

TRIATHLON - DUATHLON - AQUATHLON - PARATRIATHLON - BIKE AND RUN - SWIMRUN

A WIND OF CHANGE THROUGH TRIATHLON

FILE

Wind-tunnel testing :
breathtaking results!

RACES

Superleague : Let the show begin !
WTS Abu Dhabi : Gomez and Hewitt winners

FOCUS RACES

Challenge TØNSBERG : race to the worlds end
Challenge MADRID : Don't wait !
Ironman 70.3 BARCELONA : always striving for the best

PRO TIPS

Training : **no pain no gain**
Nutrition : **Are your iron
stocks enough for 2017 ?**

MATERIAL

Be performant with Ekoi
Prologo T Gale PAS CPC
Feedback Sports Omnium
Fizik R4B Donna, the beautiful Italian !

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

J. Gomez Noya

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TRI-max N°161
MAGAZINE

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Challenge MADRID, Don't wait



for other triathletes to tell you about it!

Have you ever imagined crossing the finish line in a place that is visited and photographed by millions every year?



Start training because it is time for you to discover Madrid from its unknown Sierra to its emblematic Puerta del Sol. Starting at Pantano de Riosequillo in Buitrago de Lozoya, triathletes will have to swim a distance of 3.8 Km. Passing famous mountains passes (Canencia, Morcuera, Cotos and Navacerrada) on the 180 km cycling split will lead you towards Madrid before changing to the Run with 42.195 km. Crossing Puente del Rey and Passing Casa de Campo, the competition ends in an amazing final at Madrid's heart and center: Puerta del Sol.

Madrid will make available to all triathletes an excellent transport service that unites all the transitions so that your friends and family can live your experience closely.

In September 24th, 2017 you have the chance of being participant of this unique event! A family experience that will make you discover all the different faces that Madrid and its surrounding areas have; meeting its friendly and open people and, of course, enjoying the tasteful Spanish gastronomy and its famous tapas.

More information:

www.challenge-madrid.com



Long Distance



www.challenge-family.com

CHALLENGE TØNSBERG : race to the worlds end ...



Explore one of the most scenic triathlon course in the world in the wellknown and beautiful region of Norway.



Scenic course – amazing landscape

The heart of the race is in Tonsberg - founded in the year 871 and thus the oldest town in Norway. Tonsberg region is best known as a summer paradise, but the region has qualities all year round with both idyllic pearls and active pulse.

Our ancestors could have settled anywhere, but they chose Tønsberg. Our location is fantastic, and it can't take that away from us. From the sea and the good life, it soon just under an hour to get to Oslo

Proud tradition

Tonsberg region has long traditions in shipping, industry and trade. The story goes back to the Viking era, and the city settled in earnest as marine and trade already from 1750. Trade remains an important industry for the region.

Tonsberg region is an amazing gem with a unique archipelago, and a living vibrant cultural life. Although the region is best known as the summer city it is a region that has much to offer all year round.

Welcome to us!



The Course

Your journey begins in the idyllic "Rosanespark" where the swim takes place in the sheltered and idyllic Tønsberg fjord.

Then you cycle on the famous island Nøtterøy, also

FOCUS RACE

known as where all the beautiful women lives, in a varied and beautiful landscape alternating between small houses, through farms and along the seafront will bring you to the beautiful Vrengen bridge and to the island Tjøme.

Tjøme is known as Norway's vacation paradise no. 1!

Here you cycle among rocks and picturesque small houses until you come to World's End. And just think, you are going to ride the same course twice!

Well back to Rosanes, waiting running shoes and you are ready to assume the historic town of Tonsberg. As you cross the landmark Channel Bridge you are already in Tonsberg city. Running will take place along the famous pier in Tønsberg and into the bird sanctuary before to «climb» up to the iconic landmark "Slottsfjellet". Then down at the pier in Tønsberg again and this experience you get twice!

The finishing line is laid to heart of town – Tønsberg Pier.



A variety of bars, restaurants and spectators will wait for you and applaud you in.

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Welcome to Challenge Tønsberg 27. August.

More information:
<http://www.challengenorway.no/>



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01 & 02 JULY 2017



70.3 Barcelona : A race always striving for the best



Less than 2 months before your race, how is the competition situated in terms of participation ? field ? what is the most represented nation ?

Fortunately, as with many other IRONMAN 70.3 races around the world, there are many countries represented in our race. This multi-cultural participation is one of the best points of IRONMAN 70.3 Barcelona. After Great Britain, the most represented country, Spain, France, Netherlands and Ireland make up our TOP 5. In total, 2500 athletes from 60 countries will be represented in IRONMAN 70.3 Barcelona

What are the differences between this edition and the last editions ? Do you feel a difference regarding popularity ?

We are always working on improving our athletes race experience and we know that people who choose IRONMAN 70.3 Barcelona to achieve their sport goal deserve the best from our staff and we have a real commitment to this. We hope the 2017 edition of IRONMAN 70.3 Barcelona will be better than 2016 but worse than 2018 edition.

A lot of famous triathletes have already participated to this competition. What has contributed to the reputation of your manifestation ?

You're right! Great triathletes like Jan Frodeno,

Eneko Llanos, Frederik Van Lierde, Camila Pedersen or Eva Wutti have raced IRONMAN 70.3 Barcelona. All of them choose our race because the swim, bike and run courses are ideal to test their performance especially our hilly bike course. The race is also a perfect warm up event for IRONMAN pro Athletes.

Are there some similarities between the 70.3 and the full distance ? For the participants of the full distance, could the 70.3 be a rehearsal ?

For IRONMAN 70.3 Barcelona Staff it is a real positive thing that athletes like Van Lierde, Victor del Corral or Patrick Nilsson compete again here but we are happy to welcome all age group athletes too. We like all the athletes, pro's and age groupers who enjoy the IRONMAN experience in Calella and cross the finish line with a big smile.

What is the strength of your race ?

A high percentage of both events IRONMAN 70.3 Barcelona and IRONMAN Barcelona Athletes are first timers. We are so happy that they choose our races to debut in the different distances and the feeling of these athletes is totally different than the "veterans".

You can feel this "first timer" attitude from the moment they arrive in the city. Their faces, their look, their typical nervous movements in the expo



Jacvan



Ironman@droits-réservés

We've met the race director of Ironman 70.3 Barcelona, Jordi Perez. You only have a few weeks left to register for this race !

MEET

and the transition area is an extra motivation for the staff. 90% of staff members are athletes too and we know what happens the first time you race an IRONMAN race and also what the veterans need in their 2nd, 3rd or 4th time racing.

I have no doubt! VOLUNTEERS! They are the most powerful side of IRONMAN races. From the registration area to aid stations, athlete service, etc... Anything is possible thanks to them. On the other hand are the athletes. Thanks to them we can learn and improve the race experience.

What could you tell to those who hesitate to participate to your race?

Race happy and safe! They have been training for a long time and the race is the prize for their efforts. All the work is done, so I think that it's the best advice to our athletes. Also smile at the finish line because photographers, fans and spectators will be there waiting for you.

Jordi Perez and Paul Huddle director Ironman Europe



IRONMAN® 70.3 BARCELONA



Have you ever swim
under an iconic
lighthouse in the
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your bike through a
Natural Park?

Have you ever
run in front of the
Catalonian crowd?

MAY 21st, 2017
CALELLA, ESPAÑA



Superleague... Let the show begin !



Jacvan avec organisation



SuperLeague©droits-réservés

The world marked a new era in triathlon history with the debut of Super League Triathlon on Hamilton Island, Australia last weekend. Super League Hamilton Island broke new ground by pitting 24 of the world's best athletes against each other across super-sprint distances of 300-meter swims, 6-kilometer cycle legs, and 2-kilometer runs in action-packed and television-friendly formats.



the overall win.

Day 1 of racing featured the Triple Mix format in which competitors faced each other across three stages of swimming, cycling, and running in different orders, with a bonus of five seconds off their total times for the stage winners as well as for the first finishers of the swim in Stage 1, the run in Stage 2, and the cycle in Stage 3. Australian Jake Birtwhistle (#44), the 2015 Under-23 triathlon world champion, claimed Stage 1's swim-bike-run, with Richard Varga (#12) of Slovakia claiming the swim prime. Varga then swam his way to victory in the final leg of Stage 2's run-

bike-swim, although it was Birtwhistle who claimed the run prime. Stage 3 saw Andrea Salvisberg (#69) of Switzerland claim the bike prime. Murray (#07) stayed in contention coming onto the run in eighth place, then unleashed his foot speed to overtake eventual second placed Varga and third placed Ryan Bailie (#39) of Australia.

Despite Varga's total bonus of ten seconds, Murray's total time of 1:05:31 was still 12 seconds faster than Varga's adjusted time of 1:05:43. Bailie logged a total time of 1:05:44. Murray gained the



Ben Shaw pedals hard with Andrea Salvisberg and Richard Varga behind him

Super League Triathlon also innovated with interactive live coverage between races with Facebook Live, Instagram stories, live race streaming on Facebook and the Super League Triathlon website, and uploaded highlights and full race coverage to YouTube to reach close to one million combined views and still counting. New viewers and hardcore fanatics found themselves glued to their screens over the three days of racing that resulted in South Africa's Richard Murray (#07) taking



maximum number of 20 points for his Triple Mix win, with Varga and Bailie logging 18 points and 16 points respectively.

Day 2 began early for the two-stage Equalizer format. The Stage 1 six-kilometer cycling time trial in the morning would determine the start order for the afternoon's swim-run-swim-bike-run sequence. Cameron Dye (#08) of the USA was King of the Hill, setting the fastest time from the runway of Hamilton Island Airport all the way up the island's highest road on One Tree Hill. Dye started with an advantage over the field, however, Murray bridged the time deficit in the first half of Stage 2 and once again tore through on the run to take the Equalizer win. Birtwhistle placed second and Mola third. This result allowed Mola to move up the overall leaderboard to second with 31 points, and relegated Varga to third overall with 30 points. Murray still led comfortably with 40 points.

Day 3 saw action over the three-stage Eliminator format. The goal was simple: swim, bike, run, and avoid getting eliminated. Only the top 15 finishers of Stage 1 went into Stage 2, and only the top 10 finishers of Stage 2 had the opportunity to battle it out for the day's win in Stage 3. Kristian Blummenfelt (#02) of Norway went full-gas and topped Stage 1 and 2, with Bailie, Birtwhistle, Murray, South

African Henri Schoeman (#04), Mola, Gomez, Polyansky, Ryan Fisher (#10), and Varga making up the final field of ten for Stage 3. Here Birtwhistle shone through with a powerful sprint on the final lap of the run leaving Murray and Mola in his wake to win the Eliminator and log a total of 48 points to edge Varga out of the overall top three. Mola took second and ended Day 3 with 49 points. However, Murray was the big winner of day three, with his third-place finish in the Eliminator securing the overall win and the AUD \$100,000 first prize purse.

Post-race, Murray said, "Wow. Just wow. The most enjoyable, refreshing, and energizing racing I've done ever. Super League Triathlon has raised the game in triathlon. Chris McCormack, sir, you rock. And to your team, thanks to everyone who contributed and helped."

Gomez, who had been a pre-race favorite but finished in sixth overall, had the same sentiments. "Athletes were treated like true professionals and organizers did an amazing job, taking our sport to a different level," he said.

Super League Hamilton Island was attended by a veritable who's who of world sport, including Australian sports icon, super swimmer and five-time Olympic champion Ian Thorpe, Formula One driver Marcus Ericsson, and Paris Roubaix



Birtwhistle Claims Eliminator

REPORT

champion and Olympic gold medalist Stuart O'Grady. Triathlon greats Spencer Smith and Brad Bevan were given a special role to lead the Triple Mix Stage 2 opening run through the neutral zone. Beijing Olympic triathlon gold medalist Emma Snowsill-Frodeno was part of the studio commentating team, and three-time Tour de France green jersey winner Robbie McEwen acted as on-course commentator and led Triple Mix Stage 3's opening bike leg through its first lap. Multiple Ironman 70.3 champion Sarah Crowley flew in from her base in Brisbane just to watch a new era dawn in triathlon.

Hamilton Island's climate and topography played a major role in the race weekend's dynamics with athletes coming from cooler climes struggling in the heat and humidity, and Ireland's Ben Shaw



Super League Triathlon founders Leonid Boguslavsky, Michael D'Hulst, Chris McCormack



Murray victorieux

(#73) crashing twice on the technical bike course. Its native wildlife also came to join the action, with a wallaby bounding up One Tree Hill in the middle of the Equalizer individual time trial.

