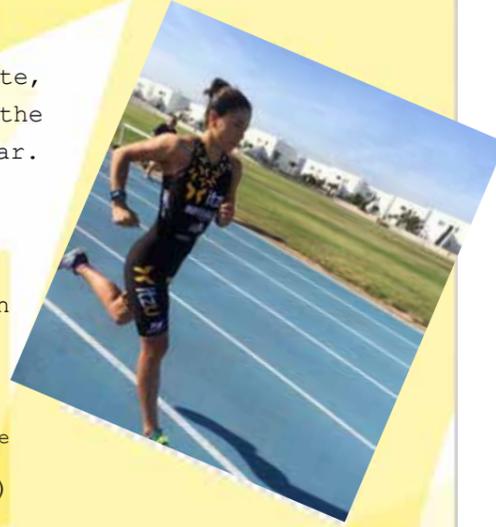
- Trying to win a 70.3 ou 140.6
- Go back to Kona

Results 2016

- 2nd IM Maastricht
- 6th IM Francfort

Races 2017

- 12/03 Ocean Lava 1/2 (Spain)
- 29/04 Volcano Triathlon Lanzarote (1/4)
- 20/05 IM Lanzarote
- 11/06 International 1/2 (Spain)
- 18/06 IM 70.3 Luxembourg
- 06/08 IM Maastricht (to be confirmed)
- 13/08 IM Hambourg (to be confirmed)
- 14/10 Ironman Hawai



Kenneth Vandendriessche

Born on August 6th 1991 (25 years old) and from Ruddervoorde (Belgium).

He is a specialist of duathlon. He trains hard in swimming in order to be able to perform in triathlon. He will be the only man of this promising team.

Main goal :

- He will try to win his first success on IM 70.3

Results 2016

- 2016: 1st Belgian Championships
- 1/2 Triathlon Eupen
- 1st Euro Duathlon Copenhagen
- 1st Club La Santa Volcano Triathlon (1/4)
- 2nd IM 70.3 Lanzarote
- 10th Euro 1/2 Triathlon Walchsee-Kaiserwinkl

Races 2017

- 16/04 Cannes Long distance (2-100-16)
- 29/04 Volcano 1/4 Lanzarote
- 21/05 IM 70.3 Barcelona
- 18/06 IM 70.3 Luxembourg
- 24/06 Bruges 1/4 (to be confirmed)
- 06/08 Belgian Championships 1/2 Eupen
- 03/09 IM 70.3 Lanzarote
- 24/09 IM 70.3 Mexico (to be confirmed)



Follow the team

<http://itzu-tri-team.com/>

Kenneth et Alexandra

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Why should we do core training when we train for triathlon ?




Jean-Baptiste WIROTH
 Doctor in Exercise Physiology
 Founder of WTS – The Coaching Company

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Core training, what it is?

Core training includes a whole set of exercises of muscular reinforcement which aim at toning your muscles and increasing the muscular strength of the trunk, especially in the lap belt (perineum, pelvis, hips), the lumbar and abdominals and the pectoral girdle (pecs, shoulders, neck).

These muscular groups have a main role in the holding of the posture. They allow the good transfer of strengths between the legs and arms, which is fundamental in triathlon.

Core training is thus a must for those who want to have a good general physical condition, avoiding injuries and building a nice physical peak. Indeed, to succeed in the season, you have to peak physically at the right time, especially during the objectives. The notion of waveform peak can be compared to a pyramid : the wider the basis is, the higher it is possible to climb. The foundations of core training are thus fundamental to build a nice pyramid !

The 7 basic exercises of core training

I've noted 7 basic exercises which can be practiced at any moment without particular material.

1- The sphinx (or board)



Procedure : supported on the elbows and on tiptoe, hold the body horizontally properly aligned and your head up. Do the exercise in front of a mirror to control the position

In practice : Begin with 30 seconds efforts, then increase progressively the time of work sessions after sessions. The more we keep the supports away (elbows and tiptoe), the more difficult the exercise is. Think about breathing regularly during the exercise by emptying your belly when you expire and relaxing the belly when inspiring.

The sphinx is a static exercise, fundamental to tone the deep muscles of the trunk, mainly situated along the spinal column. It also contributes to reinforce the pelvis, the abdominals and the shoulders. It's an important exercise, and if there was only one to remember it would be this one !

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2- The lateral Sphinx



The lateral sphinx is similar to the normal sphinx but with a position from the side.

procedure : supported on one elbow, hold the body well aligned from head to toe.

