

## Alexandra Borrelly Lebrun



Married to Nicolas since June 2012, I was born in Manosque the 25th of September 1975.

I have always done sport. I practiced a lot of sport : Gymnastic, dance, tennis, ski, handball and finally swimming and Athletic. Of course I turned on Triathlon around 18, because of Gerard Honnorat, a known Coach Triathlon Team in France.

Multisports became a real hobby. Triathlon of course and the discovery of mountain sports and trails with Nicolas from 1998 : Trail running, ski Mountaineering, cross country ski, Adventure racing...

In parallel I followed pharmacy studies. I had my diploma in 2000, with congratulations because of my thesis : « Aromaterapy, homeopathy, phytotherapy, for Elite Triathlon and Duathlon athletes ». My subjects were René Rovera (7<sup>th</sup> PRO Ironman Hawaï in 1998) and of course Nicolas Lebrun (Xterra world Champ).

I completed my studies by 3 years at the Medecinal plants School in Lyon. Finally I found my way in these natural medicines.

I do sport at level regional and sometimes national.

I stopped my job in 2009 to follow Nicolas, to live one sport season in USA with the XTERRA family. (Triathlon off road)

It was a really good experience. I improved my knowledge of training and everything all around performance.

I really decided to stop my pharmacy work in November 2015 to use anytime in Organicoach. That results many years of travelling, meeting persons, research, and practicing sport in harmony between body and nature.

In 2017, I had a University Diploma called « Exercise, Training, Dietetic and Nutrients », in Paris with the famous Sport Searcher Véronique Billat and nutritionist Anthony Berthou.