

José Jeuland - Triathlete
 2010 & 2011: Quiberon Triathlon winner
 2010: 6th Nice Ironman



When do you start your winter training?

I never start my winter training at the same time each year as it depends on when I have my first race. Sometimes I train in the Canary Islands or California so I'm not sure we can say that really counts as winter training... This year I began training in mid-October, irregularly and at an easy pace; since the beginning of December I have been training more regularly and all my sessions are planned.

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

I'm a professional triathlete and I like my job so that gives me great motivation. When I get up in the morning I'm happy to get started. It is true that it's harder to train during winter months, with the cold and rain, the short days and so on, but I use this time to train differently: I do less cycling and running and instead embark upon an intensive swimming programme. I also add four body-building sessions per week, two of which are intensive. When the weather is really bad I train inside on a running machine or on a home trainer. I also use winter to do something else other than sport like preparing and organising my season, working on sponsor communications or seeking new sponsors.

What does your eating plan look like?

I eat a balanced diet with fruit and vegetables. I don't eat that much and I don't eat in-between meals except if I have a big training session. I supplement my diet with protein milkshakes and amino acids to assist my muscular recovery. When the season ends I pay less attention to my diet and please myself a bit more.

What are your goals for 2012?

My biggest goal is the Nice Ironman at the end of June. I'm training a lot because I would like to win this important French race, plus I'm looking for more points to qualify for the World Championship Hawaii Ironman. And I'd like to win local races for my local sponsors too.

What are the main advantages of using a Garmin Forerunner 310XT and Edge 800?

The two Garmin devices I use enable me to assess, quantify, prepare and analyse all aspects of my training. It is really important to me to have Garmin as a sponsor, as the range of products is varied and I can use several of them. I really like the Edge 800 with its large screen and the good data visibility. My Forerunner 310XT allows me to train on the road or running track, providing instant speed and distance data. I also love Garmin Connect, and have uploaded all my training and competition data to the site.

continued



How excited are you about using Vector?

I have used a power meter for a while because power info is really important to me. I tried Vector during the Garmin Barcelona Triathlon and I can't wait to have one, as it will make my training more scientific and more accurate.

<http://www8.garminfrance.com/sponsoring/athletes/jose-jeuland.php>

Videos

http://www.4emedimensionprod.com/WordPress3/blog/?mtheme_portfolio=jose-jeuland-chez-specialized

<http://vimeo.com/32326859?iframe=true&width=80%&height=80%>

Youtube Channel José Jeuland

<http://www.youtube.com/user/JOSEJEULAND/videos>

<http://www.youtube.com/watch?v=OqGBcE9oGXQ&feature=related>

<http://www.youtube.com/watch?v=Pqbm8gICgDA&feature=related>

