

## SMA Amerongen



- Qualification:** Guido Vroemen: Physician in Sportsmedicine, Triathlon trainer  
Edwin Achterberg: Physician in Sportsmedicine, Human Movement Scientist
- Performances:** Exercise testing (VO<sub>2</sub>max, Power, etc.)  
Performance and nutrition assessment  
Training schedules  
Personal Coaching  
Bike position optimization (video analysis)  
Seminars and clinics  
Sportsmedical advise and injury treatment  
Sportsmedical check-up
- References:** Dutch National Triathlon Union  
Royal Dutch Cycling Union  
Skil-Shimano Professional Cycling Team  
Discovery Channel Marco Polo Cycling Team  
AA Cycling Team  
Yvonne van Vlerken (1. Ironman Roth 2007, WC Duathlon)
- Sports performances:** Guido Vroemen:  
2 Ironman Almere  
Powerman Zofingen  
20 Marathons  
Subtop Duathlon  
Cycling Amateur-A license
- Edwin Achterberg:  
Ironman Almere  
Competitive cycling amateur for many years
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