

GET TO
KNOWRUEDI
WILDGET TO KNOW
RUEDI WILD

COMPRESSPORT

Hi Ruedi, you are just back from IM Barcelona where you were in front of the race most of the time, but stomach issue prevented you to finish the marathon. Do you feel better now?

I knew there might be some unexpected things happening in IM and I am happy to have made this experience now as it is going to help me in the future before taking a more serious approach. My nutrition concept for 70.3 is not working on the full distance even though in training it did. My body just refused to keep on any nutrition after 6h of racing. It is like trail running & error but next time I will have a different approach and hopefully it is going to work till the very end.

You come from this generation which did really well in short distance, then moved to IronMan70.3, and then plan to focus on IronMan. Do you think that is the ideal path to be able to win Kona?

Honestly I do not know yet what it takes to win Kona as I was never been there and got an impression by myself. But from what I have heard and also seen on live coverage it seems you have to be a good swimmer and being in the first group in order to have a chance of winning it [except if you are a bike rocket like S.Kienle]. Also some overspeed is definitely needed in

such a competitive field in order to be able to react / tolerate tempo games going on amongst the fastest ones without actually blowing up and still keeping it together afterwards for a successful result.

Before being a successful triathlete, you were a skier. Why did you decide to start triathlon and when did you notice you could be a professional?

I always enjoyed to do various sports and still do now. The area in Switzerland where I am coming from, is great for skiing and I enjoyed my time racing on snow as many Swiss do. Only thing I did not like was travelling a lot in summer time in order to find some snow to train on which became impossible to combine with my studies at university, hobbies and social life at home... Swim, Bike & run was much easier to fit, also with my part 4h/day time office job in and I had great pleasure with the mix of the three legs. I was never really aiming to become a full professional since I started Triathlon about 20 years ago as a youth athlete but it was just happening as a side effect as I was always internationally racing since Junior, then U23 and elite in ITU. After making the Swiss Olympic Team in London I felt it was time for a change and new challenges - the very reason why I love this sport and initially started it.

www.compre-sport.com



You are a fan of Compressport products for a long time. Which one do you prefer?

I like the R2, it gives me a feeling of compression and relaxation at the very same time. Also the full leg is very handy after finishing a hard training set and relaxing on the couch in the evening.

When do you use compression? In training, racing, recovery, and why?

Mostly in racing and during hard & long running sets. Usually the muscles are feeling quite sore afterwards for many hours or even days; but the compression reduces the ultimate fatigue thus enabling me to jump into training process much quicker again.

Is there any race you would like to compete in the future?

Besides the Olympics, Kona is definitely the ultimate goal for every triathlete once a lifetime. Thanks for your time Ruedi. We wish you a good recovery with Bahrain in sight at the end of the year.

www.compre-sport.com



OCTOBER 2015 // MONTHLY NEWS GET TO KNOW // 07