

VONSY®



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## Newsletter

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European & Dutch champion Long Distance 2017 and WORLDRECORD: 16 (Sixteen!) times Sub 9 hours

### 2018 is coming to a end.....

We are in the middle of winter and I'm just back from a short "winter wonderland adventure" in beautiful Lech, Austria, organized by the Transvorarlberg Triathlon. I think these winter sport disciplines are so good for Triathletes, especially when you need a break, love snow and want something "different". I'm not a snow type and as a Dutch girl I am not so good in all these weird sports, which I didn't grow up with.

We used to go on holiday to warm places, but never on a skiing trip. It was fun to give it all a try and especially my faster half loved every minute of it and enjoyed the training a lot.



Most of you are probably riding indoor a lot at the moment and I tell you, I have such a respect for you all, I just don't like riding indoor, which makes the bike training very hard and to be honest a bit rare at the moment :-). I'm definitely running every day and so enjoy that in these cold temperatures. When you look on social media it seems that everybody loves riding indoor, I just don't get it, maybe it's time for a new trainer, the one I have, that I earned 15 years ago when riding for that company on Expo's, is not good anymore.... :-). I will give this another change.... Next week..... Hahahaha :-)

I'm still enjoying my extra long winter break, how it came to this and why am I doing this?

There are several reasons and I will point them out for you here.

I've been racing since 2000 and have always trained, raced and travelled a lot, almost all season we're successful, I raced more than any other Pro Triathlete, I've been consistently performing very well on the highest level of our sport and that as an exception, almost totally injury free.

But.... It all adds up, when athletes would ask me, don't you need a longer break than 2 weeks a year and why are you racing 10 months a year, don't you get tired, mentally and physically? The answer was almost always NO, especially the mental part was always good, always eager to race again and give it my best.

This year I noticed that I had raced too much in 2017 (6 full Ironman's, 10 half's and 4 other races), I finally got the bill and also the proof that at a certain point I couldn't keep up with my ridiculous race schedule :-)

I felt flat almost the entire 2nd part of the season, (hey no wonder right?) and started to think a lot about breaks and resting, which is not a good sign in my case :-)

Also physically I got some weird signals, the doctors explained them to me and advised me to keep my legs still for a change and let my hormones and everything else recover deeply.

This article, both in Dutch and English didn't really help me either:

<https://3athlon.nl/wat-krijgt-je-lichaam-tijdens-een-long-distance-te-verduren/>

[https://www.triathlete.com/2013/04/training/a-physiological-view-of-what-the-human-body-goes-through-in-an-ironman-2\\_46170?](https://www.triathlete.com/2013/04/training/a-physiological-view-of-what-the-human-body-goes-through-in-an-ironman-2_46170?fbclid=IwAR1yQAz0saNYpO2hwOPdcIOCM1wORVJ8qWaDQORMxO63pEkbJqVxEGZt3J0)

[fbclid=IwAR1yQAz0saNYpO2hwOPdcIOCM1wORVJ8qWaDQORMxO63pEkbJqVxEGZt3J0](https://www.triathlete.com/2013/04/training/a-physiological-view-of-what-the-human-body-goes-through-in-an-ironman-2_46170?fbclid=IwAR1yQAz0saNYpO2hwOPdcIOCM1wORVJ8qWaDQORMxO63pEkbJqVxEGZt3J0)

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After winning Challenge Almere ( <https://www.challenge-almere.com/> ) and defending my title, I decided that I needed a break from racing full distance, I did "compete" at IM Barcelona but the tank was empty and ended up getting 3rd with not such a good performance. That showed me that it's the right decision to NOT race full in 2019. Maybe others will push true and that's exactly the reason that people get injured and I don't.

I listen to my body and I show respect to her, as she has giving me SOOO much. So before it's to late and I come to be one of those many injured athletes, I am having a huge break.

Is it hard? No to be honest it isn't, which also shows it's necessary for me at this moment. I'm enjoying being a house wife, enjoying just training every day what I like, no schedule and no "must do's", the pressure totally off and I am just being thankful every single day what this sport has giving me.

My coach Siri Lindley is totally with me in this decision and I think she would just wish that every athlete would listen to his or her body like I do.

So cheers to another amazing season where I was able to win the Challenge World Ranking again and yes of course with a pay check of \$30.000,- it does make it easier to enjoy this longer break :-)

More about this nice end of the year win here:

<https://www.challenge-family.com/news/van-vlerken-kienle-and-dapena-win-challenge-family-world-bonus/?fbclid=IwAR1oxD5A7XG-efNsst-s-H54Asn0r1UIEtK3FIL4UZX-1B2F43KMUOeAZg>  
<https://3athlon.nl/yvonne-van-vlerken-wint-challenge-family-world-bonus/>



The highlight of the year was of course getting married with the love of my life. We are still enjoying that amazing day which we got to spend with our loves one's and closest friends and family. I am so thankful to be so lucky in my personal life and for ever grateful that Per crossed my path at that Abu Dhabi Triathlon :-)

So to all of you, I'm sorry, you won't see me racing at Challenge Roth or at any other long course race in 2019, I will be racing Olympic and half distance races only, maybe run a marathon, which I have been wanting to do for some time and some fun stuff. This will make it possible to spread my wings and have more time for my sponsors and different activities.

People have asked me concerning coaching and even when I have said in the past that this isn't an option. I am considering this, as with my almost 20 years of racing and my background as a personal trainer, sport massage therapist and overall education as a trainer, when I wouldn't do this, then who?

The passion and gratitude towards the sport and my personality make's the package a number 1, but I haven't made up my mind yet.

What my race schedule for 2019 looks like, I'm not going to tell you jet, but for 2020 I do have a big target with the ITU Long course World Championships in Almere, the Netherlands. Hope you're going to keep track of me until that 45th long distance race of mine :-)

Wishing you all a great Christmas time and the very best for the new year, my advise to you for 2019, if you didn't already do so, listen to you body and respect it, as much as I do.

Big hug from your **Vonsy**

