



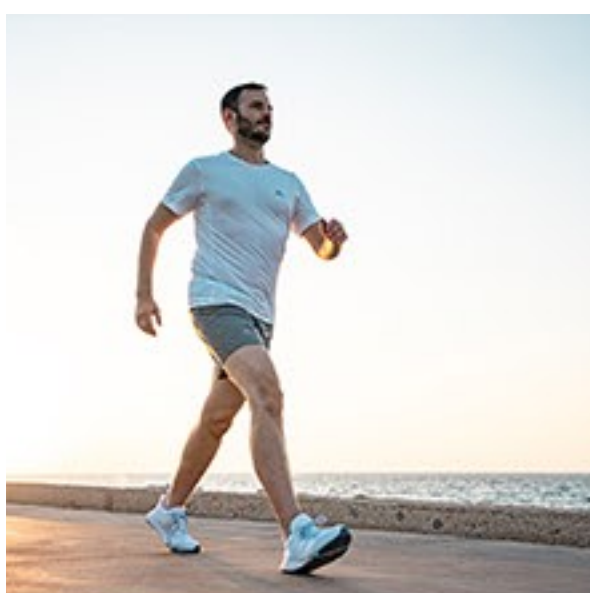
DECATHLON COACH

CREATE YOUR OWN VERSION OF SPORT!



DECATHLON COACH

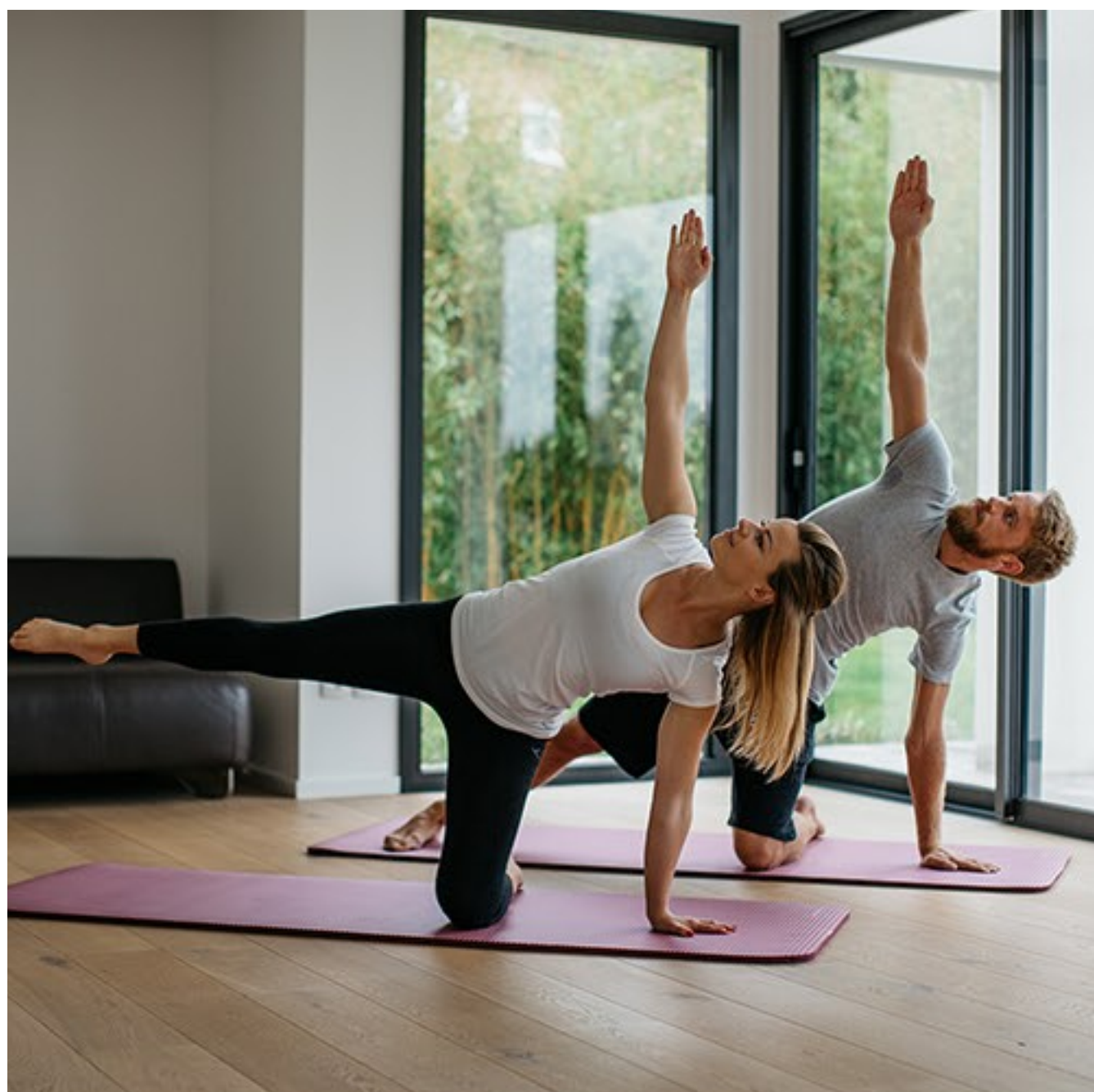
IS YOUR COACH NEARBY!