In practice : start with 30 seconds efforts, then progressively increase the time of work sessions after sessions.

3- The push-ups

Push-ups are more or less a sphinx with arms outstretched, to which you add flexions/ arm extensions. Push-ups seek arms (triceps), pecs, shoulders, spinal muscles.

Procedure : Push on the arms holding the body properly aligned. Go up quickly, go down slowly. Do the exercise in front of a mirror to control the position.

En pratique : Start with series of 8 repetitions, then increase progressively the number of repetitions sessions after sessions. The more you lift your feet compared to the level of your hands, the more difficult the exercise is. The stronger



we push, the more the muscle works in power (strength AND speed). Think about expiring on each push (while emptying your belly).

4- The crunch

The crunch is a dynamic exercise which consists in lifting the shoulders thanks to the contraction the abdominal muscles.

Procedure : Lying on the back, legs folded, put your hands on your temples, then bring them on your knees by lifting your shoulders from the ground.

In practice : Start with series of 20 repetitions, then increase progressively the number of repetitions sessions after sessions. Think about expiring on each repetition up (while emptying your belly).



5-The Squats



Procedure : The start position is standing up, feet apart by 30-40cm. Bend your legs till your thighs are horizontal, while keeping your heels on the ground, then push on your legs to come back on the start position (stand up).

In practice : Start by series of 8 repetitions, then increase progressively the number of repetitions sessions after sessions. To increase the muscular constraints, it is necessary to push

The squats are dynamic movements which consists in doing leg extensions by maintaining the torso on a vertical plane. This exercise is not in itself a core training exercise, but it has a main interest for the reinforcement of stabilizing muscles of the trunk, while emphasizing on the leg extensors (gluteus, quadriceps, hamstrings, calfs).

«strongly and quickly» and to come back slowly to the start position ; the muscle works then in power. Think about expiring on each push (while emptying your belly).

6-The lunges

The lunge is a genuflecting movement.

Procedure : the start position is standing up. Put one leg frontwards doing a large stride, then bend your legs until the knee of the back leg brushes the ground. Come back to the initial position and do that again reversing legs.

In practice : the exercise is very interesting because it combines reinforcement of the leg extensors, stretching of the psoas muscle and gluteus, and the work of balance. Start by series of 10 repetitions, then increase progressively the number of repetitions sessions after sessions. To



make it harder, you can also realize the exercise with a barbell in each hand.

7-The Burpees



The burpee combines a push-up and a squat, and finishes with a vertical expansion.

Procedure : Do one push-up and bring your legs under the torso, then push as hard as you can on your legs.

In practice : As the exercise is very intense regarding the cardio, start with series of 5 repetitions, then increase progressively the number of repetitions sessions after sessions.

The expert answers you

« I've been doing triathlon for 3 years and I think I have a good muscular structure. This year, I will do my first Ironman, do you think I should do core training? »

Indeed, the regular practice of swimming probably allows you to have a better muscular structure than most people. However, it's probably not enough, especially if you want to do long distance triathlon. Indeed, one of the keys of performance on Ironman is to push away the neuromuscular tiredness. To do so, you need to have an important

endurance background, to manage well your effort during the race but also to have an optimal general physical condition. A good muscular strength will allow you to maintain a good efficiency, especially during the marathon. A solid basis of muscular strength will help you to push tiredness away. So I advise you to do 2 to 3 sessions of core training during all your preparation, including during the last weeks before your goal.

Number of sessions depending on your level and type of practice

Number of sessions per week	Beginner	Average	Expert
Triathlon S	1	2	3
Expected gain	Learn to understand the reactions of your body to a muscular constraints	general toning	Gain of power
Triathlon M	1	2	3
Expected gain	Learn to understand the reactions of your body to a muscular constraints	general toning	Gain of power
Triathlon L	2	3	5
Expected gain	Prevention of injuries	Prevention of injuries	Better return at the end of a race
Triathlon XL	2	3	5
Expected gain	Prevention of injuries	Prevention of injuries	Better return at the end of a race

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Meeting with Anja Beranek ...



