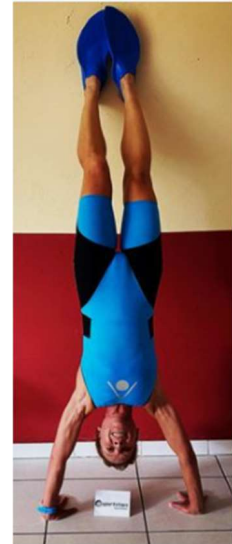


TRIATHLETES HAVE STAMINA

Would you have thought 15 months ago that Corona would continue to affect our lives in such a way?

In spring 2021 I was optimistic that there would be a race season and planned my summer races. A strong third wave and the covid-19 mutants still have our everyday life firmly under control. Hence, I had to turn my plans upside down again.

I took part in the #sportstays campaign, which I believe in and for which I stand for (sometimes upside down though).



REVIEW OF THE FIRST HALF OF THE 2021 SAISON

Well, that was my race calendar until this weekend:

May: Wesel half marathon
Olympic distance Buschhuetten

June: Sprint distance Münster
Half distance Harsewinkel
Half distance indeland

July: Ironman Frankfurt

Unfortunately, none of the races took place as planned.



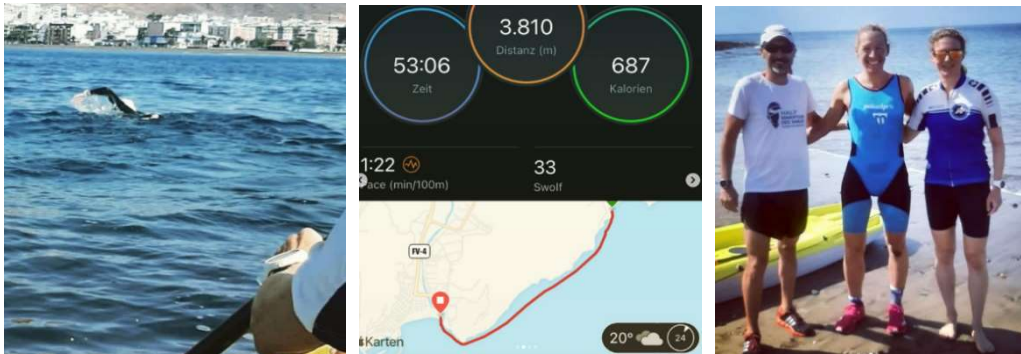
Instead, I did a detour into cycling and did individual time trials. 4 wins from 4 races are an excellent result. The first two races were mountain time trials on Fuerteventura. The other two races were a 34 km and a 45 km individual time trial as part of the Duisburg Time Trial Cup.



I spiced the cycling races up with a quick 10 km run. Thus it was a good stimulus in at least two out of three disciplines. Fortunately,

the year still has a few weekends left and I will try to make it to a start line in a triathlon race!

For a fitness test in swimming, I did an open water solo swim on Fuerteventura over the Ironman distance. A swim from Playitas to the neighboring town of Grand Tarajal has been on my bucket list for a long time.



And with 1:22 min/100m I was very satisfied.

VACCINATED



I've been vaccinated two weeks ago. A big THANK YOU to my employer BYK and the vaccination team. They quickly and easily offered and conducted vaccinations to all employees that were interested. In my everyday life I did not feel the Johnson & Johnson vaccination (apart from the fact that the upper arm hurt a little). In training I was careful. I exercised only easy two days before and after the shot.

But even after 3 days my body didn't really want to be pushed. The heart rate recordings from my Garmin watch also showed a significantly increased resting heart rate for several days. One week after the vaccination, the resting heart rate was stable again below 40 and I started into full training again.



OUTLOOK FOR THE SECOND HALF OF THE YEAR

The competitions in Germany will hopefully start soon. At the moment I see the following race opportunities:

- July: 18th Olympic distance came
- August: 1st Half distance Frankfurt City
- 15th Sprint distance Siegburg
- 22th Half distance indeland
- 29th Ironman 70.3 Duisburg
(If it is a professional race)
- September: 23rd Long Distance Mallorca 140.6



Which races are actually conducted remains to be seen. I will adapt my race calendar flexibly to the possibilities arising. Ironman in Frankfurt is now a male-only professional race. Ironman Hamburg race date does not fit with the long-planned cycling training block in the Alps. Furthermore, we have no certainty that Ironman Hawaii will take place. Thus, for 2021 I don't plan with it. Instead, at the beginning of the year, I committed to the long distance on Mallorca. I am excited to be an ambassador for the race on Sept. 23rd.



I am proud and grateful that my partners continue to support me in this special time. I can count on you! We are in the middle of 2021. I am a friend of the glass that is half full instead of half empty. Therefore, I remain optimistic and live true to the motto "It is not over before it is over"! Let us make 2021 a good year!

Stay well and active!

Yours,
Mareen.

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