

GREETINGS FROM THE TOP OF THE ALPS



The main activities at this year's edition of the Seiser Alm retreat have been skiing and the rowing machine – but mostly

skiing. In 22 days we have done about 100 hours of training.

We have been at about 2000 meters elevation in Northern Italy's South Tyrol. It is a skiing paradise: Nordic skiing every day and ski slopes as far as the eye can see. (Unless we are going downhill.)

This retreat is one of the most important training sessions we have each year. Our focus is to build endurance by stressing the heart and lungs as much as possible over long periods in the thin air.

The Norwegian Rowing Federation has been here for many years. I have spent many months up here, having trained here every year since 1997.

What makes this retreat even more enriching is that we often travel up with outstanding athletes from other sports disciplines.



One of them is Trond Nymark. Trond and I have trained here together for the past seven years. Trond competes in the 50 km. race walk, while I race a single scull for 2 km. But our winter training is much the same in terms of hours and type.

So we spend a lot of time together on the ski tracks. With many days of up to six hours of skiing, plus additional training, you can understand we will have solved many world problems – and created some new ones. ;-)



For a ski session, it is important to have good equipment...and to prepare the skis for the best glide!

Double-scullers Nils Jakob Hoff and Kjetil Borch came, too, as well as paddlers. So we had three different Norwegian athletic federations represented – rowing, walking and paddling.

The amazing scenery made the long training hours a little

easier to swallow. The area is suitable for the whole family, so in recent years I have brought my wife and children up for a week near the end of my stay. That lets me see my family and includes them on the journey. The little ones love it!

This year's Alpine retreat has ended. We have accomplished what we wanted. Tired and happy we return to Norway.

This is all about preparing for the Olympics. Soon we will be off to Portugal. And then we will be rowing – up to the Olympics in London.

As I head for warmer climes, to train on rowing...



...I'll strive for perfection, so that I may compete at the top.

It will be millimeters in every stroke,

which determine whether I succeed...



I am ready for the moment.

Stay tuned...