



RP 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 2012, Kelly won the Ironman 70.3 U.S Pro Championship with the roar of a hometown Texas crowd. She has been a RecoveryPump user since 2011.



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.

2014 - Ironman Cozumel - 3rd

2014 - Ironman Coeur d'Alene - 2nd

2014 - Ironman Texas - 1st

2013 - 3M Half Marathon Mich - 1st

2013 - Lifetime Fitness Cap Tex Tri = 2nd

2013 - Ironman 70.3 Texas - 2nd

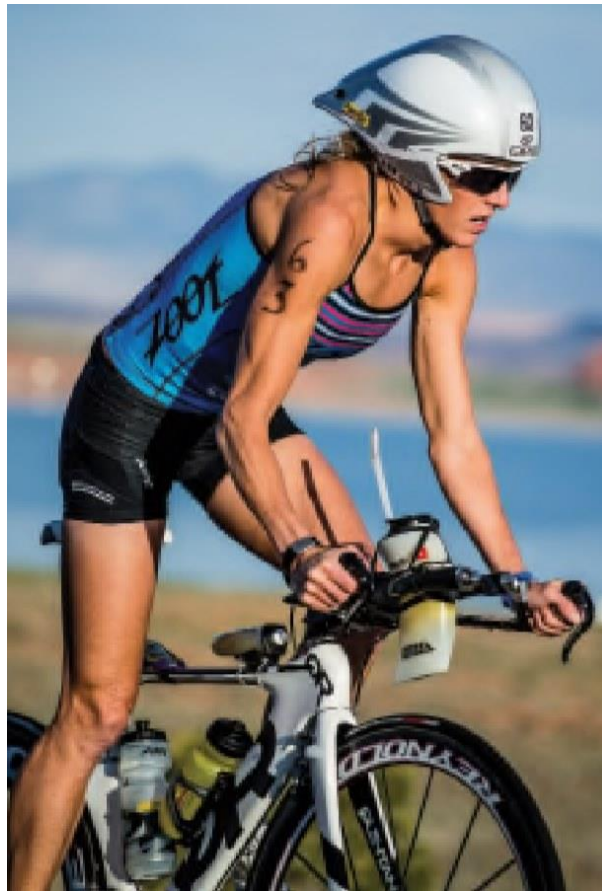
2013 - Ironman 70.3 Panama - 3rd

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



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

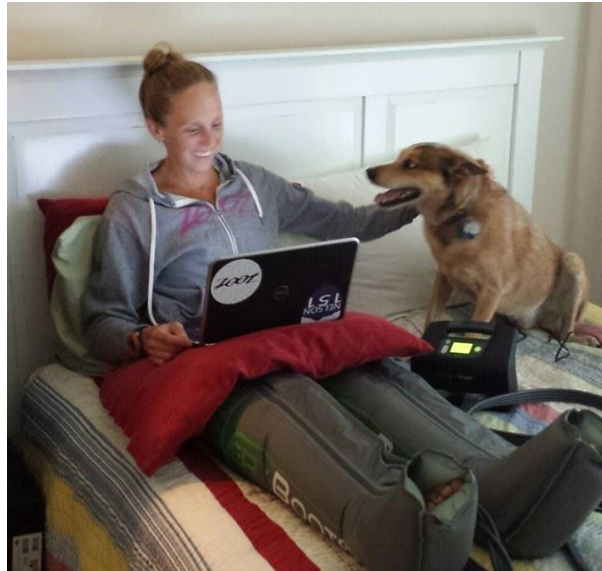
KEYS TO SUCCESS

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

1) BE CONSISTANT

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 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.



"Using these boots regularly allows for more efficient recovery and in turn allows the body to come back stronger and more 'rested'."

KELLY'S RECOVERYPUMP PROTOCOL

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

OUTCOMES

- More "snaps" 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 HEALTH



SOCIAL MEDIA

<http://twitter.com/statuses/790648824805011457>

<http://twitter.com/statuses/650828960381583360>

<http://twitter.com/statuses/358314104953384961>