

IT WILL BE AN EXCITING YEAR

2021 will be an exciting year for which I have set myself a lot! I cannot yet formulate a specific objective, but I can already set the course for a successful year 2021. And I do.



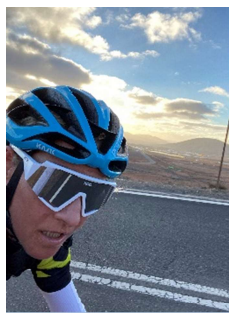
I have a good grip on the problems on the hamstring issues that were caused by my lower back. The medical and physiotherapeutic treatments were very time-consuming. But it was worth it. I would like to thank the Visalis team and the treating doctors for their efforts in identifying the causes and healing them. Since about mid-November I am pain

free and I hope it stays that way. In any case, I take good care of my health. For example, I still use the Biomag magnetic therapy. I have already spent countless hours on this mat to support my healing process.

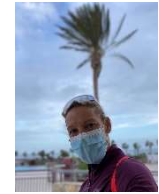


After Christmas I flew to Fuerteventura and plan to spend most of the winter at Las Playitas. Low infection rates and a pleasant climate enable and motivate me to complete all training sessions. Of course, the strong wind is sometimes annoying, but it also gives a lot of power in the legs!

On training days, I get up one hour before the first training session. As soon as it dawns, it starts. Usually with a run. After breakfast I go on a bike ride or for a swim and in the evening, there is a regenerative unit. For instance a core workout, stretching or a very relaxed trail run.



At Las Playitas I can train everything. The mask, however, is my constant companion. Especially in the gym I needed to get used to. But during swimming, cycling, and running and in the home office @Playitas the mask can then remain in my pocket.



The short distances to training, the mild climate (ok, except for the wind 😊), good food and the fast internet connection make life in my winter home much easier than at home. I do not take this for granted. I am grateful that my employer BYK and Playitas offer me this opportunity. Every day, it feels like a gift.

A SPORTY TURN OF THE YEAR

Last year I could not compete as many races as I had planned. Therefore, I decided to end 2020 with a triathlon. I swam 2020 m, cycled 2020 and ran 20:20 minutes.



At the finish line there was an Aperol Spritz waiting for me 😊.





The new year started no less sporty. A New Year Splash awakened the tired spirits again.

In the afternoon I welcomed the year with a relaxed endurance run over 20.21 km. That was really very tough with the New Year's Eve triathlon and the New Year's Eve itself weaking my

body. But I pulled it through.



The next day at 7:30 a.m. I went much fresher for my first bike ride of the new year. And after 202.1 km the Playitas was back in sight and I just had to roll down the mountain. Collecting 202.1 kilometers on 02.01.2021 is really cool.

OUTLOOK

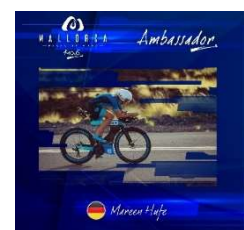
My race calendar is still thin, as many organizers do not yet have announced their plan for 2021. And no one knows how the pandemic will affect us this year. In the first quarter, I don't see myself racing. But after this, I believe that there are races that will be carried out. The following goals and ideas I have for the summer months:

- May:** Olympic distance Buschhuetten, GER
- June/July:** Half distance races and one long distance in GER
- August:** Half distance Frankfurt City Triathlon, GER (tbc)
Ironman 70.3 Duisburg, GER (tbc)
- September:** Mallorca 140.6, ESP



It remains to be seen which races can actually be carried out this summer. I will adapt my racing calendar flexibly to the possibilities arising. I've done well with that in 2020. After all, I was able to compete in 5 triathlon races. Whether and how the Ironman Hawaii takes place is still too daring for me to plan with it at all.

I am happy to be an ambassador for the 140.6 Mallorca this year. As a bike guide for Bikefriends Schon I have collected countless miles on Mallorca and know the host town Playa de Muro very well.



I am proud and grateful that my partners are also strengthening my back during this special time. Rely on you! Let's go in 2021 - let's make a good year out of it!

Stay healthy and active,

Yours Maren.

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