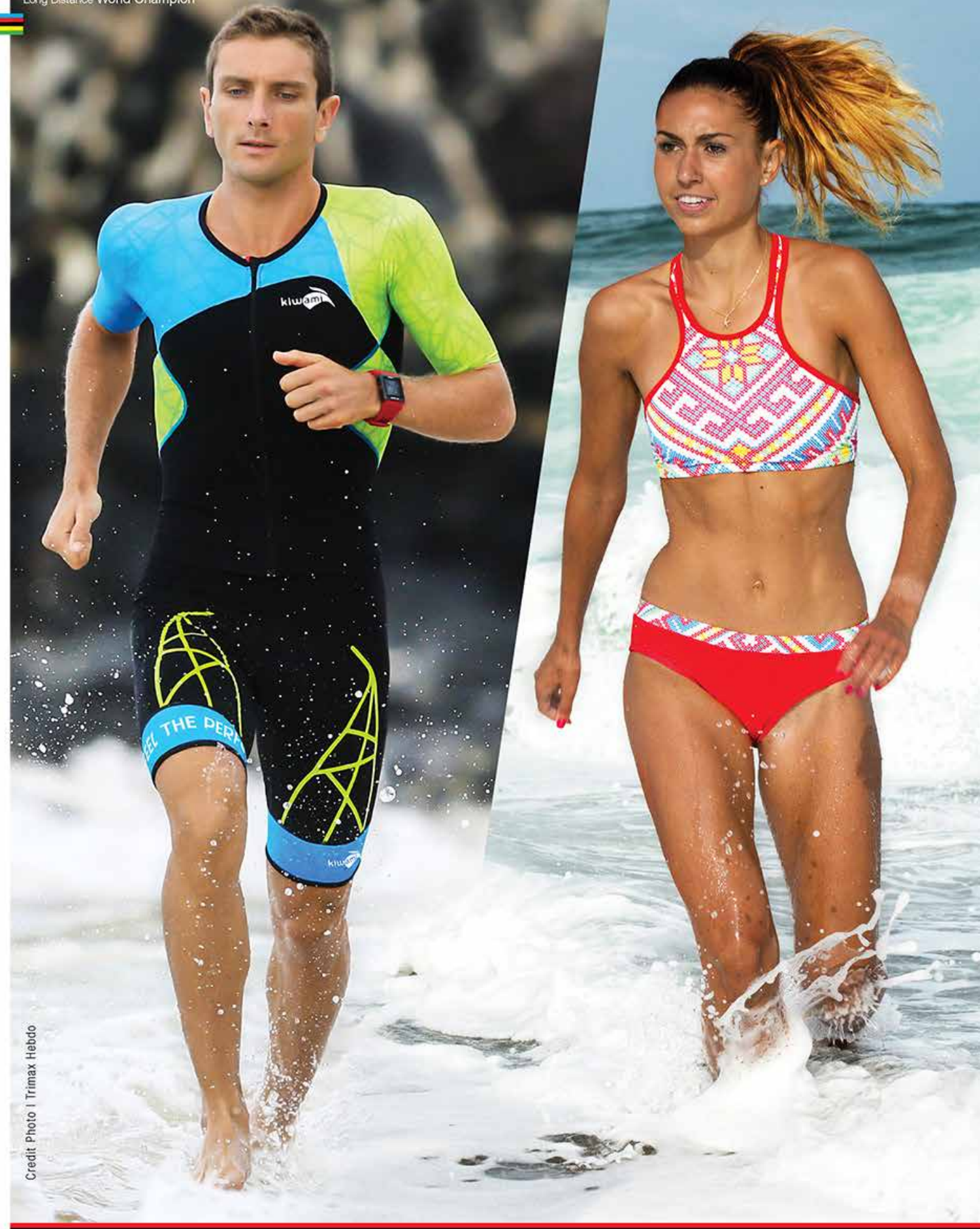
In all, Super League Hamilton Island was deemed a smashing success, with future races in the series already in the works. Super League Triathlon co-founders Chris McCormack, Michael D'Hulst, and Leonid Boguslavsky were extremely pleased with the positive reception.

Boguslavsky praised the race organization team headed by Shane Smith and the media content team led by Trent Taylor. "All athletes appreciated how they were treated, including consultation on aspects of the event, and audiences loved what they saw on TV and online," he said.

D'Hulst added, "I'm excited to see our vision come to life and this wouldn't have been possible without the support of a very passionate and committed team and partners. Super League Hamilton Island put us on the map to begin a revolution of the sport from athletes for athletes!"

McCormack concluded, "We want triathlon to be exciting, innovative, and entertaining -- this is critical for any sport's survival in this era. I believe Super League Triathlon will lead the way for professional triathlon racing in this capacity. That is what we set out to do with Super League Triathlon, we accomplished that on Hamilton Island, and this is only the beginning."

Cyril VIENNOT (FRA)
Long Distance World Champion



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Gomez and Hewitt winners



In the 2017 ITU WTS season opener in Abu Dhabi Javier Gomez Noya returned to competition with his 13th career WTS win.

In the 2017 ITU World Triathlon Series season opener in Abu Dhabi, Spaniard Javier Gomez Noya returned to competition with his 13th career WTS win after almost a year break from the Series.

The five-time ITU World Champion debuted stronger than ever, celebrating his 50th WTS race with the fastest time of the day.

"It is great to come back this way. I still had a few mistakes in the race, I did not swim very well and had a bad T2. But I knew that is was going to be a very tough run, and with Tom Bishop it was very technical. On

the third lap we slowed down a lot, just trying to save energy for the last lap and I made my move with about three kilometres to go and I won, so it worked well. So, I am very happy to be back this way,” said Gomez.

The win also earned the Spaniard his 37th WTS podium with a career record equaling 13 wins, 17 seconds and seven third place finish. Great Britain's Tom Bishop claimed the silver medal, his first WTS medal of his career and becoming the sixth man in Great Britain's history to ever do so. The bronze went to France's Vincent Luis, who made a comeback appearance today after not having raced the WTS circuit for nearly 15 months.

Bishop said of his performance, *“I can't believe it to be honest. I had a plan, I wanted to swim as best as I could, save as much energy on the bike. I wasn't really sure how it was going to go because it was the first race of the season. I had a feeling that it might all*



come together when I found myself in the front group and there was a gap so I knew I had to work as hard as I could.”

The race was split early on, with a longer 900m swim loop helping to break up the bunch. Aurelien Raphael (FRA), Pierre Le Corre (FRA), Henri Schoeman (RSA) and Igor Polyanskiy (RUS) exited first, some top names such as Mario Mola (ESP) and Richard Murray (RSA) struggled in the second half of the field.

While not the fastest athletes in the water, Gomez and Luis were positioned perfectly only about 10 seconds behind. The leading men made a swift break through the first transition and onto the bike, taking the first several laps to form a strong working group. By the third lap, a group of 10 men which included Gomez, Polyanskiy, Schoeman, Luis, Bishop Andrea Salvisberg (SUI), Marco Van Der Stel (BEL), Ben Kanute (USA), Leo Bergere (FRA), and Greg Billington (USA) finally



Luis said, *“It is awesome because I am back after 15 months outside of the WTS and it has been months since my last triathlon, so it is good. I have some nerve problems so that has taken me out a lot. But it is good to be back on the WTS, it is good to see Gomez back and see him winning again and I am just really happy to be back on the podium again.”*

Female race

The 2017 ITU World Triathlon Series officially debuted with an exciting and emotional sprint finish that saw New

Zealand's Andrea Hewitt take the gold at the 2017 ITU World Triathlon Abu Dhabi.

Hewitt's win was a long time coming as her victory was dedicated to her beloved and talented fiancé, the late Laurent Vidal, who was honoured after his passing with the number one position in the same venue just one year ago.

“It was an amazing race for me, it is amazing coming here to Abu Dhabi for me. Last year the number one spot was dedicated to Laurent and this year I am dedicating to Laurent. I raced two weeks ago, my race of this year

put the hammer down, regularly maintaining 45 seconds over the chase.

Mola, Murray and Spaniard Fernando Alarza took turns leading the chase, but their gap only increased lap after lap. Heading into the second transition, the chase had over a minute to make up on the run.

Despite a slow second transition, Gomez quickly became the front-runner on the first lap. Schoeman, Luis and Bishop gunned it down the pavement alongside Gomez early in the four-lap run course. When Gomez tried to break off, only Bishop stuck with him stride for stride.

Although Bishop kicked ahead of the five-time World Champion, Gomez hit his stride as the bell rung out on the final lap. From there it was only a matter of keeping the pace, Gomez sailed ahead to the finish line for lucky number 13 WTS win.

The bell lap looked to drain Bishop of his energy, but the Brit managed to hold on for held on for second place. After a year plagued with injuries, Luis steadily ran his way to bronze.



in Tiga and I won. So I knew I was coming here really fit. Laurent always told me that I had everything, I had the dedication, I had the integrity, I had talent and he told me the one thing I was missing was emotion and I didn't show it a lot of the time," Hewitt said through tears. "I have to say thank you to Maddie Dillon, she has been beside me for one year and knows exactly what I am going through and my friends, my family I just want to thank everyone."

Earning the silver medal was Great Britain's Jodie Stimpson, who was edged out by Hewitt by just an inch in an epic sprint battle that came down to the

wire. Third place went to Austria's Sara Vilic, who stepped onto the WTS podium for the very first time.

"Coming on that straight, Andrea was the stronger one, I was stronger on the hills. To be honest, I'm just ecstatic me and Andrea got on the podium. The amount of work we did all day, if I was going to lose to a sprint finish, I'm glad it was Andrea today," said Stimpson of her strong performance. "I can't thank my family enough for getting me through that last year. That one was for my sister, she's been my rock through this, and I couldn't have done this without her."

Elite Men :

1.Javier Gomez Noya	ESP	01:52:31
2.Thomas Bishop	GBR	01:52:45
3.Vincent Luis	FRA	01:53:08
4.Fernando Alarza	ESP	01:53:18
5.Richard Murray	RSA	01:53:25
6.Joao Pereira	POR	01:53:38
7.Gregory Billington	USA	01:54:00
8.Mario Mola	ESP	01:54:06
9.Andrea Salvisberg	SUI	01:54:20
10.Henri Schoeman	RSA	01:54:35

Elite Women :

1.Andrea Hewitt	NZL	02:03:46
2.Jodie Stimpson	GBR	02:03:46
3.Sara Vilic	AUT	02:03:53
4.Rachel Klammer	NED	02:04:17
5.Ai Ueda	JPN	02:04:52
6.Gillian Backhouse	AUS	02:04:56
7.Katie Zaferes	USA	02:05:02
8.Lisa Perterer	AUT	02:05:05
9.Yuko Takahashi	JPN	02:05:07
10.Rebecca Spence	NZL	02:05:13



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2013 Ironman Canada Champion:
Trevor Wurtele



Waiting for the season with... Frederik Van Lierde



The Belgian three times winner of the IM France has just signed with the club Sables Vendée Triathlon. The projects presented by the club have seduced the IM world champion 2013 who will be present on French races. Next race in France on May 14th for the IM 70.3 Pays d'Aix.

TrimaX-magazine : You were during many years the headline of the club LTTD. You have just announced your integration in a French club... How did this transition happen? Did you need changes?

Frederik Van Lierde : Indeed, I had been there since 2003 and I stayed until 2015. In 2016, I had my license at LTTD but no more. It's rather a transition caused to sponsors and partnerships. Let's say that I signed my last contract with LTTD in August 2013 for 2 years. At the end of 2015- beginning of 2016, we didn't find any agreement and I continued with my private partners.

RENCONTRE

As for example SCHOLL. At the end of 2016, Patrick Girard of the Sables Vendée Triathlon club contacted me to see if we could work together and we quickly agreed on many points. Thus all of that is really good for me with this club.

TrimaX-magazine : It's quite surprising to see you sign in a club which is rather focused on Olympic Distance. What are the projects with this new club which have convinced you?

Frederik Van Lierde : Probably because in France you are used to recruiting short distance athletes... The LSVT has also shown its interest for long distance athletes. The young people who work for them, regional societies, their organizations... projects in which I will work together with them.

TrimaX-magazine : You are certainly one of the most preferred athletes in France... And you also do like France. How was built this beautiful story with France ?

Frederik Van Lierde : Difficult to say but first I live close to the frontier ;-). I began triathlon in 1997 and I clearly remember racing in Lille, Beauvais, Charleville Mézières, Gérardmer... I've always felt good and appreciated by the people and organizations from the beginning of my career. With my three victories in Nice, I have very good memories in France.



TrimaX-magazine : We've seen you less in France these last two years... It seems that you have decided to return to French races with Aix and then Nice... Did the fact to wear the colors of a French club motivate you to come back or is it another source of motivation ?

Frederik Van Lierde : Yes and no. It's my own choice but of course it's good if I race a lot in France this year. After my victory in Hawaii in 2013, I had many invitations on races and I had to make choices. Now I want to go back to races where I already had good performances.

TrimaX-magazine : You have a very special story with Nice which goes back to even before the first Ironman was organized. I guess that it's always a bit special for you to race there?

Frederik Van Lierde : Yes, in the world cup in Nice in 2002, I crashed quite seriously and I lost the sense of smell... But yes, I don't think about it a lot anymore and the fact to win the Ironman Nice several times has helped me a lot.

TrimaX-magazine : Regarding your attachment to France and Nice, I guess that you have been very affected by the dramatic events of July 14th ? Will this race have a different dimension for you this year ?

Frederik Van Lierde : Of course like everybody! I think that I, and everybody else in triathlon, the IRONMAN Nice, must honor all the victims who lost their lives on the Promenade. It's so sad but we can't let ourselves be. We must fight against injustice in this world. The organization and the participants will do everything, I'm absolutely sure, to give a new dimension to this event on July 23rd!