Anja Beranek represents the future of female triathlon on long distance races. She became a professional triathlete 5 years ago and prevails on the races labeled with many podiums and victories. Her season 2015 made her a famous icon with impressive wins: German Long Distance Championship, IRONMAN Wales, and last but not least IRONMAN St. Pölten where she claimed the win in front of the Olympic medalist Nicola Spirig. Furthermore, she realized a stunning season 2016. Anja seems to progress years after years without adding any failures to her success. Her work made her today 3rd of the IRONMAN ranking of the "17th personality to watch in 2017" –men included. She is currently the only female athlete able to compete with Daniela Ryf on the swim/bike part in Kona. Spreading kindness around her, we had the chance to meet her in Thailand and to converse with her on her past season and her bright ambitions:



Who's in your racing team?
My racing team (and team for life :-)) is my partner Marco.
We have got several experts we are happy to get the chance to work with...triathlon coach Dan Lorang, swimming coach Hannes Vitense and great sponsors (Rowe, N-ERGIE, Mercedes, Cosinuss, Skechers, DT Swiss, Kuota, 2XU, Rotor, Garmin, Playitas, ...)

You are currently in Thanyapura, Thailand and leaving tomorrow. How did you find this training center?

It was my first time in Asia...so the first days have been a bit difficult to get used to the foreign culture. But after a couple of days I adapted quickly and drove the scooter against the highway direction like all thais do. :-)

The training conditions in Thanyapura are great... nice pool, great gym and perfect wellness zone in the middle of the jungle.

The roads are surprisingly smooth and there are very nice places to discover by bike.

You will go to Playitas after that, do you find it hard to train in Germany during the European winter?

Yes, Playitas is my second home for the last four years. During the German winter it's nearly impossible to bike outside...so I spend a couple of weeks on Fuerteventura which is in my opinion the perfect place to train in wintertime.

What are your 2016 results?
- 4th place IRONMAN World Kona
- 1st place CHALLENGE Half

Fuerteventura
- 1st place IRONMAN 70.3 Kraichgau

Hello Anja, thank you for taking time to answer our questions. Can you please introduce yourself to our readers?

Hi - My name is Anja Beranek, I am 33 years old, blond, 165cm tall, 56kg, come from Germany, I have studied business economics and worked in marketing...sounds boring? Ok...maybe a bit more personal...I am passionate about IRONMAN and happy and thankful to get the opportunity in my life - following my dream. Since 2012 I am racing as a Pro and I am very happy with my development and results in the past years....IRONMAN Champion, European Champion, podium IRONMAN 70.3 World, 4th place IRONMAN World Kona.

Why did you choose triathlon over another sport?
I have a favor for long endurance sports and like to challenge myself in training and races. I like the variety of the three sports but for me triathlon is more than swim, bike, run. It's a team sport, it's a mental sport, it's about travelling, it's discovering yourself and foreign countries, and it's meeting great people and getting friends with them all over the world.

From our side, you did an excellent season. What word would you use to define this past year?
Good season with an amazing highlight and happy end in Kona.





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What sort of training helps you improve your IM performance? Can you share one session with us?
Hard to say...my coach says it's not one session... it's the total and constant training.



Have you made your calendar for 2017? Kona will be the big goal and the other races I am not allowed to publish yet. :-)



Is your main focus on Ironman distance, Half Ironman distance or both?
I would say both...but IRONMAN distances have a higher priority and passion.

What is your nutrition plan during an IRONMAN?
I take gels and around 70g carbohydrate per hours, on hot races sodium and water.

What is your greatest memory in triathlon?
Very hard to say because there are so many great memories...here are some...finishing my first long distance race 2007 in Roth, winning IRONMAN 70.3 Sydney with the special olympic flair and

feeling that special Australien way of life/race. Biking and following as the only one Daniela Ryf this year in Kona. Winning IRONMAN 70.3 Kraichgau and jumping and celebrating this victory with my partner.

What makes you jump out of bed in the morning to train?
My goals and dreams are motivating me every day to train hard. I want to challenge myself and be the best I can be.

What do you like to do outside of triathlon?
I like to spend time and having adventures with my partner, family and little dog. I love camping and biking and hiking.

Where do you see yourself in 5 years?
Hopefully having an own lovely family with nice kids.

Last word...
Follow your dream and smile! :-)

Thank you Anja, we wish you all the best in the future and hope that your dreams come true!



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Find your own perfect saddle

MyOwn is the innovative fitting system developed by Prologo: a new way to find the saddle that best suits your needs. Thanks to the kit and the advanced software you can identify in a scientific way the best saddle for your physical features, in four simple steps.



1 Choose your end use

Select the cycling level of the client by specifying the level of experience: Friendly user or Expert. Each discipline has its own characteristics, for example different movements and stresses will change according to the level of the cyclist. The saddle must take into account this diversity in order to improve the performance of every cyclist.



