

VONSY®



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Newsletter

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

March & April have been all about running....

I know that the Triathlon season is coming up and with Challenge Cancun in less than two weeks to go, I'm kind of freaking out as I have so less time to get my swim, bike combo to "work":-)



I have always wanted to run a single marathon, so because of this I decided I would run a but more, instead of 5-6 weekly trips to the pool, it was only 2 or 3 the last 2 months. The same counts for the bike, I've never ridden so less as in the last months, that was also due to us being home in Leipzig and Austria a lot, for the first time we didn't have a 2 months build up in some nice warm country.

We decided we wanted to be home and enjoy that, the past years we have been away so much and with me not doing a long course event this year, I was happy to stay at home as I'm not doing 5- 6 hour bike rides.

My husband Per like's to ride on the trainer inside, as he's doing Challenge Taiwan full distance in two weeks time, he did almost all his long rides inside, he's truly my champion, I couldn't do it and to be honest I only biked 2-3 times a week.....

I had some great run weeks with my biggest being 170 kilometers, all together my preparation was about 10 weeks, sadly enough including 1 week being very ill due to the flu, this costed me a lot and as all people that are ill, I felt very sorry for myself :-)
I feel very lucky to be very healthy most of the time.

3 weeks before my marathon I ran a 1/2 marathon, the Rhylauf in Switzerland, I had a nice battle with a Swiss marathon runner, at the end I was able to win with 2 seconds, my time off 1.20 was the slowest since many years and I wasn't very happy with that, maybe the though head winds and the not so rested legs we're the problem.

After that I had some sponsor stuff going on and also enjoyed some family time with my mum and auntie visiting me in Austria. They totally fell in love with Vorarlberg and my apartment (which by the way you can rent when I'm not there true Airbnb or true me directly :-)) I then visited the head office of Bartec in Germany, followed by there department in the Netherlands, saw my friends in the Netherlands, met my Dutch athlete Cathelijne that has joined Team Sirius Europe and had a good time.



On my way to Leipzig for my Marathon, I had a stop in the middle to meet one of my other athletes that I'm now coaching, Alica is coming back from a baby break and I'm so excited about our further path together. All this excitement went on for our girls weekend in Leipzig around the Leipzig marathon, friends and another coached athlete all stayed with me and we had a lovely weekend which saw personal best for us, last part is almost granted when you train with Team Sirius :-)

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So my marathon..... What about that???



HHMMMMM, winter decided to come back one last time and the conditions we're more than horrible. The course is already not such a fast course like for example the marathon of Rotterdam, it isn't flat and the wind seems to always come from the wrong direction, added to this such a short preparation, the 3 C degrees, rain, wind, it wasn't a easy one to start with.

My time of 2:47 is ok, but I just know I can do way better and while today the sun is back, blue skies all over Leipzig, I'm eager to give it another go and go way faster.

Still it was a personal best as I have run a 2.54 at Challenge Roth in 2008.



I was very happy with the win, but I was freezing from kilometer 15 on and the only thing I wanted at the finish line was a hot shower, which was not meant to be because of drug testing, awards etc.

I was still shivering a hour after the finish and finally defrosted when I got home and enjoyed a nice hot bath.

So my dear marathon, I totally loved it and I had so much fun, but I'm not done with you, can't wait for the next time, but until then I know have to go to the pool and make hours on my bike quickly :-)



Triathlon season is approaching fast, most of my races are planned and scheduled, you can find them under the race calendar. To start off I will have a stellar field at the first Challenge Cancun in Mexico, I don't know how I will do there, but I'm just going to enjoy it and give it my very best..... One thing is granted, I'm not going to freeze my butt of in Cancun..... :-)

Keep checking my website here and stay updated if you like,

Big hug from your **Vonsy**