Sunday 23. July
NICE



Christophe Geloni

Sunday 14. May
AIX-EN-PROVENCE



Jacvan

IRONMAN
FRANCE • NICE

IRONMAN
70.3 PAYS D'AIX
FRANCE

IRONMAN
70.3 Vichy

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Vichy France



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IRONMAN

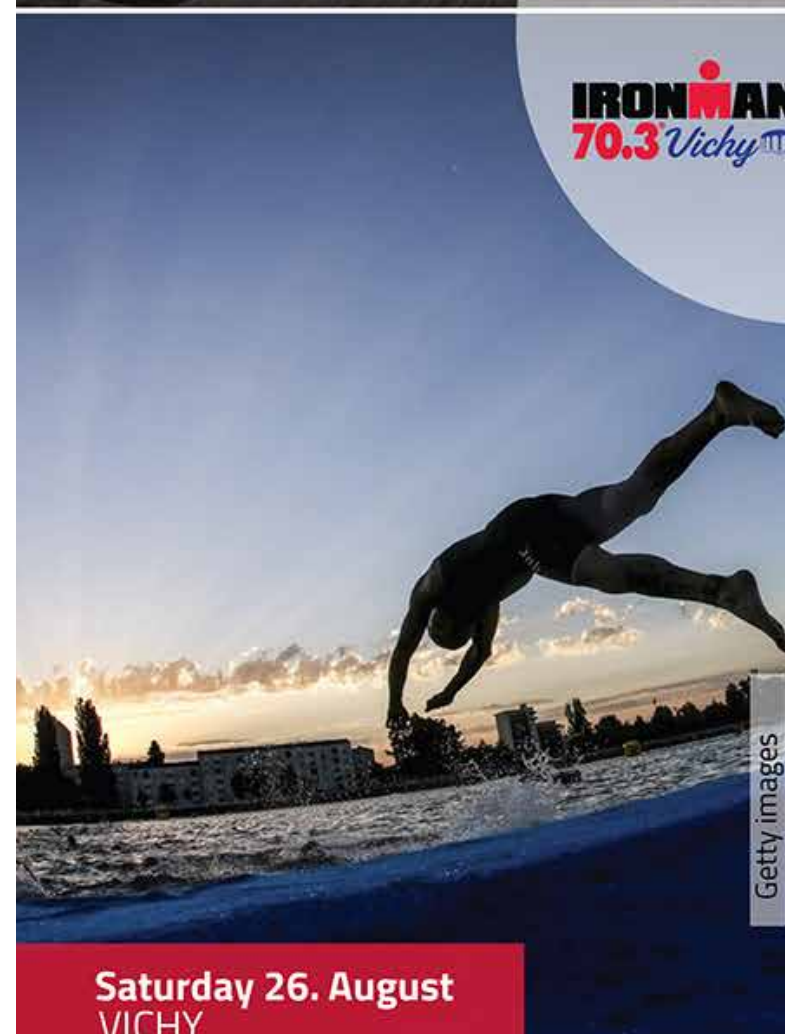
IRONMAN

IRONMAN

IRONMAN

IRONMAN

Saturday 26. August
VICHY



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Sunday 27. August
VICHY



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TrimaX-magazine : Nice in July... Aren't you afraid of the heat ?

Frederik Van Lierde : Not really, in June, it's as hot, isn't it? Last year it was a bit different, less hot, at the beginning of June. But I believe that I have already done very hot editions in Nice ;-)

TrimaX-magazine : What is your program until Kona ?

Frederik Van Lierde : IM Afrique du Sud
IM 70.3 Aix
IM 70.3 Barcelona
Olympic Distance in Sables d'Olonne
IM Nice
IM 70.3 Vichy
IM Hawaii



TrimaX-magazine : Your coach Luc Van Lierde has created a new team turned towards the future with many young athletes. Have you had the chance to share moments with them and to give them advice from your experience ?

Frederik Van Lierde : Not yet but in the future it will be done ;-) I know the 4 athletes very well.

TrimaX-magazine : You have two sons who are present for your important races to support you... Do they practice triathlon and want to follow your career?

Frederik Van Lierde : No, they play football. You know, for me the most important is that they do sport and they have fun! They are 9 and 12 years old, sometimes they want to copy me around the house, but not more than that. Funny though to see them do bike-run-bike-run transitions... :-)

TrimaX-magazine : New year wishes are over now but what can we wish you for 2017

Frederik Van Lierde : A year free of injuries and hard times, with a good health for me and my family. It would already be good and better than 2016 ;-)





On March 2nd in Thanyapura, Phuket (Thailand), after a morning of training made of a 70k bike ride followed up with track intervals of 10x500m, the 2 German champions of the Erdinger Team took some of their time to answer a few questions about their season 2017...

Michael Raelert

Interview with

Andreas Dreitz

Pierre Mouliérac



Michael Raelert, 36 years old, was Ironman 70.3 world champion in 2009 and 2010, and won many victories on 70.3 races ; his junior Andreas Dreitz, 28 years old, also won many Ironman 70.3, especially 3 times in Majorca, excellent rider (he did impressive average speed on many 70.3). Both of them are training now together in Thanyapura for a few weeks.



TrimaX-magazine : Why have you chosen to train here in Thanyapura ?

Michael Raelert

For me, Thanyapura is Thailand first and it's the best training spot for Europeans especially in this season. People, food, and finally Thanyapura... It's the best ever, it's not too crowded and especially for professional athletes, you can do your job. It's the best place to train for triathlon, it's easy every day.

Andreas Dreitz

Michael brought me here saying it was the best place to train... I came here last year in February for 3 weeks of training camp, it was so fun to train with the group and the conditions are really excellent here and the lifestyle is easy, people are relaxed and nice here, and you can feel it on your training especially on your recovery.

Michael Raelert

Regarding professionalism, we are a 100% focused on training, there is less stress than in Europe, the relaxed lifestyle really allows to totally focus on our preparation.

TrimaX-magazine : And it's cold in Germany (laughs)

Andreas Dreitz

The equipments here are the best...

Michael Raelert

They are new and modern

TrimaX-magazine : And they love triathlon, in the hotel rooms there is a place reserved for the bike...

Michael Raelert

And when we arrive with all our luggages, we are very well received, they don't look at us weird...

TrimaX-magazine : Michael, last year you were injured?

Michael Raelert

Not injured, I had an infection, I couldn't train during 6 months. I came in winter with Andi and we did good sessions, I thought I could become world champion once again, and I had to stop. I came back to racing in October because I like that but I was not feeling very well, but I try to relax more to have a good year.

TrimaX-magazine : What is the program for this year ?

Michael Raelert

Winning Chattanooga (world championships 70.3) and having a good race in Kona, so 2 main goals. Winning a new title and prove that I can be good on Ironman distance.

TrimaX-magazine : It was hard for you in your previous Ironman races.

Michael Raelert

I know that on 70.3 I can be faster than the others, on Ironman I still haven't proven myself. But if I'm more relaxed and change my nutrition, I could be more performing in Kona...

TrimaX-magazine : And you Andreas ?

Andreas Dreitz

For me too the goal is Chattanooga...

Michael Raelert

You will try to be 2nd ;-) or 1st ?

Andreas Dreitz

(Laughs) yes, I will focus on that race, and a few half distance triathlons, beginning with Oceanside on April 1st, then back to Europe for the European season with the 70.3 Majorca. It's my race, I really like that race and I perfectly know the course (he won the last 3 editions), then Challenge Samorin on June 3rd, the 70.3 European championships in Elsinore in Denmark on June 18th, Challenge Prague (only 3h from home and I like Eastern countries). So really races where I want to go which are close to my home, and the last test before Chattanooga will be Zell-am-see 2 weeks before.

TrimaX-magazine : No Ironman ?

Andreas Dreitz

Yes after Chattanooga, I don't know yet which one, but there won't be a lot of choices : Italy and Barcelona or one in the USA.

Michael Raelert

2018 in Kona ...

TrimaX-magazine : We know your name but not quite well your history... Before being the champions we know, how have you begun triathlon?

Michael Raelert

When I was 4 years old, my parents brought me to the swimming-pool to learn how to swim until I was 10 years old. Then when I was 17, I saw my brother Andi do triathlon and I wanted to do the same, so I've been practicing for 19 years with ups and a lot of downs...

I did ITU races but I always missed the qualification for the Olympic Games. As Kona was my big goal, I began racing longer distances, and so I started 70.3. But Kona remains the big goal, especially because triathlon is very popular in Germany with Frodeno and Kienle, and when you have Kona in mind...

Andreas Dreitz

My first triathlon was in 2008, before that I did running and cycling. I began cycling races at the same time as triathlon. I wanted to be a cyclist but I didn't know how it worked. The legs are not enough, you also need the mental. And it was hard for me to have results, whereas in triathlon I succeeded quickly and I also had good friends to rely on. It was not a bad decision after all...

TrimaX-magazine : You participated in the 70.3 world championships in 2016?

Andreas Dreitz

Yes I finished 11th, it was a hard race, I was expecting a lot from this race. I wanted to be strong on the bike, I tried but it didn't work, so I was a little disappointed when I arrived at T2, and my run is not my strength, I have to work on it. The other guys just ran faster than I did, so I was a little disappointed with my 11th place.

TrimaX-magazine : And you Michaël, what IM do you want to do ?

Michael Raelert

Maybe Cairns or Klagenfurt in Austria. But obviously I want to qualify so I have to be healthy and well prepared. I need more time to train correctly, so Cairns at the beginning of June is perfect, and it's a P4000. But on the other hand I like to race in Europe and Austria is close so

I'm more tempted. I'm not sure yet but probably Cairns..

TrimaX-magazine : Do you like the heat ?

Michael Raelert

Honestly, not really. I was talking about that with Fredi Croneborg today : running under the heat is different, you don't need to be fast but to keep the pace. In hot races, of course the best always wins, but you also have to be intelligent enough not to be too fast.

TrimaX-magazine : Is your brother an additional motivation for you ?

Michael Raelert

Of course, Andi is 40 and is one of the best athletes of the world, I don't want to be like him, but I want to have the same passion of triathlon, of training, and this passion is also motivating me. I also want to prove that I have this potential to do a good race like him in Kona, without being arrogant, but I still have to prove it... This is not magical, if you want to win in Kona you have to do your job. Frodeno and Kienle are intelligent guys, you don't need special qualities, you have to train hard and be smart...

TrimaX-magazine : What do you think about Alistair Brownlee on the long distance circuit ?

Michael Raelert

Interesting, Brownlee is the best athlete on ITU, the best of the world. It's exiting to see him on 70.3 races. Let's see what happens after 3h of race, but it's good to see new athletes, others tried before, but only a few of them succeeded! Maybe he will have a new impact on 70.3 and later on Ironman, we will see...

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Meeting with

Eimear Mullan and Ritchie Nicholls



You have some professionals in the highlights and others in the dark. While some are at their very best, others are trying their hardest to feel this fit again. We met one of the most famous couples in triathlon: Eimear Mullan and Ritchie Nicholls. From 2012 to 2014, Eimear finished on 19 internationals podiums and became a reference on the Half and Ironman circuit. Currently injured for almost two years, she is fighting to practice her sport again. Her husband, Ritchie, is taking part of the same distances and started his career with ITU. The year 2013 was a consecration for him: he took the European Champion title in front of Jan Frodeno but since then, he is struggling to be fit again.

Based in Thailand since the end of 2016, they are living together and training together. A daily life of two, in the shadow, with the hope to be in the light again:

TrimaX-magazine : Can you guys tell us a little bit more about yourself?

Eimear: I'm Irish, 34, I started triathlons as an age group athlete around 2008. I was going to study to become a teacher and bought a bike just before I left. During my studies I met some triathletes and they took me out on the bike. I loved it and eventually decided to try a triathlon. As a kid I was into horses and used to compete in Tetrathlon events (4 sports of swimming, running, x country horse riding and shooting). The run was 1500m and the swim was just 3 mins so it's quite different from Ironman. We didn't take it too seriously but I managed to be fairly successful at it. I have a degree in sports psychology and a PGCE (Teaching qualification) in Physical Education. I worked in a full time job as a teacher before quitting to follow my dreams in triathlon.

Ritchie: I'm 29 years old. From Montrose in Scotland. I started doing triathlon when I was 15 years old. One of my friends did triathlon so I did a race with him and really enjoyed it although I wasn't very good. Before triathlon I played football and golf with friends but nothing too serious. I did a degree in Sportsturf and Agronomy a few years ago but am just doing triathlon now!

TrimaX-magazine : What are your best results since you started?

Eimear: I started racing as a professional in some small races in 2011 and went full time in 2013 when I went to train with Team TBB and coach Brett Sutton. My best results would be my 3 x Iron-distance wins including, IM UK, IM Mallorca and Embrunman and 7x70.3 race wins.

Ritchie: I've raced as a professional for 12 years. In ITU until 2013 then I moved to long course racing. My best results are: ITU European U23 champion 2007, ITU World U23 Championships 4th 2007, Cozumel ITU World Cup 8th 2013, European Ironman 70.3 champion 2013, Alpe d'Huez long course champion 2013.

TrimaX-magazine : Do you have a preference between Olympic, Half and Iron distance?

Eimear: I prefer half ironman but I also love ironman.

Ritchie: I enjoy racing all distances and feel I can do well at them all when I'm very fit although I've struggled to get into good shape the last couple of years.

TrimaX-magazine : Eimear, we haven't seen you much on the start line of a race over the past few months. What happened?

I have been injured for a long time. I've actually had the injury since May 2015. Thankfully it's really improving now and I've had my most consistent 5 weeks of training since April 2015.



TrimaX-magazine : What keep you motivated to come back at your level and pursue in the sport?

Eimear: It's the love of the sport and the desire to keep following my dreams that has kept me motivated through the tough times. It hasn't been easy and many times over the past 1.5 years I have been very close to quitting altogether and going back to the real world and a normal job but I'm quite stubborn so I've kept getting back up after the many set backs. I think it will make me appreciate racing and training much more when I'm back at it.