2 Measure your ischial bones

In this step you will need to measure the space between the tuberosity of the ischial according to the gender and individual characteristics. To make this detection on 'My Own Station', sit and keep the knees at 90 degrees, hold the handles on the side and press your weight on the gel.



3 Measure your lumbar flexibility

This second measurement is made with a digital inclinometer (or level), in a flexed position of the individual: sit on 'My Own Station', separate your legs and lean forward until you touch the floor with the palms of your hands.



4 Calculate your BMI

To end the process, the software asks the BMI (body mass index) of the cyclist. Just enter the weight and height in the screen, and the software automatically calculates the value. This is important to determine the force exerted on the seat. By clicking on SEND, the software will choose the most suitable saddle and will also suggest possible variants.



The result

After doing each step as indicated, the software processes the detected data giving as result the saddle that best suits the physical characteristics of cyclist.



Bluetens, a novelty in the field of electro-stimulation, offers today a device that you will not hesitate to take with you, everywhere !
 Indeed, when it's time to go to a training camp or to a race, once your bike in the case, the bag with your running and bike shoes, your helmet, your wetsuit,... comes the moment to ask yourself about bringing or not your electro-stimulator! With the Bluetens you don't ask yourself anymore this question and you can take the use of electro-stimulation back.

Small reminder for those who wouldn't be familiar with electro-stimulation !

We speak thus here about electrotherapy. A technic which, thanks to low power currents applied on the surface of the

skin thanks to an electrode, will stimulate the muscles in order to warm them up, reinforce or relax them.

This technic is commonly used in medicine but also in sports (physiotherapy, coach,...).

Presentation of the Bluetens



When unpacking, Bluetens offers a very nice packaging which confirms the care given to the finish of the device. It goes with a small guide to start which allows you to quickly begin the device.

- The whole is composed of :
- The famous 25 gr casing,
 - A USB charging cable,
 - A bond wire for the electrodes,
 - Two sets of electrodes (small and large),
 - And finally a nice and very convenient small travel case.



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MATERIAL TESTING



The main asset of the Bluetens is to be a connected object. It allows to deport the electrostimulation programs to your phone and thus to offer the Bluetens casing for only 25 grams!

The Bluetens has an autonomy of 5 hours (for one hour of charging), which allows you to do a dozen of programs of 25/30 minutes. To charge it, you just have to plug the device thanks to a micro-USB/USB cable . You can plug it directly on your computer, either on the computer, either on an electrical outlet thanks to an adaptor. It's not possible to use the Bluetens when it's charging, this limitation is an obligation of the medical certifier in order to avoid any risk of electrocution.

Before the first use, you now have to download and install the application iOS or Android which allows you to use the casing of electrostimulation via your Smartphone.

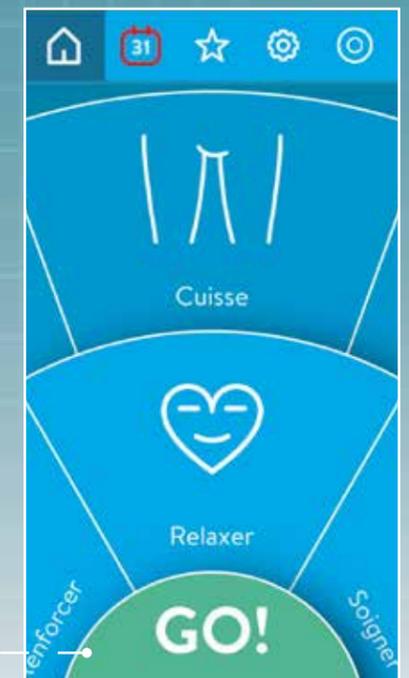
Then it's very simple, the Bluetens is automatically recognized by the application, there is no necessary adding device. Thus, you are ready to use the Bluetens, and take advantage of the ease of use without sacrificing the richness of its functionalities.

