

Interview Jonathan Wyatt

Jono, you are part of the Salomon team for a long time, since 2007. What are the activities ahead of you that you have with this great team?

Hi, yes, that's right I have had a great chance to join this really good company and the people working there really have a big passion for outdoor sport. The trail running team is a good group of runners who just love being in nature and running on trails. So it has been a lot of fun to join them.

This year I will look to run some new races and I want to try the new Urban Trail races that are now very popular. The first for me will be in Lyon.

<http://vimeo.com/39766343>

<http://www.lyonurbantrail.com>

Then I will check out another trail run called the Hermanslauf in Germany and that should be followed by a marathon on the Great Wall of China! Asia is a growing area for outdoor sport activities so the Salomon team will try to do more events in this area.

I always enjoy my 'home' races and these will include the Grossglocknerberglauf <http://www.grossglocknerberglauf.at> in Austria http://youtu.be/jYXd_BtFhmw

and the

Drei Zinnenlauf <http://www.dreizinnenlauf.com> in the north part of Italy. <http://youtu.be/6LB87dqXocY>

<http://youtu.be/yW5REpG5Z08>

We have a famous race in Switzerland called the Sierre Zinal as well so as you can see it is going to be a very busy year!!

You are active in multiple sports: mountain running, cross country skiing, cycling, road races... The fact that you are six-time World Mountain Running Champion, does it mean that this sport is your favorite, or you simply enjoy the mountains and the activities that they offer?

I think I love the changing scenery and what nature has to offer. The mountains are beautiful so it's the most inspiring place in which to do my sport. I love all outdoor sports and I like to try lots of new and different things so its fun to practice skiing, cycling, hiking etc but my ability is in running and that is my profession. I did have many years also racing on the road and track with my running. However, I felt more relaxed when I started my Mountain Running and so I think it is fantastic to be able to have sporting challenges in such beautiful places.

Can we expect your performance at this year's World Mountain Running Championships which will take place in Poland?

No, I decided that Slovenia 2010 was my last World Mountain Championship. People at the press conference didn't really listen to that when I told this to them at the time but I don't change my ideas easily and I am happy with what I have done in mountain running and so I find more motivation in looking forwards to new challenges, and not trying to repeat the same things.

What is your next race? Are you preparing for something special?

Mostly I am a racer for 50% of my time and the other parts are working for some of the outdoor companies like Salomon and Suunto. This means I don't train as much but I enjoy it a lot when I have this mix of work, sport. My running preparation is general base work right now so nothing special just now.

How an average training week looks like for Jonathan Wyatt?

In the season it's a race on Sunday, easy recovery run on Monday, a shorter faster but aerobic run on Tuesday with a second workout in the afternoon such as gym or cycling. Wednesday has me doing a threshold session with a long tempo uphill but also sometimes some repetition hill work too. Thursday and Friday are flexible with travel commitments to the next race or I normally do more office work on these days so I run in the mornings and keep it flexible for training in the afternoons. If I feel good I run again or cycle or gym, if I am tired then I take it easier. Saturday before a race is just an easy run on the race course.

What do you do in your spare time, outside the sports fields?

I like to take a pizza with my partner and read a good book, check out new music and sometimes make a short video clip or photos to post on my Facebook pages. I like to share and hopefully motivate people to try and enjoy trail running and being outside doing sport for fun. I also enjoy driving so I have a small sports car to blast around in and that is great fun!

Jono, in the name of the readers of www.endurance.mk, thank you for your time and wishing you all the best 😊

Thanks for the questions and happy trails! 😊