

CASE STUDY



KELLY WILLIAMSON

Professional Triathlete

Kelly lives and trains in Austin, Texas with her husband, Derick and their dog and cat — Amico and Corgi. She has numerous career wins and titles to her name, but in 2012, Kelly won the Ironman 70.3 U.S Pro Championship with the roar of a hometown Texas crowd. She has been a Recovery Pump user since 2011

"My best years have been the most recent; it has been a steady and progressive path to becoming successful"

KELLY'S RECOVERY PUMP PROTOCOL

- On training days: 60-90 minutes in between quality bike / run workouts
- On recovery days and after long bike rides and runs: 90-120 minutes
- Pressure @ 80 mmHG / 10 sec pause

OUTCOMES

- More "snap" in legs on second workout of the day
- Faster paced training runs following tough bike sessions, translating into faster race day runs
- Ability to rebound on consecutive days and effectively hit more quality sessions
- Prevent small aches and pains from becoming full blown injuries
- Ability to handle increased load and volume on the bike — regular long rides went from 4-5 hours to 5-6 hours while STAYING HEALTHY

HER STORY

I started racing as a professional triathlete in 2002 and had some success early on with ITU racing. I slowly transferred over to non-drafting in 2006. The thing I am most proud of is that after 10 years of training and racing as a professional, my best years have been the most recent; it has been a steady and progressive path to becoming successful.

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- 2012 2nd 70.3 World Championships
- 2012 US Pro 70.3 Pro Champion (IM Texas 70.3)
- 2011 2nd Ironman Texas (9:07)
- 2002 ITU Pan American Champion

KEYS TO SUCCESS

Fatigue and Injury are the most feared words in the sport of triathlon. To be successful in our sport you have to:

1) BE CONSISTENT

2) MANAGE TRAINING LOAD AND FATIGUE: No matter what level you are competing at, you need to be able to handle a specific amount of training. Using these boots regularly allows for more efficient recovery and in turn allows the body to come back stronger and more rested

3) PREVENT INJURY: No matter what level you are competing at, you need to be able to handle a specific amount of training. Using these boots regularly allows for more efficient recovery and in turn allows the body to come back stronger and more rested

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