Ritchie: We didn't see the injury as a major problem to start with, as we thought it would go away pretty quickly but now it is taking a long time. It is more of a worry but we are still hopeful she will be back racing soon.

TrimaX-magazine : What are your advices to our readers who are struggling with injuries?

Eimear: If you think or know something is wrong do not train through it, stop and seek advice as soon as you can. Focus on the things you can still do when you are injured. Once it's healing take your time and come back slowly.

Ritchie: I think it important to get the injury fixed early and forget about fitness. It's much easier to get fit when your body is ready.

TrimaX-magazine : What are your most memorable moments of 2016?

Both: Getting married at the beginning of the year! And moving to Thailand at the end of the year.

TrimaX-magazine : How is it to be a professional triathlete and to be married to one?

Ritchie: I really enjoy being a professional triathlete. It is hard work and very frustrating sometimes but I couldn't think of anything else I would enjoy as much. Being married to one is good because we can travel the world together although it can be hard if we don't agree with each other's training.



Eimear: I love being a professional athlete. It really is like living a dream for me.

TrimaX-magazine : What are your expectations for 2017?

Eimear: I just want to race again and to be injury free. Of course I would love to get back to winning races and being on the podium again but right now just want to be on the startline doing what I love to do.

Ritchie: I hope to qualify for the world 70.3 championships and try to have a good race over the full Ironman distance.

TrimaX-magazine : What are your main goals in triathlon?

Eimear: At the minute it's just to get back to racing then I'll make plans and reassess my goals.

Ritchie: I like winning big races like world and continental championships and this is what motivates me. Although I enjoy racing any race.

TrimaX-magazine : Where do you see yourself in three years?

Eimear: Our lives change so much and so quickly it's really hard to know where we would be in 3 years time!

Ritchie: I would like to be a successful triathlete but most importantly still enjoying myself.

TrimaX-magazine : What does triathlon represent for you?

Ritchie: To me triathlon is fun most importantly. It is also a great challenge to get right. It's a great way to meet new interesting people.

Are your iron stocks enough for 2017 ?



Intensive training draws on iron reserves



Jean-Baptiste WIROTH



Fotolia, Shutterstock, Pixabay

Iron plays a main role in our body and is even more important when we do endurance sports. Understanding its role is essential to prevent any deficiency and any risk of anaemia. This month, let's talk about the spinach myth and the Popeye myth that we loved when we were young.

Among the whole minerals intervening in the good functioning of the body, iron plays a particularly important role. In association with red cells, it has the hard mission to carry the oxygen of the lungs in the cells.

During an endurance effort, such as a triathlon, it is not exaggerated to say that performance relies almost exclusively on the capacity of the blood to carry the oxygen in the muscles. The level of performance of an athlete will be even higher as his capacity to carry and to use the oxygen is more important. We evaluate this with the maximum consumption of oxygen, the famous VO2 max.

From the physiologic point of view, the limiting factor is the capacity of the red cells (via hemoglobin) to bind iron and to carry oxygen to the muscles. From its resource in iron, hemoglobin is directly influenced by the iron intakes and stocks.

In addition to its implication in the oxygen transport, iron plays several roles in the metabolism and the immune system.

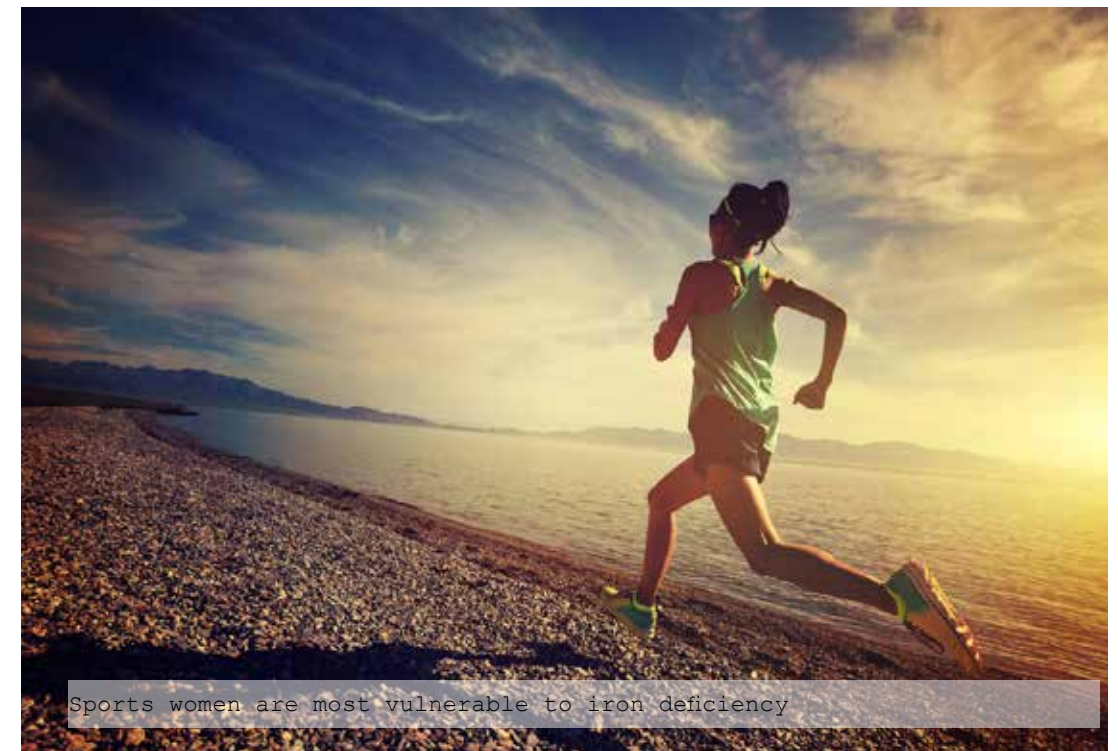
Thus iron has a main role !

How to diagnose an iron deficiency ?

Only a blood test can show the iron stocks. Then we have to proceed to a classical blood count (red cells, white cells, platelets) to evaluate the hemoglobin rate. In parallel, it's important to dose the serum iron and above all the ferritin, the iron stocking protein, to see the level of iron reserves. The ferritin physiologic rates are :

- Men : 20 à 310 $\times g \cdot L^{-1}$
- Women : 20 à 204 $\times g \cdot L^{-1}$ (after menopause : 20 to 250/300 $\times g \cdot L^{-1}$)

NB: The level of ferritin is higher in case of inflammatory state. In order not to make mistake in the diagnosis, it is important to always be sure about the inflammatory state of the patient by dosing the C-reactive protein (CRP). If the CRP rate is normal so the measure of ferritin is right.



Sports women are most vulnerable to iron deficiency

Consequence of an iron deficiency (martial deficiency) ?

We observe two scenarios : the martial deficiency or the iron-deficiency anaemia (decrease of the level of hemoglobin due to an iron deficit).

The martial deficiency, even with no anaemia, can manifest itself in a latent tiredness (asthenia), difficulties to train, disturbance in attention or focus.

An athlete with an iron deficiency can develop an iron-deficiency anaemia, a pathology with the following symptoms: asthenia, difficulties to breathe during an effort, headache, dizziness... In case of iron-deficiency anaemia, the athlete must face an important decrease of his physical capacities and an intense tiredness.

Proportionately, it's the same when the iron reserves are too low. This is not always the case but it's true that many athletes feel tired when the ferritin is low ($< 30 \text{ } \mu\text{g/L}$). In this situation, if the blood analysis shows a low ferritin rate, it's important to «reload» your iron level!

In the two cases, it's very complicated to maintain a normal training.

Prevention is thus very important especially if you train for a season of triathlon loaded in trainings and races !

Metabolism of iron

Everyday the body eliminates a certain quantity of iron, the iron loss is generated by different factors (sweat, urine, stool, blood loss). These losses are higher for the athletes and, consequently, for female athletes.

It's important to pay attention to the quality of iron nutritional intakes in five special cases :

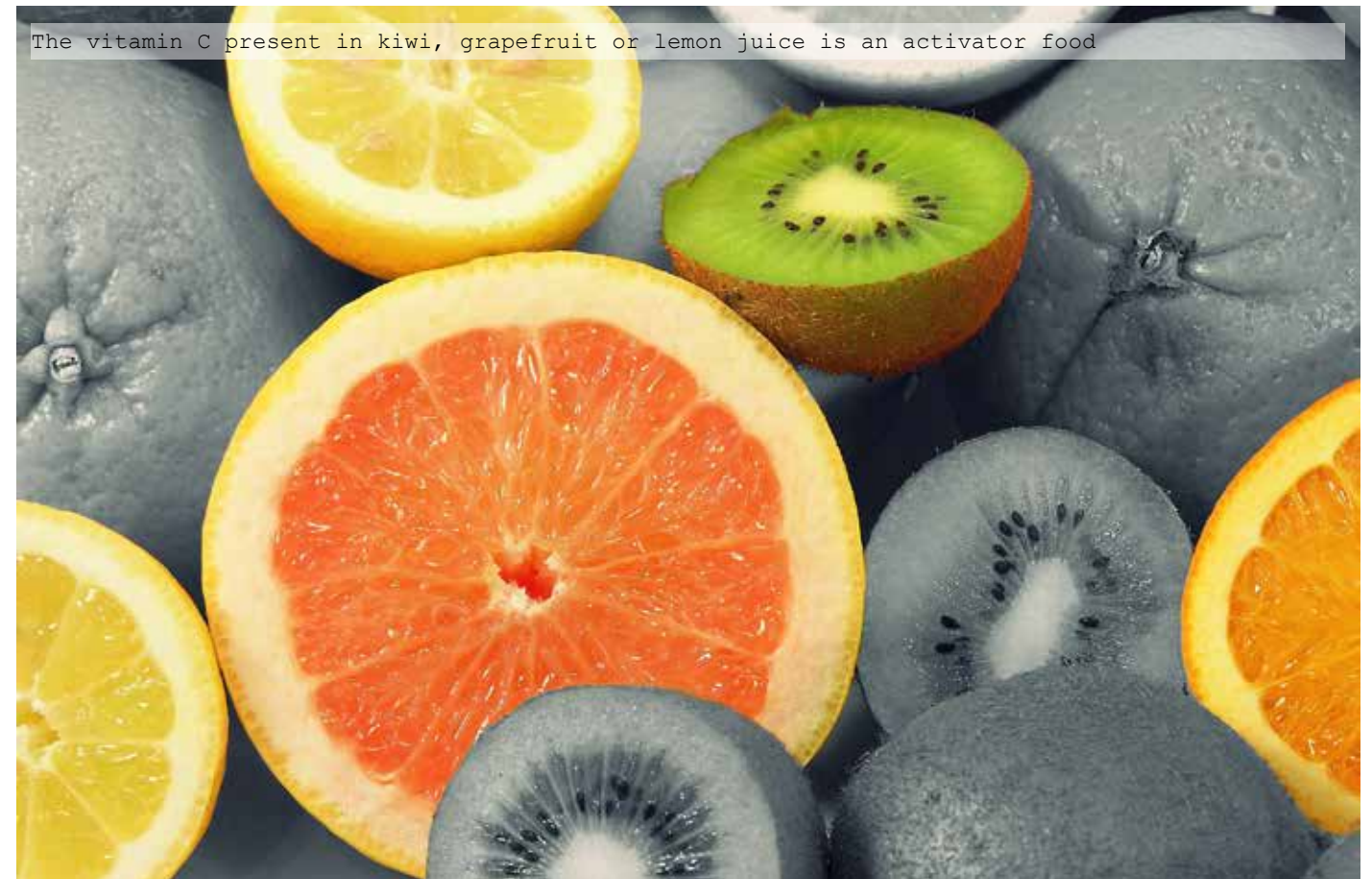
1. For «menstruated» female athletes who loose blood every month.
2. For young athletes for whom the iron needs are higher because of growth.
3. During an altitude training camp where the iron needs are higher because of the hypoxic stress.
4. For very trained athletes for whom the iron needs are higher because of a loaded training.
5. Before an altitude training camp or race.



Thus the best strategy is to anticipate the the problems with a regular iron intake via nutrition.

What to eat to cover the needs ?

The vitamin C present in kiwi, grapefruit or lemon juice is an activator food



The iron needs must be absolutely filled by nutrition in order that there is no deficit. The nutritionL intakes advised are 16 mg/day for a male athlete and 25 mg/day for a female athlete.

In practice, we can recommend to consume the following food :

- Veal liver (once a week, for diner),
- Red meat, poultry, rabbit (three times a week, for diner),
- Blood sausage (once every 2 weeks, for diner),
- Wheat germ and et brewer's yeast (daily),
- Leguminous vegetables (daily : lentils, chickpeas or beans...),
- Fish (twice a week),
- Oysters and seafood (once per recovery week).

Moreover, some food associations improve or inhibit the iron assimilation when they are

consumed at the same time as food rich in iron :

- Activator food : vitamin C (persil, lemon juice, kiwi, grapefruit) and fructose (fruit sugar) help iron assimilation,
- Inhibiter food : tea, coffee, dairy products, spinach, sorrel and chards stop iron assimilation (for different reasons).

To note that the iron assimilation in the stomach is not good when the training load is important (the digestive tract is then «stressed» and lets the nutriments go through). Then, we will prefer the consumption of food rich in iron during recovery phases (days, and above all, weeks) because these periods are more likely to help the iron assimilation.

