

## ATHLETE FEATURE: *BRUCE REGENSBERG*



**How long have you been active in the sport of triathlon?** *I have participated in Triathlon for 28 years. I did my first IM at age 53, 21 years ago.*

**What races are you planning to participate in this year?** *I competed in Victoria 70.3 IM in June this year. I will compete in IM Arizona in November this year and am signed up to compete in IM Austria July 1, 2018 to celebrate my 75th birthday*

**What does your training look like? Favorite recovery food?** *Progression is the key to successful training. I train 3 times a week in all three sports and take one day off for recovery. I start my IM training at about 10 hrs a week and progress to 18 to 20 hrs before tapering for the race. I really don't have a favourite recovery food (other than beer)*

**What have been the major changes you have seen in the years you have participated?** *The main difference I have see is the improvement in age group performance and the number of post 60-year olds in the sport.*

**What are some of the things you love about Triathlon and the Triathlon community?** *The Triathlon is a great support group. You even have your competitors cheering for you. You meet a lot of amazing people and make friend and support groups in the sport.*