



Yvonne
van Vlerken
Triathlete

Newsletter

No. 5. June 2019

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

The European season is well on her way

and almost every weekend there are races all over the place. Summer has arrived and we are all enjoying it after a slow start.

After my 3rd place at Challenge Cancun the next race up was IM 70.3 Barcelona for our sponsor Hoka One One, I knew this race was coming a bit to early and with my longer brake this year I just need more time to get in shape. When I then got a cold that didn't want to go away, I decided to not race.

I hadn't been able to get solid training in and knew I was far away from being totally healthy.

A younger Yvonne would have tip toed to the start line but the older and wiser one made the right decision and for that reason I cheered all the others on and left my race suit in the suit case. My beautiful pink Simplon Mr. T2 and my fast Lightweight race wheels stayed in the Hotel and had to wait a bit longer to get back to action.



Back home I finally got to spend more time on my bike and got some great kilometers in my legs, both on my TT bike, but also on my lovely Simplon pride, the best road bike that I've ever had, a whole new experience and level of riding I would say (and all that have ridden a Pride agree!!!).

As a biker I don't need that much work to get my bike level up and with some great sessions I felt stronger and stronger. I love riding in the Bregenzerwald at home, it just stays beautiful every ride and the traffic is

less then in our valley.

The ton's of climbing will always make you strong and every ride is like a meditation and great for the head as well!!!



The next event up was the Bodensee Frauenlauf (<https://www.bodensee-frauenlauf.com/>), a event with almost 5000 girls and some of my great partners are a part of this unique event as well. The week leading up to the event I did a Running workshop together with the company Trendsport (<https://www.trendsport.co.at/>), giving the girls some last tips and tricks and a great last training session for the women's run. They we're able to test the inlayers that I've been wearing in my bike and run shoes for years, the URLAUF soles are unique in every way. More information here: <https://www.urlauf.com/de/home/>



Continued on the next page



My run over the 10 kilometer, the main event went pretty well and I was able to run in to the stadium as first women as in 2017, the interesting thing is that with my time off 36 high I was faster then two years ago.....

Maybe my shape isn't that bad at all.

Feeling a bit more in shape finally it was time to start at a Olympic Triathlon in Austria, Triathlon Kirchbichl (<https://triathlon-kirchbichl.at/>) A race that is very well organized, has a great course in all 3 disciplines and after winning this race in 2007, 2008 and 2014 it was really time to go back and give it a another go. I surprised myself with a solid swim, a fast bike and a solid run to win the event for a 4th time and isn't that interesting, I had exact the same splits and times as in 2014..... :-) ????

What's that about a good wine get's better then it's older :-) ? Pretty happy with this result and after some great training back in my German home in Leipzig, I'm getting ready for the next two races, the Olympic distance race in Dresden (<http://www.dresdentiathlon.de/>) on Sunday June 23rd. The week after I will be going long again and will finally race one of my favorite races, the half distance Challenge Walchsee on Sunday 30th (<https://challenge-walchsee.com/>)

Coaching is going amazing, all my athletes are finishing in personal bests and are improving every single week, I couldn't be prouder!!

Keep up all the good work, enjoy your training and good luck with all the races around.

Big hug from your **Vonsy**