

VONSY®

Newsletter



Yvonne
van Vlerken
Triathlete

No. 3. April 2018

European & Dutch champion Long Distance 2017 and WORLDRECORD: 14 (Fourteen!) times Sub 9 hours

Full speed ahead

It's almost „THAT“ time, one week to go before my season kicks off!

To say I'm a bit excited is the understatement of the year ;-) My last update was written on Mallorca, after that it became a bit quiet and one of the reasons for that was that I got sick, sick??? Yes I'm hardly ever sick but the over-full Hotel with so many sick people, everybody was coughing from the day we arrived, a bit overworked Yvonne, not the huge amount of average sleep that I normally get, not being able to react and do what my body wanted to do, well it added up and the worst thing was that I did listen to my body and knew this was not going well, but just couldn't really do anything about the circumstances :-)

It took very long to get rid of this stupid cold but I can happily say that I'm good and healthy again and the weather has finally changed for the good here in Europe as well.

Last week I was honored to be part of the Press conference of Challenge Roth in Nürnberg. Challenge Roth will celebrate a 35th birthday this year and as the race isn't already the highlight of the European season anyway, they have some great extra stuff planned, including a triple of the prize money that we normally have in Roth.

The race will be held on July 1st and will see a stellar field on both the men and women side. You can find all the information about my first big A- race of 2018 in Roth here:


<http://www.challenge-roth.com/>



Before it's time to hand over to Roth for the 8th time (2007-2008-2013-2014-2015-2016-2017-2018!) I will have some great races planned to gear up and get race ready. Starting next weekend in Rome and after that going back to Italy for Challenge Riccione (former Challenge Rimini) on May 5th.

<https://www.challenge-riccione.it/eng/>. This race has grown and improved in the last years and I'm happy to go there again, enjoy the great pizza's and beautiful bike course. After winning the event in 2016, I was very disappointed with my 5th place from last year, so you bet I'm going to give it my all to get back on that stage.

Of course I'm trying to improve my performance every single year, but you can maybe understand that with this being my 18th season, it's already a great accomplishment to stay on the very top of our sport every single year. To also stay there or who knows, maybe even get that perfect race, which I still haven't seen and reach that perfect form and get the very best outside of me, I wanted to try something new.

For this reason I'm testing some altitude training at home and sleeping in an altitude tent from the company **HÖHENBALANCE**  <http://www.hoehenbalance.de/>.
Wir versetzen Berge

I have to say I feel really good, I lost my winter kilo in a blink of an eye, recover better, sleep even better and deeper than I already did and well let's see what happens, sometimes you have to try new things ;-)



Outside of all the races coming up, I'm also very busy with planning our wedding, this is all very exciting and even when it contributes to being even more busy, it kind of makes me jump from joy every single time I'm working on something ;-)

I will keep other news for the next newsletter, but I like to mention our exciting collaboration with Thanyapura.

Per & me we're so lucky to spend 3 weeks at this amazing sports center in Thailand last year and I'm happy to announce that we will be spending more time in this paradise in 2018 & 2019!

<https://www.thanyapura.com/>

We so enjoyed the weather, the food, the massage, the amazing pools, gym and bike and run possibilities, that we are thrilled to go back and spend more time in this paradise for triathletes ;-)



That's it for now, send some luck over for my 1st race next weekend at Challenge Rome, the start is Sunday 15th of April at 13.15 hours (lovely sleep in ;-)!)

Hug from your **Vonsy**