

Some questions to:

**Lisa Maria Teichert** 

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### Can you introduce yourself? What did you do before quadrathlon, when did you started, ...

Born in 1991, female, 167, 62kg, before Quadrathlon lots of different sports: 6years of athletics (heptathlon, pole vaulting, running 800m-5k..), more than 10 years of competitive swimming and triathlon, handball for 4 years, started Quadrathlon in 2012 after having met Stefan in the gym.

I Like the combination of different sports, I practice nearly all endurance sports, speed-skating, rowing, cross-country-skiing, SUP, climbing, bouldering, adventure racing.

### Where do you live?

Eppelheim, Germany, next to Heidelberg

### What's your favourite discipline?

Quadrathlon =)

### Rate the four disciplines on a scale of 5.

- Swim: 
- Bike: 
- Kayak: 
- Run: 

### What are your favourite races?

Terceira (POR), Tyn nad Vlatavou (CZE), Bude Cornwall (GBR)

### What's your favourite distance? Sprint/ middle/ long?

I like all of them =) Long distance every two years, not more often to prevent getting injured.



### What was your best:

- Race: oh I've finished an uncountable number of "best" races ;-)
- Result: Having beaten my own weaknesses. Victory isn't as important as winning your own inner struggle and getting up again and again.
- Performance: Awesome!
- Experience: Feeling the flow, enjoying the moment and celebrating every discipline.

### Have you ever won a European or World title? How many, and when?

The times and number of victories I've managed matter less than the continual surprise I feel. It's so empowering to defy your own perceptions of what is possible and to keep on opening doors within yourself that you didn't know even existed. Looking back ten years ago I would never have predicted anything that has since happened.

### What are you best results in the world cup ranking?

There was only one person having beaten me in the last 4 years: myself. My goal is now to beat my husband and get in the Top10 overall men in international races.

### What's your biggest tip for a beginner in quadrathlon?

Start right now, set goals, accept the challenge and enjoy it.

### **How many hours do you train a week?**

Really depends on the “conditions” (work, holiday, restweeks) – from 8 hours in restweeks up to 35 hours in trainingcamp-weeks. 2019 however has been far less due to illness and much work.

### **Do you like hilly courses?**

The harder the battle the sweeter the victory. I definitely love extreme conditions!

### **Who is your idol?**

Stefan Teichert, Jean Ashley and Miroslav Podborsky.

### **Describe yourself in one word:**

MULTI

### **If you are a fruit, what fruit would you be? Why?**

I don't wanna be eaten... but if I have to choose then a kiwi. Green is my favourite colour (symbolizing hope) and Stefan loves kiwis.

### **What's your favourite food/drink?**

Cauliflower with egg&chicken, mango-dessert and a Latte Macchiato with lots of batted milk.

### **What's your favourite pre-race track?**

Conquest of paradise, “Abenteuerland” Pur, BrokenWings Anastacia

### **What do you do before a quadrathlon race?**

Well won't tell you that in detail – the mixture of activating yoga, mental strategies and nutrition is my secret routine for winning ;-)

### **What do you want to get as a prize if you win a race?**

Winning a race itself is enough recompensation for me. After a good race I enjoy an honest

congratulation of the fast men. But there's definitely no need for medals or cups. Better as a prize is useful stuff (shoes, bike-shirt, power-bars etc. or price money).

### **Where's your favourite training place?**

Somewhere in a beautiful nature next to Stefan no matter where on this planet. I love silent trainingcamps abroad like on the acores or La Palma or Scandinavia, but Heidelberg with the river Neckar and its surroundings is more than a perfect place for training.

### **Do you avoid alcohol? If yes, only in the season, or always?**

Yes totally. Except of MonCherie Chocolate if I get it as a present for Christmas.

### **Who do you think is the best quadrathlete in history? Man / woman**

Miroslav Podborsky and ME - saying that with confidence but without wanting to appear arrogant ;-)

### **What's your favourite place?**

In the arms of my loved one <3

### **What's your nickname?**

No nickname so far – but feel free to suggest something :-)

### **What's your job?**

Even if I train quite professionally, Quadrathlon isn't a sport where you earn your money. Next to multisports, my second big passion is medicine. I'm working in a children's psychiatric hospital and am very interested in sports medicine.

I like philosophy, people with a strong and interesting personality and music, especially piano. In my free time I love being outdoors in silent places together with Stefan. We do have 5 cute rabbits.