

# MEET THE SPORT'S RISING STAR — OLLY FREEMAN

A junior champion at home and abroad, the triathlete and Olympic hopeful will be put to the test on May 21 when he goes up against the best of British at the annual Blenheim Triathlon.

Racing as a senior for the first time in the UK, Ollly is looking forward to taking his career to the next level.

"I've never competed at Blenheim before, so it will get a good test for me," he said. "It will set a benchmark for what I need to do in the upcoming season."

Having made such an impression as a junior, how difficult is it now to be competing against the very best at senior level?

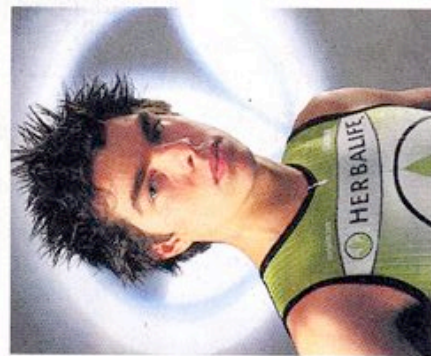
"It is quite a big step, but it is exciting as well," said Ollly. "I competed as a senior for the first time in the European Cup earlier this year in Portugal and my highest hope was to finish in the top five, but I came third and that was brilliant."

So while Ollly is full of the bravado of an up-and-coming star, he certainly has the credentials to back it up.

The Kent man is a European junior triathlon champion, world junior duathlon champion and, in the first major sports sponsorship for Herbalife in the UK, Ollly has secured a four-year contract with the international wellness company.

But what kind of training regime does he have to endure to stay at this level of fitness?

Swimming, running, cycling — not content with just one athletic discipline, 20 year-old Ollly Freeman wants to perfect all three, writes JENNIFER HOUGH



about finding a balance. I don't want to overdo it, but I have to keep competing as well."

He continued: "My next aim is to make the Olympic team. There are only three places, so it will be tough, especially as Britain is quite a strong competitor in this field. There's a lot of competition for the places, and I need to continually crank up the volume of training to the same level as the guys I am going to be competing against."

The 'elite' race at Blenheim will involve more than 30 top triathletes who will swim 750 metres, cycle 20km and run 5km — all in the space of an hour, or less.

Freeman said: "When I'm training I will spend the longest cycling because that's what you spend the most time doing — but the toughest part is the running."

And, as well as this, because the clock never stops the triathlon is often reported as having a 'fourth discipline' known as the transition. Ollly admits this in itself can be a difficult aspect of the sport.

"Going from one event to the next takes time, and it is important not to lose out here."



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Ollly Freeman