

ALIJARES



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The participant teams begin the trainings

The competitors of the different countries will go on today
with the training started yesterday



An athlete of the brazilian team during the training in the obstacles track



Timetable – buses

Shooting training:

Departure from Academy: from 07:30 to 13
and from 14:30 to 19:00, each 30 minutes.

Obstacles swimming training:

Departure from Academy: from 08:00 to 13:00,
and from 15:00 to 19:00, each 30 min.

Grenades throwing training:

Departure from Academy: from 08:00 to 13:00,
and from 15:00 to 19:00, each 30 min.
This buses come back to the Academy also
each 30 min.

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Athletes and organization staff miss major Novo

During these days of training and competition, all the participant teams, specially the Spanish one, remind major Novo, who was the coach of the national team from 1993 to 1997. He lost his life at the aircraft accident in Turkey, but here nobody forget him.

MENU



Lunch:

Bolognesa macaroni
Salad with tuna fish
Roasted beef with
pureé
Navarran Trout

Dinner:

Salad with chicken
Salted beans
San Marino with
accompaniment
Spanish omelette and
green peppers



Ribamar Juviro Bandeira
Sergeant 1°

Which country do you come from?

I come from Brazil.

How has been the preparation of your team?

We have been preparing the competition for two months. During this time, we have had some difficulties because of diseases and injuries, but now we are well prepared.

Which have been your best score?

I have been world champion in 1985, 1990, 1991 and 1994. My best score is 5.575 points.

What do you expect from this championship?

I have competed at 21 championships and it is a triumph for me. My goal is not only reaching a good position at the classification, but doing a good competition.

In your opinion, which teams are better prepared?

My favourite ones are the teams of China and Austria, and even the athletes of Spain because they play at home.

Which tests do you prefer?

I prefer shooting and obstacles swimming.

I have heard you run without shoes...

It is true. I like run like that, because I get better scores if I run without my training shoes.

Will you run that way in this championship?

I am not sure. I should check the cross track and depending on the amount of stones... who knows?

To major Novo from your people of the Military Pentathlon

All the organization staff and athletes want to remember the work done by the major in favour of pentathlon



Major Novo during one of the pentathlon championships in which he participated

He loved sports. And specially, he loved the military pentathlon. In fact, he attended the course of Physical Training teacher in 1991 and he was named the coach of the National Military Pentathlon Team in 1993. In this year, the Spanish team got the only medal he has: the silver medal at the European Championship celebrated in Austria.

Major Novo was looking forward to staying at this world championship. In Afganistan, where he was taking part of a

peace mission, he was always informed of the organization of this competition, and he prepared his participation in it.

But he died —together with other 61 Spanish soldiers— at an aircraft accident in Turkey when he was coming back home, to Spain.

We know he wanted to be here, in Toledo, among us. Therefore, we want to tell him we don't forget him and we are sure that the championship will be so good and filled of friendship as he hoped.



The athlete Juan Carlos Zabala in 1932

Health Heat cramps

Warm weather is wonderful. However, sometimes you can overdo the warmth especially if you are active or exercising.

Heat cramps are muscle contractions, usually in the gastrocnemius or hamstring muscles (the muscles at the back of the calves). These contractions are forceful and painful.

These cramps seem to be connected to heat, dehydration and poor conditioning, rather than to lack of salt or other mineral imbalances. They usually improve with rest, drinking water and a cool environment.



Sergeant major Víctor Viguera
Coach of the Spanish team

<<We will try to reach the target we have fixed, but it will be hard because of some unexpected problems like the high temperatures>>

Sergeant Major Víctor Viguera is one of the coaches of the Spanish team. He works together with major Mayorga, the technical chief, and sergeant 1° Varas, the another coach. Usually, Viguera is in charge of the female team, which has got some good scores in last championships.

Can you make an assesment of your training before the competition?

During this time of training, we have reached the 85% of our purposes in the male team, and the almost the 100% in the

female team. We are in good shape, and I think the female is very strong. We have four women over 4.950 points, and it is a real breakthrough. Respect the male team, the progress is slower because the target is more ambitious: to get 21.000 points.

What are your expectations in this championship?

We will try to reach the target we have fixed, but it will be hard because of some unexpected problems like the high temperatures. I am sure it will be a good championship if we get these goals.



Robinson Pérez Jiménez
Sergeant 1° of the Air Forces

Where do you come from?

I am from Venezuela.

How has been your preparation?

It is the first time I participate at a world championship. In fact, it is the first time I compete in a military pentathlon championship, because I practise athletics, and due to this my phisycal shape qualifies me for this sort of sports.

Which are your goals in this championship?

I have one of the best score in cross-country and, though this test is very hard, I hope to be close to the world record in this championship. It depends on the ground. I have also a good grenades throwing, but I must prepare more because is a hard competition.

How has been the preparation of your team?

We have been training for seven months, eight hours per day. We have trained in summer and in winter, and this winter in Venezuela has been very hard. Despite this, we have a good preparation, and so we hope to be at the best position, though we realize the other teams are very strong.

What is your opinion about the Academy facilities?

They are very good. We have seen the cross-country track and the shooting range. Besides, the Academy building is marvellous, with a nice colonial architecture. I encourage people to visit Toledo.

Corporal Purificación Expósito is one of the athletes of the Spanish team.

How has been your preparation for the championship?

The preparation has been hard and very intense. Since the championship takes place here in Spain, we have had many trainings, for a lot of hours per day. In particular, from january, the trainings have been very hard.

How much time have you been competing as a part of the Spanish team?

I have been in the team for three years. I got my best score in the last championship, in The Netherlands.

What is the target you look for in this championship?

My target is reaching 5.000 points. I know it is very difficult to get, but I will try to do all my best.

Which is your favourite test?

I prefer the obstacle run.

What does a pentathlon athlete need to be well prepared?

I think it is necessary for us to like this sport, because it requires a great effort and sacrifice, and sometimes it is difficult to join it to the own job or studies.



Corporal Purificación Expósito
Athlete

<<The preparation has been hard and very intense. Since the championship takes place here in Spain, we have had many trainings>>



TODAY'S PROGRAMME

06:30 - 08:30	Breakfast
08:30 - 18:00	Training
12:00 - 15:00	Lunch
18:30 - 20:00	Opening
20:00 - 21:30	Ceremony



WEATHER

Today's weather will not differ much from the weather yesterday.

We will also be able to enjoy a mainly sunny sky. The temperatures will reach the 39°. And at the end of the day, they can fall to 21°. Winds will be turning to the South at 5 to 10 mpch.

The humidity will be 21% and the visibility, unlimited.

KNOWING TOLEDO



Cathedral of Toledo, a nice monument to visit



The Cathedral, built between 1226 and 1496 with massive lines and decorations in *Mudejar* style, is certainly the most interesting gothic building in town.

One of the high regard cathedral of Spain, its riches are reknown. Possessing a valuable collection of Grecos, and his son painted its octagonal dome; added to this the sacristy has valuable boards. The Choir, the Chapter Hall, the organ of archbishop, the grating of Domingo de

Céspedes, the major board, its many window panes make of this cathedral a museum of museums. The cathedral is the center of the attraction of the great fair of Toledo, The Corpus, celebrated the sixtieth day after Resurrection Paschal Sunday, when the monumental *Custodia de Arfe* is paraded from its own chapel in the cathedral. The custody is carried throughout the adorned streets of the city accompanied by all of the city officials, whether religious or civilian.