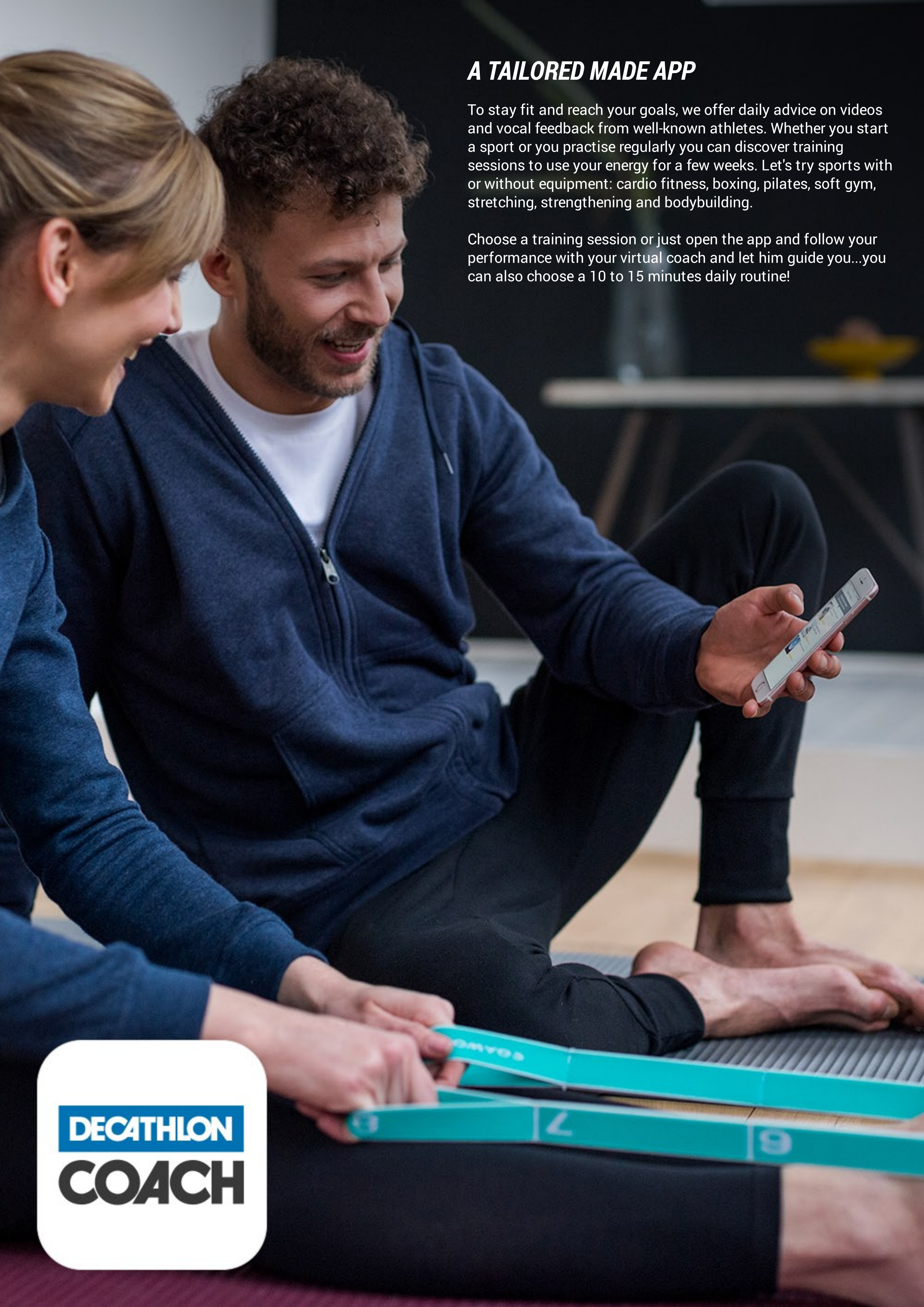


Sport helps to go through a hard time, practising a physical activity enables us to maintain physical activity in spite of adversity and to strengthen our immune system. In this respect, Decathlon Coach will offer you great support...

