



MONDAY  
3. December  
2012

# Sport



For more than three and a half minutes, Petter Northug lay motionless in the snow, but that's the way he wanted it. He could not stand up after his World Cup victory number 14.

He felt like throwing up while laying motionless - as the winner. Petter Northug's capacity to dig out the last drop of energy astonishes everyone.

## No one can take pain like Northug

### CROSS COUNTRY WORLD CUP



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Journalist

Aftenposten i Kuusamo

When the skier from Trøndelag leaves for Munich today, to continue to a high altitude training camp in Seiser Alm, he will still be affected by what took place yesterday.

He believes the exhaustion he

felt when he fought as for his life to win the mini-tour overall, will remain in his body for eight to nine days. But he managed to take home his first victory of the season, even if it was painful at the end. He describes it as «brutal». When the 26 year-old fought against what he thought was a cooperating bunch of competitors chasing him, he had to dig deep to find his survival ability. A 40-second lead from the pursuit was no longer an «ocean of time», as Northug had to act as a snow plow. But if there's anything that triggers him, it is challenges like this. He became Superman and Popeye in one person and threw himself across the finish line, like Bjørn Dæhlie did in the Winter Olympics in Nagano. The overall

winner lay flat for a good three minutes.

– He wanted to stay there. He was so exhausted, but he was responsive, the National Team physician Dag Lunder says. He adds:

– He has a unique ability to dig deep.

#### High pain tolerance

To team coach Vidars Løfshus, Northug is incomparable to other skiers.

– Most of us would be dead if we were to go as fast as Petter, he says and points to three important areas where his student has an advantage:

- The technique that creates high speed
- High threshold for pain

#### Ability to focus

– He is unique and we are very lucky to have him on our team. He can be totally uninterested, absent minded, but when it's competition day, he is very much present, Løfshus adds.

#### A way with words

After the race, Northug was back to his normal eloquence. Not everyone can use metaphors like him.

– It felt like I had robbed a bank, gotten away with 50 000 Euros in a suitcase and now was being chased by 100 000 police officers. Towards the end I was picked up by a helicopter.

Northug said he ran like in a trance and had to work mentally during the race, a technique used

by many others. Mental trainer Erik Bertrand Larssen, who works with Northug, Eldar Rønning and Martin Johnsrud Sundby, speaks in general about the way athletes like these work:

– It is all about what words, sentences and images an athlete uses when things get heavy. The feeling «I feel sorry for myself» is then replaced by aggression. This is something you can practice. It has to do with thinking offensively, aggressively, positively and being brave.

The skier from Mosvik confirms that the last part of the race was all about blasting through a mental barrier - as he must also be prepared to do in the coming Tour de Ski.

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## TENK SIKKERHET I FJELLET!

Åpent

Mandag-fredag 10-18

Torsdag 10-19

Lørdag 9-16

BESØK OSS PÅ [WWW.OSLOSPORTSLAGER.NO](http://WWW.OSLOSPORTSLAGER.NO) ELLER I TORGGATA 20

Boklansering og foredrag m/ KJETIL BRATTLIEN

Gleder kun 3/12

249

Ny og forbedret utgave

Kjetil er skred ekspert og forfatter av "Den lille snøskredboka". Han arbeider i skredgruppa på Norges Geotekniske Institutt (NGI), har snøskred som yrke, og bratt friluftsliv som lidenskap.

Mandag 3. desember

Kl 16-18: Kjetil Brattlien er i butikken for å gi råd om skred og sikkerhet.

Kl 1830- 1915: Gratis skredforedrag m/ Kjetil Brattlien. (Bak sykkelverksted, vil bli merket)

Ortovox Beast snøspade

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1499

Gleder kun 3/12

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Julekalender

Nytt skrapelodd og nye premier hver dag fra 1. - 24. desember

Oslo Sportslager

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BYENS SPORTSBUTIKK TORGGATA 20