

2009 Season...Over Already!

I want to send *a big thank you* to everyone for your support and comments this year. This was my best season yet, and I am very happy with my progress—going from being ranked 29th in the world in 2008 to 13th this year.



**(I invite you to watch the video found at the link below, which sums up the 2009 Triathlon World Championship Series. It will give you goose bumps and fill you with emotion:
www.triathlon.org/multimedia/2009_wcs_season_review/)**

Once again, my ultimate goal was to reach the “podium” and this year, for the first time, I came close several times—even coming in 2nd at the beginning of the season. Compared to last year, my progress was a giant leap, and I would like to thank you for being part of it.

The goal my coaching team and I set early in the season was to focus my efforts on the bike; to increase my power so that I wouldn’t be as tired and would be able to run faster. We worked on that goal, and saw an immediate improvement. We have to remember that 2009 was only the first year in the four-year cycle before the Olympic Games in London.

The fact is my sport is based on endurance, which requires me to be patient and to work very hard in order to see the changes necessary to be one of the best in 2012. If I want to be ready in three years, I have to take steps now to ensure I don’t get injured and that I am always progressing.

I am very happy to have a great team who agree on how to move forward. Throughout the good and most disappointing moments of this year, we can see that the potential is there. I will definitely have to continue to improve my performances and get back on my feet, no matter what is going on at the time. That would be a great goal for 2010!!!

My coach has given me another week off, but you can be sure that next year will be even more exciting, and I can't wait to get back to work!



Thank you once again for sending me your comments (info@kathytremlay.ca) that make both laugh and reflect. You are part of my progress and my success.

Until next time!
Kathy Tremblay
(www.kathytremlay.ca)