Must we have an iron supplementation ?

In prevention, it's useless and potentially dangerous on the long term.

In case of real deficiency, oral supplements are not very efficient and can have side effects (digestive problems).

Treatments by iron injections are reserved for pathological situations (strong iron-deficiency anaemia) and must be supervised by a doctor.

You mustn't forget that high-dose iron is a toxic element.

Be careful with hazardous auto-supplementations!



Iron is hidden in many of our foods to consume more or less regularly

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No Pain No Gain !



No pain no gain». Every triathlete has already heard this motto one day, which means «no improvement without pain».

It is true somehow in this way of considering training... but it is also questionable!



For many triathlete lovers, there cannot be improvement if there is no pain and suffering, if they haven't pushed their body to their limit.

On the contrary, many athletes have a hard time pushing their limits, taking it easy in a training which leaves them with no progression.

Where is the limit of suffering in a training ?

Let's try to debate the pros and cons.

PROS "No Pain No Gain"

It's true for any sport but especially in triathlon: if you want to improve, at some point you have to increase the training load considerably.

This is what we call overload and it can be painful!

The concept of overload is one of the 4 basis principles of physical preparation. This principle says that to improve, it's necessary to put the body to unusual work loads. This overload generally leads to an adaptation of the body thanks to the overcompensation phenomenon.

The adepts of the «No pain no gain» have generally an additional motto: «what doesn't kill you makes you stronger». Then it would be necessary to have a very painful training to improve.

The real question would rather be: is it necessary to make every training painful ?

In many cases, the answer is obviously NO.



The average triathlete who trains 2 to 4 times a week mustn't do «hard» sessions every time because he could quickly be in an overtraining process. That's enough to do one to two weekly hard sessions to have an optimum return-on-investment.

CONS No Pain No Gain

Being hard on yourself only to be hard on yourself can quickly be counterproductive to improve. has never been very productive regarding training. Triathlon training is very addictive. The more

you train, the more you want to train, and in that condition the risk of overtraining can be high. The Stakhanovite way of training is not necessary if recovery is not optimized.

You have to be very careful not to be too enthusiastic and over-motivated! To avoid

setbacks, it's necessary to keep control of your preparation respecting conscientiously the principle of alternating training and recovery.

Synthesis

To improve, the best strategy is probably to adopt the philosophy «No pain no gain» at some point, but not always.

the key of the problem is thus the realization of a variable and optimized training depending on the periods. This training load must take into account all the dimensions of the athlete: his goals, his availability, his personality, his recovery capacity, his level of general stress.. Etc.

The psychological and even «energetic» dimension is obviously essential. Indeed, some athletes have a high vital energy that they have to burn off. On the contrary, other athletes must motivate themselves to go to train.

In this context, the motivation degree and the will to push their limits will condition the frequency and intensity of «hard» sessions.

How to intelligently overload the training ?

As we have seen previously, the phase of overload is essential to improve.

For an athlete who prepares for a race, we generally advocate programming an overload week per cycle in phase of oriented or specific preparation.

During the last cycle before the objective, which is generally a cycle where you should get a waveform pic, it's good to finish the phase of overload training at least 2 to 3 weeks before D-day.

It's possible to overload in 3 different ways :

- Increasing the intensity during sessions by interval. The overload in intensity multiplying efforts with an intensity superior to 80% of the

maximum aerobic power is very interesting but can be risky. Indeed, the generated tiredness by such efforts is often high and it's necessary to provide for a recovery period in order not to fail in his objective.

- Increasing the volume : a timeless classic that long distance triathletes like to describe as «stacking the kilometers». The overload of kilometers at 60 to 80% of the maximum aerobic power is really less «risky» because it's less intense. The correlate is that it doesn't generate the same effects regarding improvement.

- Increasing the volume AND the intensity at the same time : this is what we do in training camps.

The expert answers you

« I'm preparing my first Ironman this summer and I'm very motivated. How to increase the load of training with no risk? »

An Ironman is a Long Distance event that you have to prepare progressively and meticulously.

The goal is to have the best level of performance while keeping as much physical and mental freshness as possible on D-day. To achieve it, the optimal duration of preparation is 6 months.

To increase the training load with no risk, there are many ways :

- do core training 3 times a week to have solid foundations of physical condition.

- if it's possible, ride your bike or walk at a rapid pace to your job. The few kilometers that you will do every day will constitute excellent aerobic foundations.

- do a training camp 1 to 2 months before your goal.
- take one week off every 3-4 weeks.

- get help by an expert coach for your training plan.

OVERTRAINING

ABOUT

You mustn't mix up pre-overtraining and real overtraining. The pre-overtraining induce transitory tiredness and comes when we train hard. A few days off to recover are enough to regain all your capacities.

The overtraining syndrome is characterized by an important tiredness and decrease of performances. Two weeks off are not enough to correct a real overtraining state. An excessive training and/or racing plan often cause overtraining. This syndrome is potentiated by stress factors linked to daily life (repeated trips, important professional activity...).

A deep overtraining state can cause chronicle tiredness which is a seldom pathology, very difficult to treat.

In addition to the decrease of performances, overtraining is characterized by the main following symptoms: important tiredness, depression, phlegmatic behavior, high heart rate at rest, drowsiness, difficulty to make the heart rate higher during an exercise, decrease of libido, amenorrhea (women), loss of competitiveness, higher prevalence of infectious conditions...



Imke Oelerich, German charm



27 years old, Imke Oelerich is a new face of German triathlon. Currently living in Thailand, she's juggling between many activities such as pro athlete, sport model, student and pilates coach. After doing some horse riding, she started triathlon in 2008 for fun and fell in love with it, finding herself surrounded by great triathletes and coaches who instantly inspired her. She started serious training for triathlon in 2010. Six years later, she was ranked 4th at the Ironman 70.3 Thailand for her first ever professional race and found a new way of testing her limits and setting new goals.



TrimaX-magazine : *How do you find your balance between yours studies and being a professional triathlete?*

Imke : That is sometimes hard. The past two years lived in Miami, where I started my study program MBA "Sport Revenue Generation" and run for cross country and track races for the college team. Currently I am finishing my Masters degree online, which gives me a lot of flexibility, but I have several deadlines every week where I need to submit papers and exams. When I come home from training sessions I try to fit in short power naps to be able to focus on my study work in between or after the sessions. There is not much free time at the moment. The days where the training load is soft I need to focus on studying. But I can see the light at the end of the tunnel and by the end of May I will "hopefully" finish two master study programs. The second is by the way



you like to do?

I would like to focus on my triathlon career for the next couple of years, if I get the possibility and if my body cooperates. Along the way I also want to use what I learned in my study programs. I love to coach athletes of every level and to forward my experience. On the other hand, I am very interested in marketing communication and content marketing. I am looking forward to combine my marketing and sport science knowledge as well as my experiences in the sport.

TrimaX-magazine : *How would you define your sport?*
Triathlon is a sport that challenges

a Master of exercise science and coaching! It is interesting and I love what I do...so no reason to complain ☺

TrimaX-magazine : *Once your studies are finished, what would*

you every day. It is competitive, it tests your limits. You need to set goals and you need so much discipline to keep going even when its getting hard or injuries are setting you back. This is just possible when you love what you do and when you are passionate about it. This sport also teaches you what it means to be patient and how to deal with difficult situation, what you need to know, what sportsmanship is all about...it builds character.

TrimaX-magazine : *In triathlon, do you have strength and/or a preference between swim, bike and run?*

My strength is definitely the bike. Also I am not a bad runner, but I was prone to injuries the last two years, but that doesn't say that I don't love to run.

TrimaX-magazine : *Why did you move to Thailand at the beginning of 2017?*

The greatest difference to my home country is the weather especially at this time of the year, where you have winter in Germany. The winter is usually very cold, sometimes you have snow and it can be very rainy and windy. I love to train in the sun and the heat doesn't bother me too much. Also I cannot mention a place in Germany where you have everything you need for triathlon training,





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recovery and health so close by as we find it at Thanyapura. Additionally I love the friendly and respectful Thai mentality and the Thai food.

TrimaX-magazine : Do you have a favorite workout session?

I love race related long brick sessions with great training partners.

TrimaX-magazine : Your first ever result as a professional athlete was 4th place at the Ironman 70.3 Thailand. Will you race on Ironman distances?

Not this year but it is an option for the future ☺

TrimaX-magazine : Can you share with us your schedule for 2017?

This is just a preliminary schedule:

- 1st April Ironman 70.3 Liuzhou
- 7th Mai Ironman 70.3 Vietnam
- 11th June Bonn Triathlon- Germany
- 25th June Indeland Triathlon Germany
- 9th July Ostseebad 113 Damp – Germany
- 22nd July Gegen den Wind Triathlon St. Peter Ording - my home race
- 19th Nov Laguna Phuket Triathlon

- 26th Nov Ironman 70.3 Thailand

TrimaX-magazine : What is your favorite country to train and/or race?

For now it is honestly Thailand. I love the races, because they are usually very very good organized and they are very concerned about the well being of the athletes. Also the award ceremonies and parties after the races are awesome. The successful athletes are getting honored in an amazing way, but also the athletes who might have had a bad day getting encouraged and at the party they forget about their bad day...I think it is all about a very respectful and friendly mentality!

TrimaX-magazine : What is your long term goal in triathlon?

JI want to be competitive and successful among the professional athletes and being able to qualify for the Ironman 70.3 World Championships in 2018 would be great...



Fizik R4B Donna, the beautiful Italian !

This month, it's the material testing which will animate our section. This will make girls happy, Fizik launches the R4B Donna : a comfortable, technical, and nice bike shoe for girls!

The time of sad-looking shoes is over, the R4B is beautiful and takes care of our small feet !



Sandra FANTINI, triathlète



The main tightening system is a BOA, that most of us are already used to. It allows a very precise adjustment as much when tightening it or loosening it. We can thus very easily adjust the tightening when riding, especially during summer rides when it's very hot.

The tightening system doesn't stop here because the shoe has two velcro strips at the toe to ensure an optimum maintaining. To be honest, as the BOA is already very precise, it's quite rare that I need to adjust these strips.

point of this insole is to have a vent in front and on the back which creates an air flow under the feet. It avoids overheating in summer and the risk of tingling.

The testing during winter temperatures didn't allow us to confirm this point, however on the contrary, it was enough to wear a toe-cover above the shoe to hide this vent and keep our foot warm.

We can thus assert that these R4B can help you all winter long and on all your summer races.

Finally, the mesh of the R4B is certainly its best asset because it shows the quality of the manufacturing of this shoe. It's made with a Microtex fabric, it's widely ventilated and will help you to evacuate sweat during an effort.

However, they can be useful for thinner foot.

Regarding the insole, the R4B has a carbon-reinforced composite insole. The latter is very rigid and it's very pleasant. This choice also explains the price of this R4B. The other positive





fizik.com/makingofchampions

**MICHELLE VESTERBY, TRIATHLETE AND GOLD MEDALIST.
CHOOSES R5B DONNA.***

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

fi'zi:kWomen



In any case, you just have to hold them to feel like putting them on !

They will be adapted to long distance triathlon or for your daily training. You won't regret these few additional seconds to put them on because they are very comfortable, performing and pleasant.

On the contrary, they are less adapted to short distance triathlons and you should prefer a specific triathlon model. Note that the tab is high enough and could disturb those who have a «strong» feet.

Just check this out when you try them!

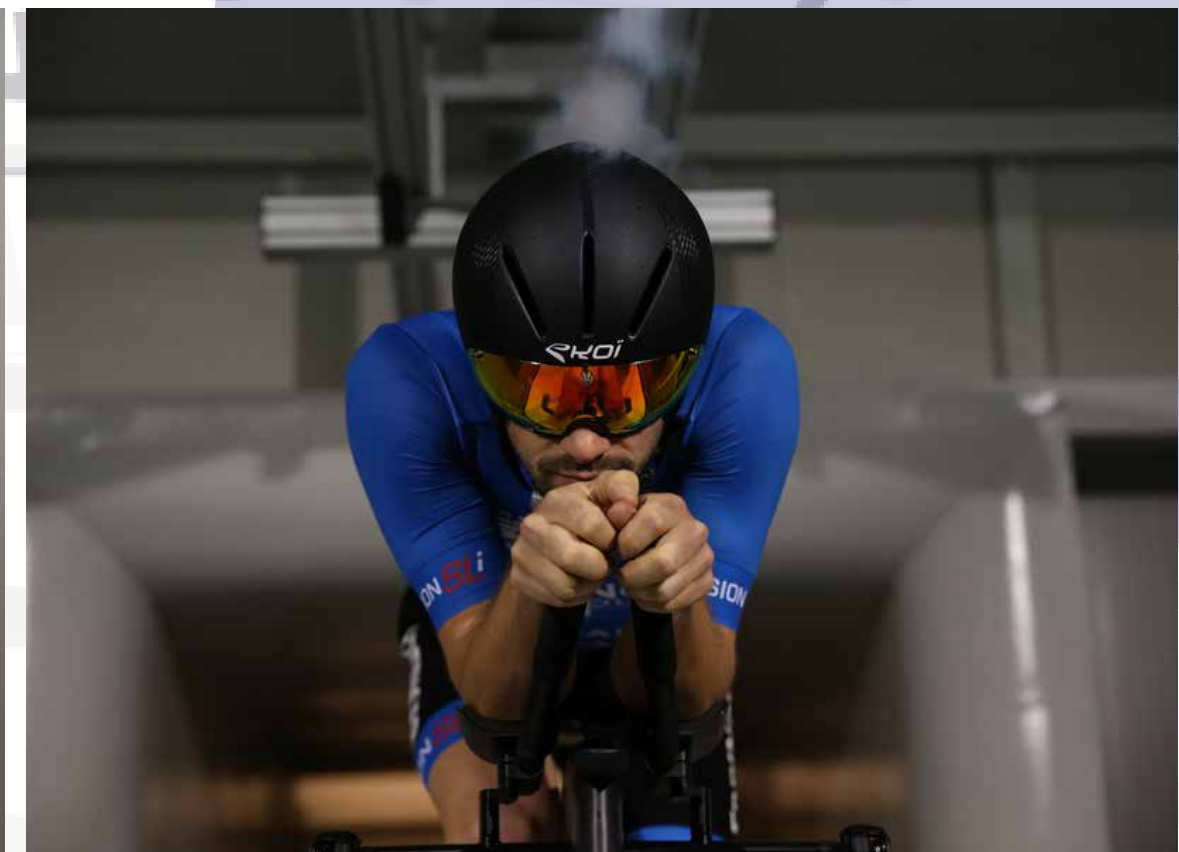
Available at 200 euros (215gr in 38,5), they have a very advantageous value for money and will be a perfect gift to offer or for yourself !

