

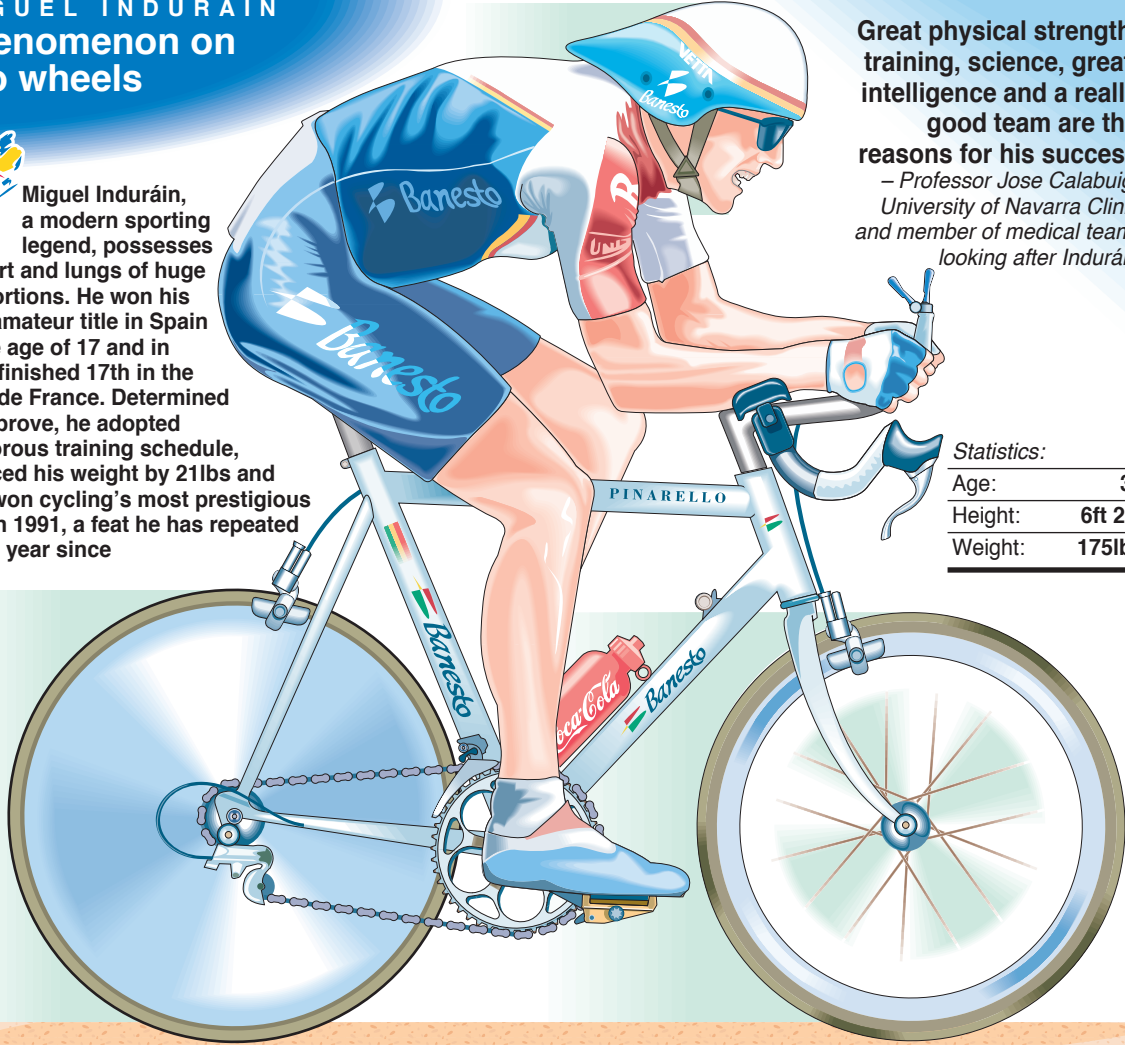
MIGUEL INDURÁIN Phenomenon on two wheels



Miguel Induráin, a modern sporting legend, possesses a heart and lungs of huge proportions. He won his first amateur title in Spain at the age of 17 and in 1989 finished 17th in the Tour de France. Determined to improve, he adopted a rigorous training schedule, reduced his weight by 21lbs and first won cycling's most prestigious title in 1991, a feat he has repeated every year since

Great physical strength, training, science, great intelligence and a really good team are the reasons for his success

— Professor Jose Calabuig, University of Navarra Clinic and member of medical team looking after Induráin



Statistics:

Age:	32
Height:	6ft 2in
Weight:	175lbs

Lungs: Each breath takes in eight litres of air, twice that of a normal, fit adult. Had nose straightened to unblock sinuses. Takes medication for hay fever. Training programme reduces immunity to colds and flu which affects all cyclists —

uses hot air aerosol to reduce infection

Heart: Probably the largest of any cyclist. Can pump 47 litres per minute at maximum effort, average man pumps 25 litres. Rate reaches 150 beats per minute pedalling at

full speed, reduces to 60 beats within 30 seconds of slowing

Energy: Uses 6,000 calories a day when racing, a normal rate is 2,000. Eats large amounts of rice, pasta, yoghurt and cereals for glycogen to provide fast energy to muscles. Daily massage using