Interview with Lesley Paterson, Winner of the 2011 World Xterra Championships

Lesley Paterson is no stranger to the world of triathlon and has made a name for herself in the sport. Her hard work and dedication have led her to win the Xterra World Championship in 2011, a significant achievement in the sport.

In an interview with The Sport and Exercise Sciences, Lesley shares her experiences and insights into the world of triathlon. She discusses her training routines, her approach to nutrition, and her mental preparation strategies. Lesley also talks about the importance of having a strong support network and the role of motivation in achieving success in the sport.

Q: How did you get into triathlon?

Lesley: I got into triathlon after trying it out for the first time when I was a teenager. I loved the challenge of triathlon and the opportunity to race against others.

Q: What is your daily training routine?

Lesley: My daily training routine includes a mix of swimming, cycling, and running. I usually start with an hour of swimming, followed by two hours of cycling and then an hour of running. I also have a specific workout plan for each day of the week, which includes strength training and flexibility exercises.

Q: How do you manage your nutrition to support your training?

Lesley: I focus on consuming a balanced diet rich in carbohydrates, proteins, and fats. I make sure to eat enough calories to support my training and recovery. I also avoid processed foods and focus on whole, nutrient-dense foods.

Q: How do you prepare mentally for a race?

Lesley: I prepare mentally for a race by visualizing success and focusing on the positive aspects of the race. I also make sure to get enough rest and relaxation before the race. I try to keep my mind focused on the race and stay positive throughout.

Q: What is your advice for someone who is just starting out in triathlon?

Lesley: My advice for someone just starting out in triathlon is to start slow and gradually increase the intensity of your training. Make sure to listen to your body and push yourself only when you feel ready. It's important to have a good support network and to stay motivated throughout your journey.

In conclusion, Lesley Paterson's dedication and commitment to the sport of triathlon have led her to achieve great success. Her experience and insights are invaluable for anyone looking to improve their performance in triathlon.
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