



Jan Olbrecht, PhD

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Professor Jan Olbrecht has a Ph.D. in physiology and biomechanics and is training adviser to several world class athletes. He believes in careful planning and uses a unique method of lactate testing to assess and optimize the athlete's conditioning and potential. An overview on this approach and its application in training are given in his book "The science of Winning". He has received several awards for sports science research in Belgium and abroad. He is also lecturer at the Coaches Academy in Cologne (Germany), at the University of Ghent and the Katholieke Universiteit Leuven (Belgium), visiting lecturer in The Netherlands, Sweden, Denmark, Spain, US and Canada and invited speaker for many International Sports Federations. For already more than 30 years he provides training advice for athletes as B. Becue, F. Scherer, M. Wouda, K. Vlieghe, I. de Bruijn, P. van den Hoogenband, M. Veldhuis, I. Dekker, R. Romero, G. Borges, and F. Molina (swimming), F. Hamblock (European Champion Olympic Triathlon 1990), L. Van Lierde (Ironman World Championship recordholder - Hawaii 1996 and 1999, holder of fastest Ironman ever run - Ironman Europe 1997), K. Smet (European Champion Olympic Triathlon 2000 and 2002, World Champion long distance 2005, 4th on the Olympics 2004) and R. Beke (triathlon), J. Smets (several times World Champion) and M. Bervoets (motocross), W. Vandijck, V. Rousseau, N. Kahan and L. Slegers (running), the Dutch National Rowing Team with M. Van Eupen and K. Van der Kolk (Olympic Gold in Beijing 2008), the Women 8 (silver in Beijing 2008) and G. Cirkel, M. Bartman, D. Lippits. 74 athletes (swimming,



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rowing and running) under his supervision participated at the last 2 Olympic Games (Athens 2004 and Beijing 2008) and returned home with 45 medals: 5x gold – 4x silver – 4 bronze.