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## Dorothea Wierer and the recovery by Starpool

Dorothea Wierer, the most representative and successful athlete in the history of Italian biathlon, relies on us at Starpool: we have designed a Recovery Station with protocols developed specifically for the champion's mental and physical recovery.



Ziano di Fiemme, 8th November 2022 \_ Dorothea Wierer has brought Italian Biathlon to unprecedented levels. Her athletic record is proof of that: the first Italian woman to win in all of the seven race disciplines, three times world champion in the individual competitions, two-time winner of the World Cup, and three-time bronze-medallist at the Olympics- the last time at Beijing 2022

The downside, for a star player like Wierer, is made of long and strict preparation sessions, ongoing training, resistance to fatigue and soreness. Professional athletes are known to subject their bodies to major physical effort, and to make all sort of sacrifices in order to achieve the ideal level of fitness to win.

"I train for 700/750 hours a year: on the snow in winter, and cycling, gym and roller skiing in summer - explains Dorothea Wierer. -This in addition to the daily rifle shooting sessions and the races, of course, which involve continuous travelling all around the world. Biathlon requires a great resistance to fatigue, and not only that, because it combines two disciplines: cross-country skiing and rifle shooting. For the latter, you need focus, speed and coolness, because you risk the whole race on 5 shots. That's why it is fundamental to optimize your physical performance, measuring it according to the

moment of the competition, and it is key that both body and mind recover after each race and training session.”

In fact, the recovery phase is one of the critical moments in the routine of athletes. And especially nowadays: the tight schedule and the higher and higher levels of athletic preparation make recovery as strategic as the training itself. Its impact is indeed more and more evident in the performance, be it single or seasonal. Athletes must learn to take care of their body, managing the physiological effects that are triggered by a major effort, to be able to perform at their best - in the short and long term, avoiding the accumulation of fatigue to maintain top performance over time.

“Mindset is fundamental for us athletes - continues Dorothea Wierer - because effort perception and lucidity help to achieve good results during a competition. Recovery is also important: in the protocols that were designed for me, there’s a part dedicated to the techniques for cognitive enhancement”.

This is why today there’s a strong focus on recovery and on mental and neuromuscular training: the functioning of the two human engines (body and mind) cannot be considered separately. In this perspective, biathlon is the perfect example because it encloses both physical and mental lucidity and precision.

New technologies and techniques come into play and take into account all of these aspects, improving the work on yourself and both mental and physical fitness in the short and long run.

“Starpool focuses on solutions that take physiology into account, as well as its effects on both the mental and physical aspect, combining them with the necessity of athletes - explains the scientific research team at Starpool. - In addition, these solutions can support the medical treatments during the management of muscle or joint injuries, thus playing an important role both right after the injury and in the recovery period in the following days”.

The athletic recovery is designed on the individual needs of athletes, according to the days of training, competition, and rest. The exposure to cold and hot temperatures and floatation can entail major benefits according to their combination and timing. This is why an actual Recovery Station was installed in Dorothea Wierer’s house: Finnish Sauna, Infrared therapy and dry float therapy with Zerobody, used alternatively according to the protocols designed specifically for her by Starpool.

“The benefits of Finnish sauna, infra-red sauna, cold reactions and of the dry floatation system have a very important role, and - thanks to the Recovery Station that I have at home - I can enjoy them when and how I want, being able to integrate recovery in my athletic and personal schedule in complete privacy”, explains Wierer.

## Elements of the Recovery Station

### Finnish Sauna:



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The sauna is a valuable ally to athletes. It favours muscle recovery, and keeps the heart healthy and fit. The dry and intense heat of the Finnish sauna helps passive cardiovascular training on unloading days, and favours the recovery of the ideal psycho-physical condition after each training session. An environment that favours the effectiveness of physical activity and helps to enhance athletic performance to always take it at top levels.

#### Infrared Therapy:

Infrared therapy takes advantage of the power of infra-red rays, promoting blood flow and skin healing, as well as muscle relaxation; an ideal solution to achieve the best possible result in high-performance sports. Thanks to the power of infra-red rays which convey a deep and toning kind of heat, it is possible to recover an optimum psycho-physical condition after physical effort in no time.

#### Dry Float Therapy:

Thanks to our innovative Zerobody, all the benefits of floatation become easily accessible in a versatile and effective solution that allows to make the most of sport activity, promoting a fast and complete recovery to support the commitment and dedication of athletes, trainers and sport professionals. Effective after only 20 minutes, it is the ideal solution in high-performance sports, where the tight schedules require that athletes optimize the moments dedicated to rest and recovery. The supplied Mindfulness and guided breathing contents also allow athletes to maximise rest, training their mind with programs for focus enhancement and stress management.

#### Starpool - Wellness Concept made in Italy

For almost 50 years, Starpool has realised products and services designed to achieve mental and physical well-being. Focusing on the individual, with the goal of making wellness an accessible and daily practice, it creates spaces and programs to suit everyone, with the collaboration of designers, companies and operators in the sectors of hospitality, health, sports and beauty. All of this is done on the basis of a tailor-made wellness mission, for a customised wellness that makes its way in the home private world, as part of everyday life.

At the root of it all, there lies Starpool's DNA: heat, water and rest, whose alternation generates genuine benefits that positively influence people's lives, from preventive care to muscle recovery, from the daily exercise to live well to mental wellness.

Casa Starpool is located in a true open-air spa, the Fiemme Valley, from which it draws constant inspiration in a continuous exchange, borrowing its raw materials, like the wood, and giving back a constant and daily commitment for a future in name of sustainability, starting with the development of innovative technologies for energy monitoring and saving.

With over 4.000 realised spas, Starpool is present in 78 Countries worldwide, with 4 foreign branches and 26 distributors.

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