First use :

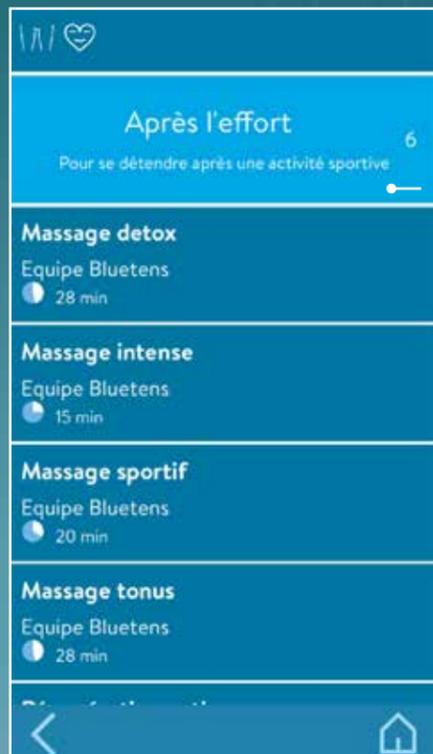
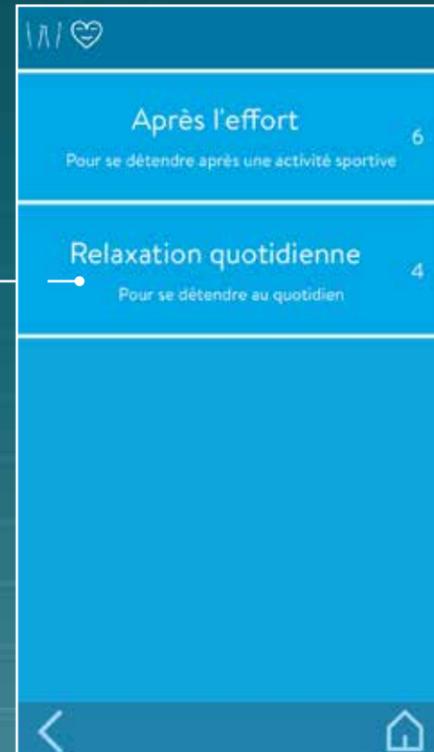


Bluetens once again boasts simplicity, the use of the electrostimulator via the application is very intuitive.

On the screen, we first choose the zone the body that we want to treat : thigh, knee, calf, ankle, foot, arm, elbow, forearm, wrist, upper back, back, lower back, belly, buttocks.



The second thing to do is to choose the type of work that we want to apply on this zone : muscle strengthening, relaxing or treating a pain.



The application offers a selection of programs adapted to our needs that we can choose. You should know that this selection is different depending on the zone to treat : you won't have the same propositions of programs when you choose «healing»+»knees» or «healing»+»thighs».

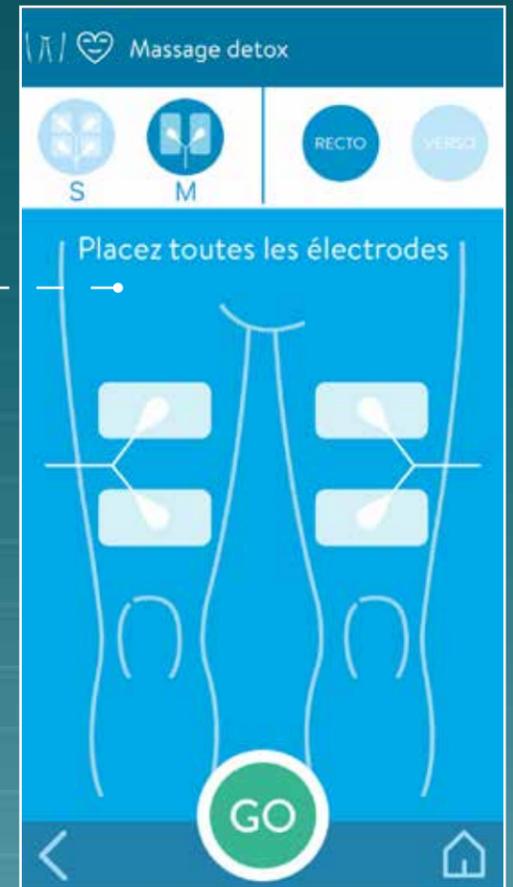
A description is associated to each of these programs in order to refine our choice. At this level it is also possible to add this program to your favorites or again to add to your agenda for your planing.



Last interesting and accessible functionality on this screen, the possibility to download the program on the electrostimulation casing in order to start afterwards without having to access to the application via your smartphone.

Obviously, the application is evolving and allows Bluetens to enhance its basis of programs regularly.

Last thing to do before the start of the session, the application shows you a screen in order to place at best the electrodes on the zone to treat. Several possible choices : the use of 2 big electrodes or 4 small ones, and double-sided for some zones (thighs for example).



We know have to launch the «GO» and settle the intensity either via the application either thanks to the thumbwheel of the casing. Once the program is launched, you don't need your smartphone anymore.

