

Christophe Le Mével - Team Garmin Cervélo



When do you start your winter training?

My season generally ends mid-October and I take a month off after that. So I really start my winter training mid-November.

How do you keep yourself motivated to train in the cold dark winter days?

I really like training during both summer and winter time as cycling is my passion. I like to be on my bike and I like winter colours. I am from Brittany so I am not afraid of harsh weather conditions.

What does your eating plan look like?

I am not on a particular diet but I make sure I don't overeat! Pasta is a cyclist's staple diet and provides the most important source of energy. Luckily I love pasta!

What are your goals for 2012?

My first goal of the year will be the Paris to Nice ride, then the Flèche Wallonne and of course the famous one: the Tour De France which is the biggest and best-known cycling race in the world. As I'm French I'm expected to perform well on the Tour!

How does Virtual Partner motivate you?

Virtual Partner helps me to motivate and surpass myself during intensive training sessions. I train alone so I have to find different sources of motivation and Virtual Partner is one. I really like to exceed myself and I am always looking to break my own records.

What are the main advantages of using a Garmin Edge 800?

It's a great product as I have all the ride data in one device: speed, power, heart rate, cadence, elevation and so on. As I travel a lot, I use Edge 800 to find my way or create my own route on my laptop. It's really easy to use, has a clever bike mount and simple user menu functions, plus I can easily share my training with my coach via Garmin Connect.

How excited are you about using Vector?

I'm really excited about getting Vector as I have a keen interest in power wattage! It's really important to me to gauge the power I generate throughout the year. Vector will provide the closest measurement of power possible, so I can't wait to use it!