Triathlon lovers, take note...

WIND TUNNEL TESTING



Wind-tunnel testing : *breathhtaking results!*



What's the point in doing wind-tunnel testing?

It's not a passing fad but the need to win more aerodynamics, which leads every year the best triathletes of the world to push the doors of a lab equipped with these famous tunnels. And numbers speak for themselves... We estimate that 90% of the developed power by a cyclist is used to fight against the aerodynamic resistance. 10 watts gained is 1 seconds better by kilometers at 45km/h! Do the calculations on 180km!



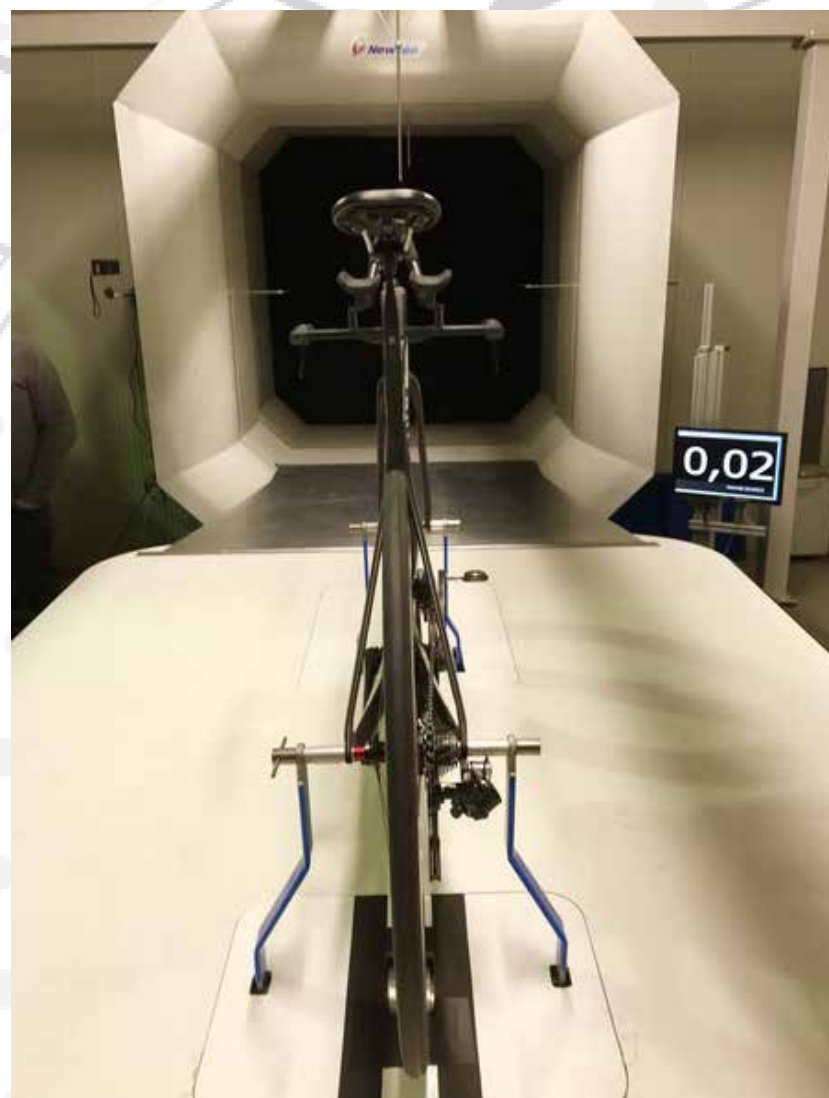
Jacvan



Yann Photo©Activ'images pour
TrimaX-magazine

On February 24th, we went to Milan. We were lucky enough to see Michael Lange's wind-tunnel tests, who finished 3rd in Hawaii in October.

WIND TUNNEL TESTING



triathlete. It's thus important to distinguish which equipment will be the most aerodynamic and thus the most adapted to seek performance.

And indeed, for Patrick Lange who already has an almost perfect position, one of the goals of these wind-tunnel tests was to determine what would be the best helmet for him this year and also his suit and other accessories on the bike.

What do you measure when you want to judge the helmet aerodynamics ?

We measure the air drag but also the acoustic measurement, the pressure and the many cameras present in the tunnel allowing to visualize the air flow.

What is corrected ?

The first thing is the position on the bike. The more the triathlete manage to be integrally formed with his bike, the more he wins aerodynamics. It's essential to test different settings of the bike to allow to scientifically prove (and not only on the feeling) what is the the best position which will less resist the air flow.

But the measure goes further. Each accessory (bottle cage, handlebar, aero helmet...) has an impact on the aerodynamics of the cyclist/



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CANYON

*SYSTEME AU COMPLET. FAMILLE AU COMPLET.

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.



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.



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.



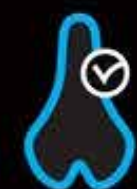
Measure your lumbar flexibility

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.



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.

Distributed by: SARL APESUD CYCLING +33 434170380 | SAVOYE SAS +33 474361377 www.savoye.fr

WIND TUNNEL TESTING

How does a wind-tunnel test take place? How are the data measured?

The idea is to manage to place a fitted triathlete as close to reality as possible, offering a resistance identical to the one in real conditions.

Many measures are possible with these tests thanks to the multitude of sensors: the resistance due to gravity, the frictional resistance (wheel contact), the air resistance made of the drag strength and lift strength, the flow velocity of the fluid on the body... The air is frontally projected but also on different angles to put the cyclist in different weather conditions (frontal or lateral wind).

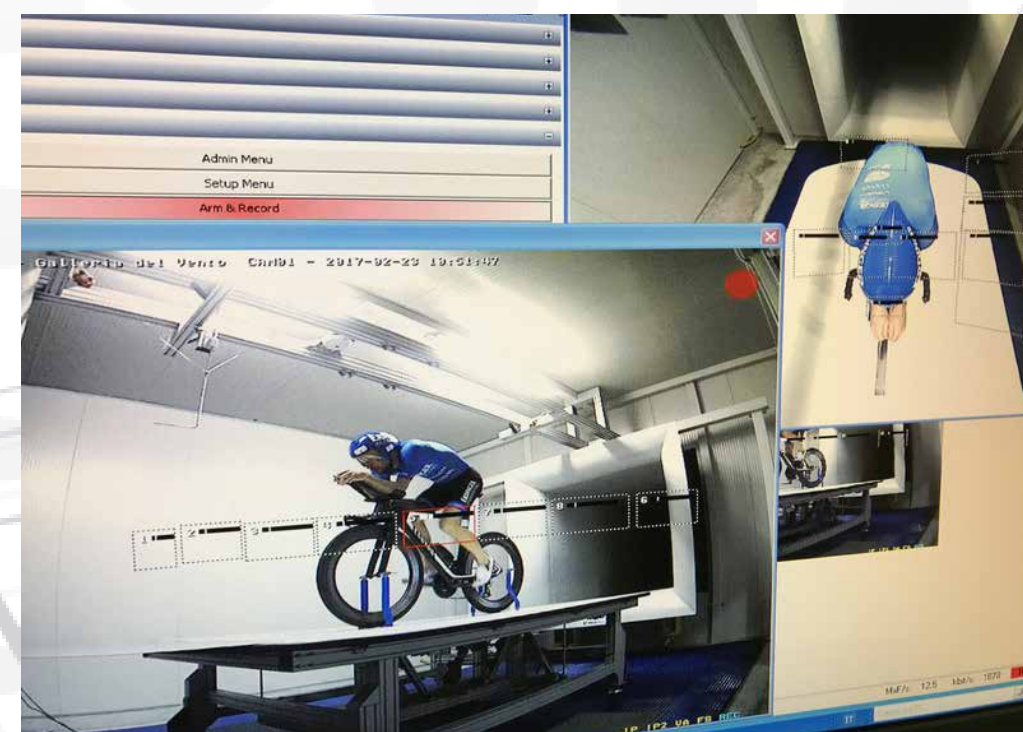


In parallel, the power developed by the cyclist is measured by a power sensor. Thus, each aerodynamic measure is balanced with the mechanical power and bio-mechanical performance.

These data are transmitted on a computer to allow a more developed analysis of these measures.

The cyclist can follow in real time the different data and possibly correct a positioning while the machine keeps working.

The data allow to be more efficient and more powerful. Once the position is corrected and the accessories are optimized, the cyclist «only» has to apply in races the lessons learnt to be more efficient... Easy ?!



<http://www.newtonlab.it/it/doveSiamo.htm>

Prologo T Gale PAS CPC

Prologo is a word from ancient greek which means the «beginning» (preface), mostly known as the «beginning of a journey».

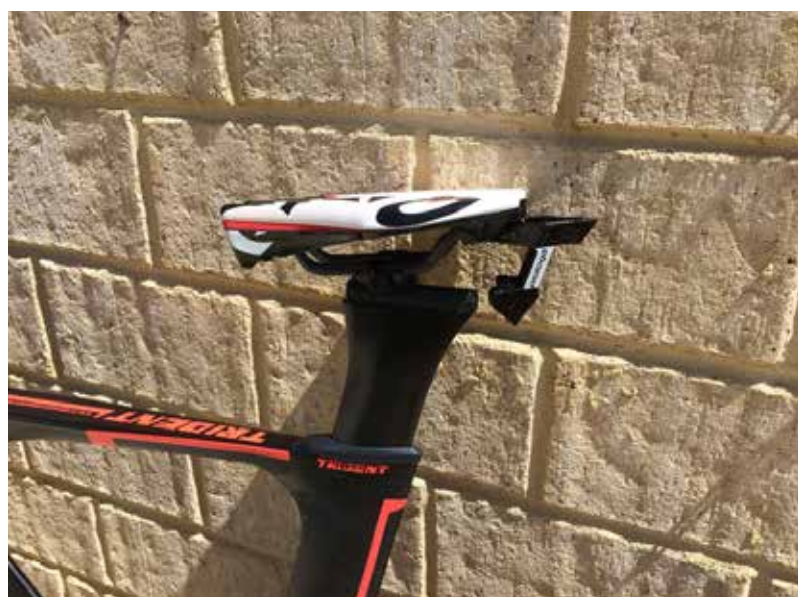
The goal of Prologo is to combine the latest technology with high-tech materials to produce innovating saddles which include the cyclist in order to form a harmonious link between the human and his machine. This month we make you discover the T-Gale Nack PAS CPC with a triathlon profile.



Prologo has an important saddle range (46 models) going from road cycling to enduro, descending, and TT or triathlon.

It's obviously a saddle made for triathlon that we tried.

It's the T-Gale Nack PAS CPC. Its name refers to the different options chosen and the associated technology that we will present you in detail.



First of all, it's important to look at its technical characteristics.

It weighs 228 gr, the saddle T-Gale is the 2nd lightest saddle compared to its competitors :

Model	Weight
San Marco Aspidi Triathlon	189g
Prologo T Gale PAS CPC	228g
Fizik Tritone 6,5 carbon	250g
Selle Italia Iron Flow S	260/270g
Pro Aerofuel Ti	297g
ISM PN1.1	388g

Simon Billeau



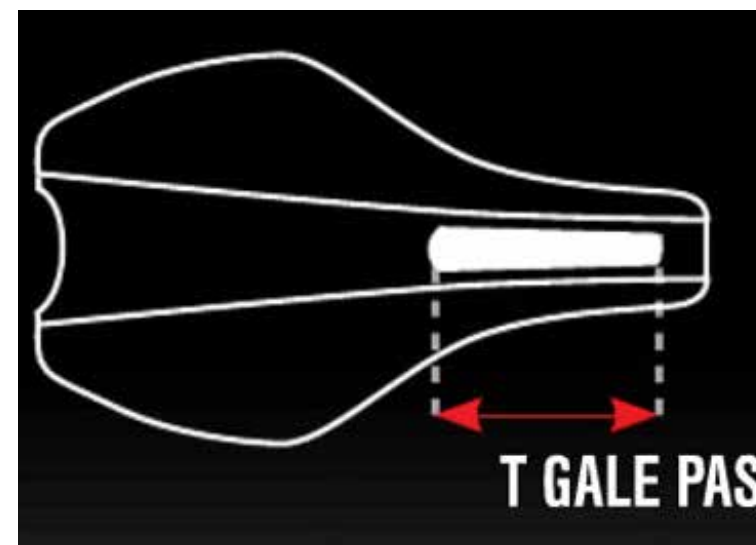
Simon Billeau

Then, what is striking is the saddle length. With reduced dimensions (240*128), Prologo has taken into account the aerodynamic position that we must hold for a long time to create it. In comparison, a Prologo road saddle will be longer (4cm) than a triathlon one.