Finally, these stages are extremely intuitive and only a few seconds are necessary to launch our electrostimulation program.

At use :





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MATERIAL TESTING

We could use the Bluetens during several months in order to test as many functionalities as possible, essentially in relaxation and strengthening but also sometimes to treat small pains.

Its efficiency is formidable in relaxation mode to facilitate recovery after a good session or a big weekend of training. The recovery programs are very varied and the feelings of «massage» are very agreeable.

A small damper compared to some competitors, it's not possible to settle the intensity of the canals independently the one from the other. Indeed, sometimes you can have a different muscle answer from one side to another, and you'll have to lower or increase the intensity of all the electrodes at the same time. The use is more simple but we lose a little bit of precision.

The second most useful type of program for triathletes is the muscle strengthening, and again the application offers many varied programs to treat different interesting zones. We mainly used it on the thighs in this period of winter training.

It is then possible to work brute force, resistance and endurance. It's very interesting for the adepts of the home-trainer who can combine their sessions with a program of strengthening ! Be careful with soreness! If you want to work the two thighs at the same time, you will have to use large electrodes, which means that it needs a little bit more precision when you put the electrodes in order to apply them correctly on the motor point of the muscle. The solution to remedy it is to use the four small electrodes but it demands then to do one thigh after the other. Not very convenient when you want to quickly follow your bike session by an electrostimulation session for example.

During our testing, we focused on the recovery and strengthening programs, but it's possible to use it for the treatment of different pains.

The electrical stimulation turns into a «painkiller» electrotherapy which by stimulation of the nervous

fibers will produce endogenous analgesic. These painkiller substances naturally produced by the body aim at acting on the receptors in charge of modulating the answer to pain or stress. Somehow we will «hide» to our brain the information of the pain.

We really appreciated the fact to be able to bring our small casing everywhere, above all during our travels. It becomes usual to do a small relaxing massage at the end of the day or after a training session.



MATERIAL TESTING

The advantages of the Bluetens are :



- its price (149€)
- the concept as a whole : nomadic, connected, light, intuitive but efficient !
- the application : simple and evolving thanks to new functionalities available after each update.

The disadvantages :



- impossibility to adjust the intensity independently for a use on the two legs for example.

Level of reliability : no problems on the last months of use and it's good to know that the casing has a 2-year warranty.

In conclusion



The Bluetens is the ideal complement to your training if you don't have today an electrostimulation device or if you think that yours is too cumbersome !

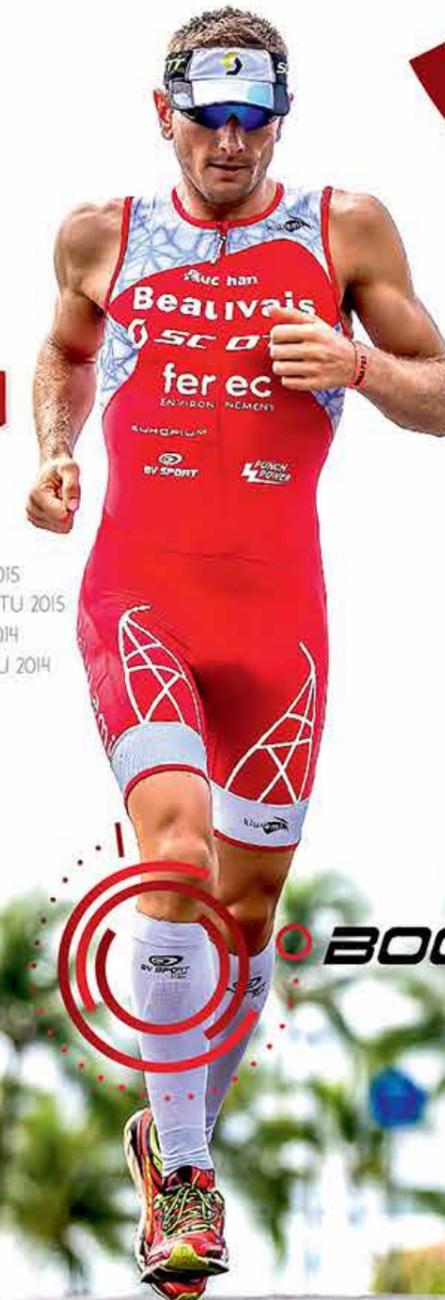
Perfect to bring everywhere, you will appreciate daily its recovery programs and you will use it as an ideal strengthening complement to your bike sessions for example.

<http://www.bluetens.com/fr/>

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