



Anastasiya Kuzmina



Tell us in brief who you are?

Hi! I am Anastasiya Kuzmina, professional biathlete from Slovakia.

Apart from being outdoors for biathlon, skiing and roller skiing, are there any other outdoor activities you love?

My favourite outdoor activities are Nordic Walking and trekking in the mountains. Canoeing and biking are also outdoor activities which I like very much, and they are also sports I utilise as a part of training for the coming racing season.

Tell us why anyone should start roller skiing?

To start with, roller skiing is a part of training for a lot of professional and top athletes. Of course, roller skiing is also very similar to normal winter-time cross country skiing, so it is an excellent summer training activity. Secondly, It's a good choice as a functional and special power training method during the summer season. Last and most importantly, it's cool and fun!





As you are one of the world's best biathletes, have you ever considered participating in a triathlon or modern pentathlon competition? Or any other sport competitions?

During the summer season I quite often participate in extreme run races, orienteering and summer biathlon competitions on roller skis. These are very good ways to keep fit and to diversify my training.

You were quite enthusiastic about figure skating and karate when you were younger. What made you choose biathlon in the end?

When I was younger, I tried quite a few kinds of sports for fun, including figure skating and karate too. My parents are former cross-country skiers and biathletes, so choosing biathlon as my main form of sport in the end was a quite natural choice.

You spend quite a lot of time roller skiing if one measures it on a weekly scale during off-season. Do you often roller ski the same routes, or do you change it frequently?

This depends largely on which stage of preparation of the coming competition season it is. If I can ski on snow until the middle of May, I will start with the roller skis a little bit later. Quite often this is from the beginning of June, and my roller skiing season will carry on till the end of October. The intensity and amount and length of my roller skiing sessions will increase considerably towards the start of the coming biathlon season.

What equipment do you use for roller skiing ?

When I begin my training, I need good roller skis (of course MARWEs) and comfortable ski boots. A pair suitable and long ski poles (my height is 1.80m) and which have proper roller tips. And I never roller ski without a good helmet and safety vest. Remember that safety always comes first!





Your children are growing older and Yelisey seems to be a big hockey fan. Has he tried skiing or biathlon, or maybe some other sport?

Yelisey is a good skier. Of course, he is also trying out other sports including tennis, orienteering, the gym and hockey. He has plenty of time to make the right decision, to pick a sport which he likes and feels comfortable with.

Being a winter athlete, and having to train during all the year around, what is your favourite weather season and why?

Spring is absolutely the best time of the year for me. During spring I can spend more time with my children. It is the perfect time to relax and wind down after the hard winter season and being under stress and having to travel constantly.





How do you relax after your roller skiing or skiing session?

The most important part of recovery after roller skiing or skiing sessions is to do stretching and yoga exercises. As music, most of all I prefer to listen sounds of the nature or simply just enjoying silence so to speak.

As you have competed in Finland quite frequently during your career, is there something in Finland or Finnish what you like? Sauna?

I have participated in so many races in Finland! The first times were as a junior athlete and have carried on till being a top-level athlete of today. The last time I was in Finland was in Kontiolahti at the recent World Cup 2018 event. Also, I do spend a lot of time at training camps both in Kontiolahti and at Vuokatti. Yes, you're right, I do really like a Finnish sauna. And the original Finnish squeaky cheese as well!

Your twin brother Anton is also one of the best biathletes in the world. Do you keep in contact with him during the racing season? Does he give you advice on how to win or is it you who tells him how to train and how to win?

I really enjoy when we stay at the same hotels during the Biathlon World Cup competition season and can spend some quality time together. We have a special relationship between us. We share training advice, and at the same time I try my best to help him to prepare and psyche for the coming competitions. Such things as to have a strong mindset and quite often he has helped me to do the same.





You have won gold at three different Olympics and had two children, Yelisey before Vancouver and Olivia after Sochi. How do you psyche yourself to start again the heavy and grueling training after giving birth, what is your motivation? You have also said that Pyeongchang 2018 will be your last Olympic games. Is this decision final?

It was hard to start all over again to get back in top form after the birth of both of my children. But being able to participate in these Olympic Games is the main motivation and biggest factor to me and it was important to prove for myself that anything is possible.

Of course, participating in three Olympic games and to be at the top at all of them is very hard and to keep striving to be successful is far from easy. I will continue my career at least for the 2018-19 season. That is all I have decided for now.

Lastly do you have any heroes or idols you have looked up to or admire?

When I was younger, my idol was the 1998 Nagano Biathlon Olympic champion Galina Kukleva from Russia. At Nagano she won a gold medal in the 7.5 km sprint and was a part of the team that won a silver medal in the relay.

My wish is to be a athletic idol and role model for up and coming young Slovakian and of course international athletes.

