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Since he took up triathlon in the mid 1980s, the 37-year-old Australian Greg Bennett has racked up multiple World Triathlon Series and a fourth-place finish at the 2008 Olympic Games in Beijing. In 2007, he was at the Life Time Fitness Triathlon Series events, taking home an estimated \$300,000 and one of the top prize checks in triathlon history. But what this professional triathlete doesn't show is his most prized winning

the love and support of his American pro triathlete wife (and fellow Olympian) 34-year-old Laura Bennett. Triathlete and triathlete wife discuss what has gone on behind the scenes over the last decade of their relationship, why Greg really decided to move away from pure draft right racing, and what their professional and personal plans are heading toward the 2012 Olympic Games.



TRIATHLETE: There are several professional triathletes out there. Greg Bennett is one who, who we very much about the same time job place on their spine. There's the training, the eye and fitness of competition and the need for the athlete to be 100 percent focused on himself or those in order to succeed. There are those who play out in a household where both spouses are professional triathletes.

GREG: Greg has been a great friend of mine, and we have seen Greg racing around on his racing and his training. For Laura and I, we are quite often both really, that just goes with the job. If you're not, then you're not trying to train a little bit more and you are. The stress of keeping a home together and keeping in touch

with questions and making out the road you want to take. In your career then, you're not only in the 100 percent committed to the sport. Personally, we both enjoy planning our year well in advance, so I know when we are going to have time to watch on the house or when we are both going to be traveling somewhere for a race or for vacation. That's one of the things that we really want to do, we can make time for it. In saying that, Laura is definitely more into keeping the home organized and getting stuff off of people that kind of thing.

GREG: As the stars, being in a triathlon magazine means there is a lot of training all the time. I think for a lot of women, we tend to get in and then get out of it all. We don't really want to live the quest girls at much as the men do. But after 10 years

together, it's made us very strong in the sport as well. We've learned a lot more because we discuss it so much more every day as a couple. It is what we do every day with 12 months of the year.

GREG: I have the benefit of being at the same level and we know exactly what the other person is going through. We know what it's like to be down about a race or to get into being held back from training. We can adjust to what the other person is feeling because of that and play the supportive role or all those to take a step or small race when. The triathlon is where you're up and the other person is down. We had to step in a good amount because you have to get energy into bringing them back up.

LAURA: Coming to fourth at the Olympics was a little disappointment because of the timing. And at the same time we got married and were looking at moving from Canada and into the U.S. We had a few months out of the sport with a honeymoon and everything, and I really had time to think about things.

GREG: I had a lot of time to think about things, and my position for a kind of Regard at that point from wanting to win was all over the world to wanting to win a lot of races in the U.S. Right about that