Finally, the type of rail is optional (Nack or Tirox). Nack is a carbon, kevlar and aluminum alloy whereas Tirox is only made of aluminum, which increases the weight to 259g... And its price is around 250€.

It's now time to check out the technologies used to conceive the T-Gale. Concretely, 3 points are important :

- 1.- the PAS technology,
- 2.- the CPC technology,
- 3.- the Nack.



The CPC technology or «Connect Power Control» :

The CPC technology has been studied and patented by Prologo.

Thanks to hexagonal cylinders (they call them «airing») made of polymers issued from the nano-technology, and their placement in strategic places, the design allows to diffuse shocks and absorb vibrations by 15% better than on their former model.

The PAS technology for «System for the Perineal area» :

The PAS is simply a classical hole of around 7,5cm long and 2cm large. It eliminates the pressuring points on the perineal area nerves and contributes to an unaltered blood flow in this very sensible region.

As I used many saddles from different brands, I didn't feel any numbness in the pelvic region after long sessions, which had already happened to me before on saddles with a very light padding.



Consequently, comfort is improved, tiredness is decreased and recovery is better.

Cylinders emerge from only a few fractions of millimeters above the surface of the saddle. They have almost the same level to the naked eye.

But they are big enough to create a free-space between the cyclist's gluteus and the saddle. The result of it is an «air flow» effect which improves ventilation and thus reduces the production of heat.



Concerning the air flow effect, I'm a bit more skeptical about their efficiency. I'd have a hard time saying I felt it. However, what is sure is that associated with the PAS and the predominancy of the white color on the saddle, I was never too warm in the pelvic region which is an essential point when we want to stay in position for a minimum of 4h30.

Finally, I'm totally seduced by the chocks damping effect. However, in the past I already used 100% carbon saddles (ultra light, like 89g...) and at the expense of a good and performing run...

Finally, the cylinders ensure a perfect grip and a stable position, whatever the weather conditions because the polymers are not subject to climate changes.

In the facts, what impressed me the most is the grip that these cylinders offered. Under any weather condition, whether it was in the heat and thus with a lot of sweat... or under the rain, I didn't have any problem to remain sat down on the saddle.

Ever since, I've centered my research on the compromise between comfort and performance. From this point of view, the «Active Density» padding is great without impairing the global weight. And the integrated elastomer in the structure of the saddle plays a role of additional damper (red part on the picture).

The Nack :

The «Nack» rail is made of nano-carbon fibers, kevlar (it's a material which is 5 times more rigid than aluminum) and aluminum filaments. This alloy is obtained by a process that they call «Braided Carbon Rail». It's actually a braiding of fibers which allows to obtain an interleaving of the different fibers in multilayers. It guarantees the tenacity (tenacity of a material means that it can resist the propagation of a crack...), the longevity and long-lasting properties.

Finally, the U-Cage is the only available product for this range of saddles.



It's a hydration support specially designed for triathlon saddles. The support has been tested in wind-tunnel to offer the best aerodynamics possible.

It can receive 1 or 2 bottle-cages.

The weight is 72g checked, it's easy to fix thanks to three screws to tighten in the frame of the saddle. Even if I didn't have any problem of loosening of the system, I advise you to apply a bit a thread-locking.

The disadvantage that I dare to say is that it's not possible to adjust the support inclination. Some of you would surely prefer to incline their bottle a little bit less or more.

However, I liked the care that Fizik has brought to the T-Gale. What brand can boast of having thought about including a hook in front of the saddle for transitions ? By sponsoring athletes such as Sebastian Kienle or Frederik Van Lierde, we can guess that they gave their feedbacks about it for this saddle manufacturing.

Finally, Prologo offers via its resellers network, a positioning to choose which saddle suits you the best. You can find more information on this link : www.prologomyown.com

In 4 steps, the software finds the optimum saddle for you :

1.- Choose the use (road, triathlon, women, marathon, enduro, downhill) and evaluate your level of experience.



2.- The measurement of hamstrings. With a station, you just have to sit down and strongly push with all your weight to «mark» the gel padding...

3.- Measuring your lumbar flexibility : once again on the station, you have to lean frontwards and spread your legs. You get a flexibility index at the level of the pelvis via a numeric inclinometer .

4.- Calculation of the BMI. You enter your weight and height and the software will calculate for you to give an idea of the strength there shall be on the saddle.

The Prologo T-Gale is one of the best product on the market regarding specific triathlon saddles. The finishing degree of this saddle deserves a bit of attention: comfort, performance but also ease of setting with the marking on the rails, and the inner hook for stability in bike parks, without forgetting the possibility to add a light and cheap hydration support.

Prologo has set high standards with this saddle dedicated to triathlon thanks to this very technical and innovating saddle.

Feedback Sports Omnium

Feedback Sports is an American company which was created in 2004 by Doug and Lisa Hudson, 2 cycling enthusiasts. Feedback Sports is worldwide known for its very high quality red stainless steel workstands approved and loved by mechanics of the UCI Pro Tour teams...

In 2014, Feedback Sports sought agreement with SportCrafters (another American company). They decided to combine their skills. The first innovation they created was the Feedback Sports Omnium at the end of 2015.



Description :

First of all and because cost is always first on the consumer's mind, the Omnium trainer is available for US\$429 which is the equivalent of AU\$560 or 399€. It's quite competitive for its range of indoor roller trainer. But when you consider its features, it just can't be compared to a simple indoor roller trainer.

This trainer is so compact when folded in its tote bag : 66cm*18cm*20cm for a light weight (6,35kg). Unfolded, the Omnium is 150cm long and 67cm wide.

Folded



This trainer is an improved one from SportCrafters. They kept the progressive-resistance rollers system but Feedback Sports added its expertise in workstand stability.

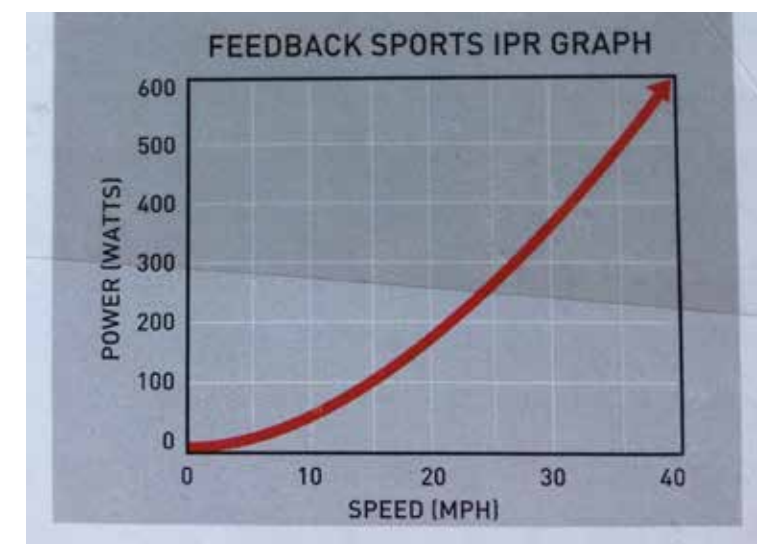
So, we will start by a description and an explanation of the working principles, then we will share our own experience with this great portable trainer. Have a good read !

By its measurements, you are allowed to fly with your Omnium trainer with you in the overhead compartment !



Unfolded

Feedback Sports has called the resistance system of its rollers « Internal Progressive Resistance ». It's a magnetic progressive-resistance.



The Omnium trainer accepts standard quick releases : 12*100mm, 15*100mm et même 15*110mm. Therefore, you can use your Omnium for a spin with your MTB, BMX, roadie or TT...

This versatility is possible because the design of the wheelbase adjusts with a single thumbscrew up to about 1,220mm.



MATERIAL OF SIMON BILLEAU

One of the big arguments of the Feedback Sports Omnium is the fact it's a tool-free trainer for its installation. Furthermore, you don't need to start any software or computer. It's a saving of time. And with the majority of triathlon bikes equipped with power meter or at least a heart rate monitor, it's now possible to optimize your training time without the constraints of a smart virtual connected wind trainer...

The bearings of the 2 aluminium drums are greased and sealed inside themselves so it doesn't require any maintenance; maybe, just a little cleaning of the sweat after a tough workout on the tripod, that's all...

It comes in a solid carrying bag.

Finally, the Omnium is limited to people under 102kgs and has a 3 years warranty.

More informations on their website :

<https://www.feedbacksports.com/shop/omnium-portable-trainer/>

1st impressions :

When I've received the parcel from the Australian distributor, I've wondered myself if the trainer was fully delivered as the parcel was so light and small. I've checked the content and read the explanatory note which are written on a single A4 page and on the paperbox. No need to check on the manufacturer website for any assistance for the installation or misunderstanding about its correct functioning. The simplicity prevails but don't get me wrong, the Feedback Sports Omnium isn't a basic noisy indoor roller trainer. In fact, it's the opposite.

The second thing that attracted my attention was the aesthetic of the Omnium. The red anodised stainless steel of the tripod perfectly complements the chassis frame supporting the 2 drums.



This red colour is the trademark of Feedback Sports for its workstands.

Then, I had to set up the Omnium with my Edge Design Trident triathlon bike.

The Omnium sets up very quickly. It took me roughly 1' to remove the trainer from its bag, unfold the tripod by releasing 2 rubber bungees, undo the front wheel of my bike, mount the fork to the quick release stand, and adjust the track for my bike's wheelbase by tightening the thumbscrew. All is very simple and intuitive.

For safety reason, don't forget to secure the compass arm.

When came the time of my first session with the Omnium, I was so excited I forgot the rear wheel wasn't fixed like in a traditional wind trainer. I wanted to get on my bike like I'm used to do it. But, the bike is few centimeters higher than



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usually because it stays on the drums... I nearly lost balance.

It's smart to be cautious for the first time when climbing on your bike. Feedback Sports legitimately recommends to climb on the bike by placing your 2 hands on the handlebar and then progressively transfer the weight of your leg around the seatpost to avoid any loss of balance.

The aim of my first session was just to have a short and easy spin to recovery actively. was so surprised that the resistance was that hard for a gear ratio and low pedalling rate. I was expecting a lower resistance for some drums... but I was forgetting the main point of this trainer : the magnetic progressive resistance.

So, I had to keep pedalling constantly for maintaining the pedalling rate. If not, the drums stop spinning just 2" after the end of my effort. It's radically different from some cheap wind trainer. Some short and high intensity sprints were also on my schedule. It was a good way to assess the resistance and the stability. I've done them sitting on the saddle because I was concerned about the sideways movement of the rear wheel.

I was stocked by the fact the resistance was that high. I recorded more than 700 watts for some 7/8" sprints. Also, the good news was the rear wheel doesn't deviate a lot from its original position so there is no need to worry about that. I was then able to execute my sprints standing on the pedals. I had to push myself to finally touch the limit of the Omnium's resistance.

For example, Tyler Butterfield is one of the many ambassadors of this young company. He challenged the Omnium and managed to obtain a 940 watts. André Greipel, The German sprinter from the Lotto Soudal Pro cycling team trains on it like his teammates during warm-up on any staging and particularly time trial stages or his competitors from the Trek Segafredo Team.

One of my favorite session on a trainer is a brick bike-run at threshold. Usually, I do from 5 to 6 sets of 25' trainer followed by 5kms run at ironman speed.

The main advantage of using a trainer for this session is to save time during the transitions. You don't have to store the bike in the back of your car and we can even smoothen the effort as there is no disturbance from the traffic and weather conditions.

I wanted to see in that session if the drums would show any weaknesses because of they would become hot. In a recent past, with some virtual trainers ; I was honestly disappointed by their lack of consistency during a session. Some artefacts were nearly common and my sessions weren't perfect. There is not such issue with the Omnium. The resistance is accurate and doesn't vary during the effort if you keep the same power output.

I have to say a word about the whole drums resistance. Feedback Sports has called it the « Internal Progressive Resistance ». The system is based on powerful magnets located on the drums. These magnets move depending on your power. The fastest you go, the furthest the magnets are from the original position increasing the magnetic resistance. At the opposite, if you decrease your power, the magnets move closer to the original position and it decreases the resistance.

This video on the SportCrafters website explains the functioning of the trainer and specially the magnets.

<https://www.sportcrafters.com/technology>

The Omnium trainer is very silent. The only noise is coming from the wind generated by the drums and the friction of the different components. But it's close to perfection.



You can use it like Helle Fredericksen Invitational Bahamas triathlon or Gwen Jorgensen at the Olympics in Rio in your bedroom or balcony without disturbing your neighbour.

I've been using it also on some time trial events for my warm-up. The quick set up allowed me to save time. The other cyclists were blown away. In 1', my bike was out of the back of my car and ready to be used on the Omnium.

