

TREK WOMEN'S
RIDE GUIDE



TREK

meet
LINSEY CORBIN



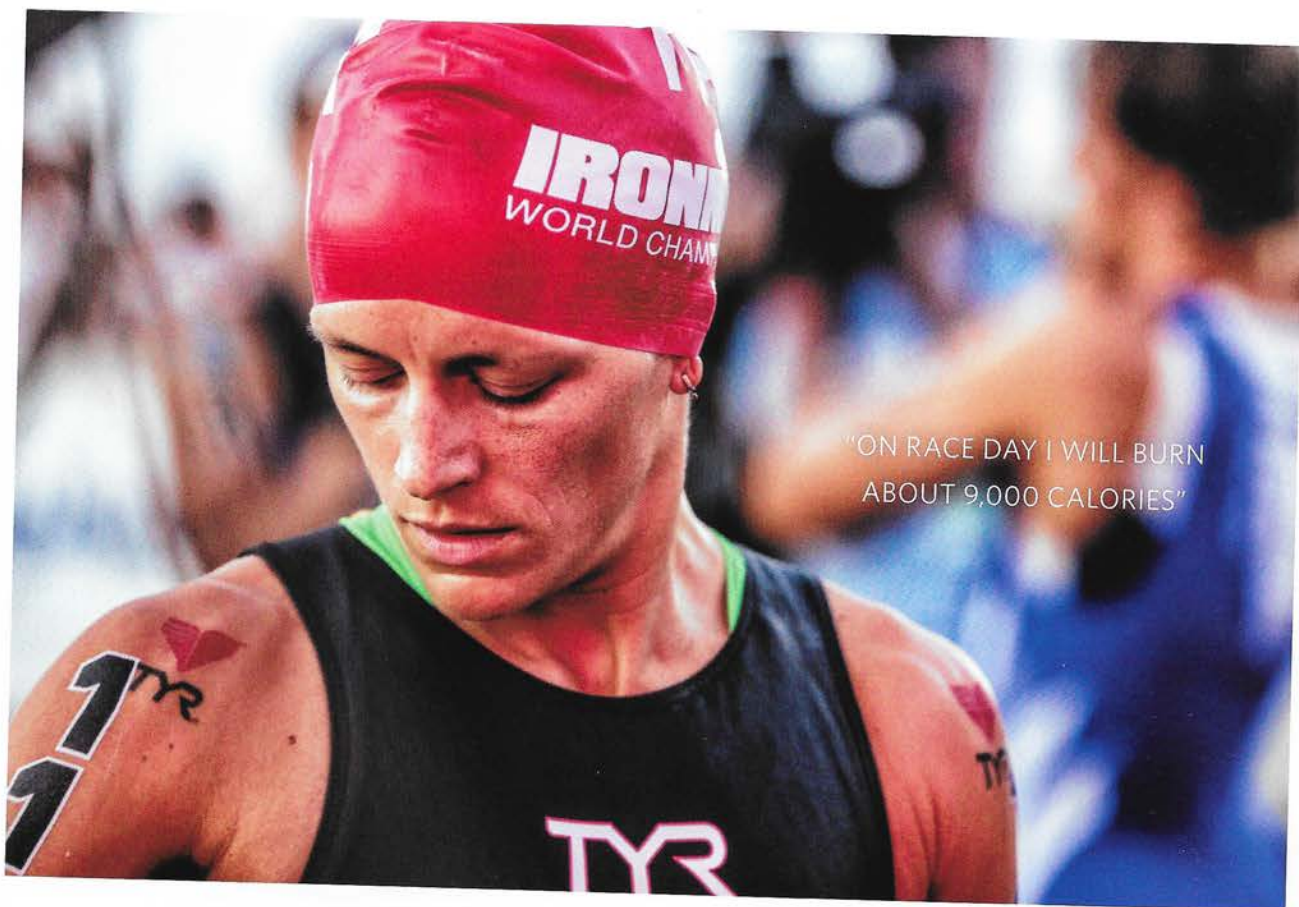
An Ironman triathlon consists of a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run. Maintaining peak performance in all three disciplines requires an almost fanatical commitment to training... and it's all in a day's work for professional triathlete Linsey Corbin.

BORN: FEBRUARY 16, 1981
HEIGHT: 5'8"
HOMETOWN: BEND, OR
IRONMAN CHAMPION

Linsey by the numbers

- 15 number of Ironmans completed
- 0 number of times I've given up
- 1 my desired finish
- 100 percent of races I finish in a cowboy hat
- 92 percent of races I finish in the top 10
- 7 number of days a week I am happy to be a pro triathlete
- 3,500 elevation in feet of Missoula, MT
- 3 number of mountain passes I'll climb in a single Montana ride
- 0 number of stop signs I will encounter on the same ride
- 7 average minutes per mile for my Ironman marathon
- 8 number of toenails lost in my first Ironman
- 10 pounds lost during 2006 Ironman Hawaii competition
- 4 number of breaks in my clavicle at the 2006 Ironman World Championship
- 23 position I finished in that race
- 9,000 calories consumed during an Ironman
- 6 number of meals I eat a day
- 20 number of years I went without eating steak. I'm back!





"ON RACE DAY I WILL BURN ABOUT 9,000 CALORIES"

What's your favorite part of a triathlon?

The training. I like the quest of setting out a goal and putting in the daily work. Over time you can see yourself improving as you get closer and closer to the main event. I always have referred to race day as the "icing on the cake" where you get to put all your training to good use and test your limits.

What is the hardest part about training for a triathlon?

Training nearly year round, it's inevitable to reach some road blocks, either physically or mentally. You have to draw upon many resources to maintain a positive outlook, focus on things you can control, and stay in the moment. This sounds easy on paper, but can be the most challenging part of our sport.

Is nutrition a big part of your training?

It's huge! Eating makes up half of my job as a pro triathlete. Grocery shopping is practically a science, finding the right nutrient-rich foods. Luckily, I love to cook. I even post recipes for healthy dishes on my blog, linseycorbin.com.

How do you fuel up for such a long race?

Race day starts with about a 1,500 calorie breakfast before sunrise. During the race, 9+ hours, I aim to consume approximately 400 calories per hour. On race day I will burn about 9,000 calories. There's no way you can consume that much fuel and keep up.

Favorite music while training?

I like variety, particularly when riding the trainer for an indoor session. My recent favorite is Alt-J.

Final question: why do you ride?

I have a passion for the freedom & enjoyment you feel when going someplace on two wheels. It sounds simple, and it is! The bicycle has been around a long time as a mode of transportation, and that's for a good reason.



REST DAY

LINSEY CORBIN, PRO TRIATHLETE