Finally, and it would be the only little shortcoming is the fact that the Omnium isn't as realistic as the latest generation of treadmill trainers. . However those high end trainers are significantly more expensive (Taxc Magnum = 7000€ or Oreka = 2800€). But overall with the attach-free rear wheel and the progressive resistance, it's quite natural and smooth, way more than some wind trainer which fix the rear wheel in a skewer attach point.

To conclude, the Omnium is the favourite trainer of the Pro Tour cycling teams as it's very light and quick to set up.

Simple, reliable and robust, it'd be your best training partner to achieve your goal.

Silent and light it's the

perfect portable trainer for your local races or on the other side of the world.

It's a very good value for money, certainly the best ever in its category..

And if you want to add some fun, you can still connect to virtual races or visualize your workout on an interactive platform. The Omnium is compatible with Zwift, Sufferfest or TrainerRoad for only 10€ per month depending on the brand...

Feedback Sports has made the revolution in the trainer world by offering a high quality trainer with great value for money.

Be performant *with Ekoi*

Two interesting new products have been created for the beginning of the season. Ekoi, a brand addressed to the general public, has decided to focus on performance for these two high-end products. High technology at an affordable price.

Aero helmet CXRI4



Use :

- Performance in TT, track and long distance triathlon.



Price : 279,90€



Characteristics :

- 6 ventilations ,
- Design : IN MOLD 2.
- Magnetic fastener.
- New occipital holding that you can fix with a thumbwheel and in height.
- Weight : 330 g in size SM 53/58
- Cool-max foams anti-bacterial treated.
- Standards : CE
- Size S/M (53/58cm) and LXL (58/62 cm)



Advantages:

- 3rd generation of TT helmet designed and tested in wind-tunnel.

- IN MOLD design
- Short shape which avoids turbulences.
- Lateral sides of the helmet plated onto the face to improve aerodynamics and block the passage of air.
- Magnetic screen (3 available colors) CE standards.
- 3 big front air vents + 3 back ones with inner channels to channel the air flow.



Our opinion :

Ekoi makes a deep impression on our minds with this helmet. Tested in wind-tunnel, it has convinced us with its aerodynamic qualities, which makes it one of the fastest helmets of the market! Patrick Lange, 3rd in Hawaii this year, will be equipped with this helmet for this year.

CLUB VIP EVO
EKOI



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	Special prices and welcome gift to "Sun Trainings" Stages du Soleil.	Special prices and welcome gift to "Sun Trainings" Stages du Soleil.	Individual diet tips.
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Shoes TRI LD Carbon



Price : 249,99€



Advantages :

- Carbon sole for a better transfer of energy of the foot to the pedal and an efficient ventilation and water discharge system.
- Wide tightening straps which, when opened, facilitate donning during transitions (swim/bike or run/bike).
- Easy and fast adjustment with its wide scratch fastener.
- Comfort with a perfect holding thanks to its ATOP rotating fastener.
- Optimum ventilation with its multi-perforation shaft.
- Maximum rigidity index.
- Exchangeable heel support.



Characteristics

Equipped with the Memory Clip by LOOK.
- Look 3-point drilling type, compatible with all main brands of pedals.



Composition

- Sole composition
- Ultra-light 3K carbon composite, provided with an efficient ventilation system.
 - Thickness 6mm



Our opinion :

A real concentrate of technology for these new Ekoi shoes which offer support, rigidity and comfort. We will test them shortly.

FILE OF THE MONTH

TRIWETSUIT NEOPRENE



ARENA

www.arenawaterinstinct.com

ARENA WETSUIT CARBON

Bracing cold. Open water. Dominate on race day with our revolutionary carbon triwetsuit. We combined two highly advanced materials to make the ultimate design. Yamamoto Aerodome neoprene panels integrated with our carbon cage fabric technology for advanced buoyancy, total core stability and optimal swim position. For more freedom of movement we crafted the shoulders with a thinner, more elastic neoprene. The rear zip fastening is easy to grasp for quick removal and no loss time at transitions.

Price : 549€



MEN'S TRIWETSUIT CARBON SLEEVELESS (NEW 2017)

This revolutionary carbon sleeveless triwetsuit is designed to dominate on race day. We combined two highly advanced materials to make the ultimate design. Yamamoto Aerodome neoprene panels integrated with our carbon cage fabric technology on the inside layer for advanced buoyancy and unparalleled core stability. Sleeveless design for total freedom of movement. The rear zip fastening is easy to grasp for quick removal and no loss time at transitions.

Price : 499€



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<http://www.aquasphereswim.com>

RACER

The redesigned Racer combines the flexibility and buoyancy needed in a top performing wetsuit. Our unique Bio-Stretch Zone provides an uninhibited range of motion and our 4mm lower back panel ensures your body is streamlined for maximum efficiency.

Price : 350€



W-CHALLENGER

The redesigned Challenger offers upgraded Yamamoto 39 neoprene throughout the entire suit for a comfortable race. Extend your reach with the Bio-Stretch Zone's uninhibited range of motion.

Price: 299€



DARE2TRI

www.dare2tri.fr

MACH4S (men)

Redesigned for 2017, the bare MACH4S 0.5 is faster than ever with enhanced comfort to go the distance. The MACH4S 0.5 model is fitted with improved shoulder flexibility. New to the market, the 0.5mm neoprene is ultra-thin giving the swimmer the «bare sensation» and allowing for a great range of motion through the back and shoulders. Finer details have also been added to the suit to improve body position in the water and reduce water friction while giving extra propulsion.

Price : 499,99€



MACH3S (women)

The design has remained more or less the same as the MACH3, but the S stands for Speed and Smoothness, hence the MACH3S.

The main improvements in the MACH3S are where we have paid even more attention to the smoothness of the material – and as a result the speed through the water and the speed of removing the wetsuit – than with the MACH3.

Moreover, it has been proven that, as with fish, water resistance as well as shape are naturally factors that determine velocity in the water. As humans, we do not have the shape of a fish, however, we can use the benefits of less water resistance.

Price : 349,99 €



FASTEST ...PERIOD!

It takes an industry veteran, a professor of human movement through water and the knowledge of Swimsmooth to create our suits, tested and proven to deliver gains in your swim.

If you don't believe us...

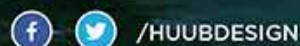
Ask the Brownlee Brothers, Richard Varga, Henri Schoeman or Raoul Shaw who between them dominated the ITU Mens World Series swims.

#FIRSTOUTHEWATER



HUUB
WWW.HUUBFRANCE.COM

WWW.SWIMSMOOTH.COM



FILE OF THE MONTH



www.huubfrance.com

Albacore

'The accumulation of the greatest minds and technology within the triathlon industry'

- Kinetic Release for arm stroke efficiency
- HUUB exclusive Calf Release™
- DLP exclusive high buoyancy panels around the hips and core
- 40% increased buoyancy over standard and aero-dome neoprenes
- Improved flexible low neck line
- No suit feel under arm modulus
- Breakaway zipper

Includes a carry case exclusive to the HUUB Albacore Wetsuit

Soon available

Price : 799€



ATANA

We felt it was about time that the female wetsuit was more than a sculptured mens suit designed with curves and patterns that simply fit the female form. We took the time to look further into the needs of the female athlete when swimming. The HUUB Atana is part of this philosophy.

Ladies, you are different, yep, don't say we are not a sharp bunch here at HUUB. We know you are smarter, brighter and totally more caring than your fellow men. But we also noted a few other differences: You have less dense muscles, you have a much less tendency to have a leg sinking swim style and you certainly don't need those more super hero style looking suits.

The unique buoyancy levels of the HUUB Atana wetsuit allow the swimmer to maintain an effective kick and waterline position designed to maximise flow around the body and improve swim speed by not lifting the body too high out the water

Price: 519€



HEAD

<http://swim-eu.head.com/fr>

BLACK MARLIN (men)

The Black Marlin is HEAD's most advanced suit.

It is made of extremely flexible neoprene with unique compression around the core.

A 4mm air cell panel on the front gives you optimum buoyancy and the ideal water position. 3mm panels below the knee offer a more effective leg kick and 1.5mm around the arms and shoulders mean great flexibility and movement.

A new low neck profile has been added for great comfort.

New arrowed arm panels maximise the efficacy of strokes. Glideskin coating provides minimum resistance in the water.

A reverse zipper enhances neck comfort and also improves reliability in the water, reducing the transition time in triathlon.

Price : 499,95€



TRICOMP SKIN (women)

High performance openwater swimsuits ideal for triathletes and long distance open water swimmers.

The high quality neoprene and lycra materials used ensure ease of movement and high comfort. Thickness varies from 4 to 2 mm.

The fully water-repellent neoprene does not absorb water and therefore does not weigh down the body. Out of the water, the strategic position of the rear zip makes doffing easy and quick.

Outer Skin Neoprene Inner Lined 4.3.2.
Fuse Neck Cut.

Price : 349,95€



MAKO

www.mako-sport.fr

PURE

New Product

It has taken 3 years of research and testing to develop this finished product that offers incredible restriction-free movement. Our Pure wetsuit benefits from the all-new panel design of our Torrent model which allows amazing articular freedom and more precise buoyancy placement. However on this suit we have not added DomeCell neoprene to allow the user a more natural position in the water and the feeling of "Pure" swimming

Available in women's and men's specific cuts.

Price : 520€



TORRENT

New Product

This suit is the result of 3 years of research and testing to create a product that offers incredible freedom of movement and unparalleled performance. We have added new exclusive materials, better balanced buoyancy and zones of extra elastic neoprene over certain joints which has allowed us to improve even more our award winning range of wetsuits.

Available in men's and women's specific cuts.

Price : 650€



SAILFISHwww.sailfish.com**ATTACK**

The Attack can be regarded as the all-rounder of our neoprene suits. Due to the best possible combination of flexibility, buoyancy, and durability the suit remains unmatched in its segment.

We achieve the outstanding price-performance ratio, inter alia, because of our well thought out use of different neoprene and inner materials.

Price : 459€

**ROCKET (new)**

The new sailfish Rocket offers an unrestricted flexibility without neglecting the buoyancy. Thanks to a clever material insert our „Long John“ is predestined for all swimmers who like having additional buoyancy in warm water or who appreciate sleeveless swimming.

Price : 359€

**ZEROD**www.z3r0d.com/fr**Atlante**

The ATLANTE is the perfect wetsuit for beginner triathletes. It has our unique Wrist 2 Wrist panel, designed for increased flexibility across the arms and shoulders and the high quality Yamamoto#38 neoprene provides the buoyancy every swimmer is looking for.

These two great features will provide great efficiency and enjoyment!

Price: 325€

**Vanguard**

Mainly made of high quality Yamamoto 39 neoprene, the VANGUARD is an extremely powerful and performant wetsuit that provides an amazing buoyancy. The Aerodome Yamamoto technology (air cells in between 2 layers of neoprene) has been strategically placed on the heaviest part of the body to lift it even further out of the water, ensure a stable position and improve hydrodynamics. You can focus properly on your stroke!

It features our Elbow 2 Elbow panel to give you the flexibility you need for a natural crawl. It's as if you are wearing nothing at all! Striated pannels placed on each forearm and on the triceps will improve your grip and your stroke, acting like a traction surface.

The Nano CSC coating will ensure you're as fast as you can be! Not only will you be fast in the water but also at the transition to take it off... because no one wants to miss the pack!

Price : 550€



ZONE3

CHOOSE IT, LIVE IT.

FILE OF THE MONTH

ZONE 3

<https://racezone3.com/>

VANQUISH

With last season's Vanquish winning the prestigious BEST ON TEST award with a 92% rating from 220 Triathlon, we knew it was going to be hard to make a wetsuit any better. However... thanks to some cutting edge design and innovative thinking, we are very pleased to say that we feel the new Vanquish has no doubt become the leanest, meanest and fastest wetsuit ever made.

Price : 649€



ASPIRE

Year on year the Aspire wetsuit builds on its world renowned reputation. It continues to collect accolades from the Triathlon industry, having scored an impressive 10 out of 10 rating in both Triathlete Europe and 220 Magazine in its early years and more recently a 95% rating and the prestigious BEST BUY award. The Aspire is constantly given praise for its great fit, remarkable flexibility around the shoulders, carefully balanced buoyancy and rapid removal.

Price : 399€



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www.racezone3.com



HED.

H3

H3**HED.**

HAND MADE & ASSEMBLED IN THE USA

WWW.HEDCYCLING.FR

The Icon. The Standard. The wheel that evokes an inexplicable 'I-just-gotta-have-it' feeling.

The H3 has been around the block more than a few times. With countless wins at Grand Tours, World Championships, triathlons, time trials, and local weekend races, nobody can deny its speed or success. More than two decades later, professional road teams still ask us to use this wheel for their most demanding races.

New for 2016, we introduced the H3 Plus, bringing the clincher H3 into the modern era. It features a wide 25mm rim, suited for modern tire sizes - and even more speed.



GT3 BLADE CROSS SECTION

**H3**

RIM WIDTH: 19mm
860 - 990G F/R
CNC ALLOY BRK TRACK
CLINCHER

H3 PLUS

RIM WIDTH: 25mm
860 - 990G F/R
CNC ALLOY BRK TRACK
CLINCHER

GT3

RIM WIDTH: 26.5mm
750 - 880G F/R
CARBON BRK TRACK
TUBULAR



H3 PLUS - GT3
COMPARAISON PROFONDEUR
DE JANTE

H3 PLUS
60MM**GT3**
46MM

More informations : www.hedcycling.fr

stay in touch!