Thanks to the Decathlon Coach app you will clear your mind indoor or outdoor, breathe fresh air, whatever sport you practise, slowly or at a fast pace. Around the world, thousands of sportsmen and sportswomen have already chosen it for the last few months... In the current lockdown situation, we are eager to feel again the freedom that sport offers. The need for sport has never been as high as nowadays: the pleasure of walking, cycling or practising team sport.

**Decathlon is by your side
to help whatever you need.**





A TAILORED MADE APP

To stay fit and reach your goals, we offer daily advice on videos and vocal feedback from well-known athletes. Whether you start a sport or you practise regularly you can discover training sessions to use your energy for a few weeks. Let's try sports with or without equipment: cardio fitness, boxing, pilates, soft gym, stretching, strengthening and bodybuilding.

Choose a training session or just open the app and follow your performance with your virtual coach and let him guide you...you can also choose a 10 to 15 minutes daily routine!

DECATHLON
COACH



Download free app



Download on the
App Store



GET IT ON
Google Play

ALL AROUND THE WORLD

Decathlon Coach is a free app available in 157 countries and 8 different languages:
French, Spanish, Portuguese, Italian, Russian, English, German, Dutch...



“Started using the DECATHLON coach app and it really made a huge difference on how I do my fitness routines everyday. What I loved about it are the challenges and the detailed instructions on how to do it. **It made it easier for me to learn new ways on how to maximize and meet my fullest potential.** Got to give 5 stars for it. Definitely recommend for you to try :)”

— @mvdebelen, Philippines



“I have never done sport in my life, not even running. I started this program at the age of 43 after a huge weight loss and I followed the sessions to the letter. After 4 weeks I got to run 30 minutes non stop! I cannot believe it! Now I am starting to run 45 minutes in 6 weeks and I am fully convinced that I am going to make it. Thanks!!”

— Jara, Spain

Decathlon Coach follows you wherever you go :

Embark on a DecathRoad :

www.oneblueteam.com/decathlon-coach-around-the-world



PLAY AT HOME!

You are used to train home?
Carry on your routine! Before or after going to work early in the morning or at night...

Conseil **sport**
DECATHLON



There is no need to have some equipment to spend your energy, whatever the goal! Take care of your heart and clear your lungs. How great is the feeling of achievement after exercising, your brain and body have been working hard? Exhale to recover... It is the key to success when you stop being out of breath after walking up the stairs at home or the office!

More info on conseilsport.decathlon.fr



Stay active and healthy! Strengthening your muscles will help in your everyday life: to carry water bottles packs or shopping bags. Those cores will become easier. It is also a clever way to burn fat. Each time you gain some muscle, it will burn fat. Test your muscles and become strong!

More info on conseilsport.decathlon.fr



To relax with exercises that strengthen your muscles and help to breathe deeply at the same time...Pilates! Control each move accurately! Breathe deeply. Be precise. Keep your body straight. Concentrate and enjoy. Joseph Pilates, the creator of pilates claims: "After 10 training sessions you can feel the difference. After 20 sessions you can see the difference. And after 30 sessions you get a brand new body!" Pilates is for everyone whatever your age or physical condition!

More info on conseilsport.decathlon.fr

TRAIN WITHIN THE PELOTON BUT AT HOME!

To guide cycling, running, outdoor fans during the lockdown, Alltricks in partnership with TrainMe offers video coaching sessions to exert yourself. Every week home-trainer and muscle strengthening sessions are available on Alltricks.fr. Connect online every Tuesdays and Thursdays at 6 pm!



Discover a new way of cycling with partners at home. Alltricks organizes Zwift Meetups, Alltricks ambassadors and cycling fans gather to ride few kilometers on accessible routes for all.



Alltricks



**WIN OUTSIDE
TOO!**



SPORT WALKING with *newfeel*

WALKING, THE MOST NATURAL SPORT

Walking is a well known, instinctive, natural activity. Fitness, Nordic or athletic walking strengthens our health reserves and brings wellness. For example, an hour of walking at 6km/h equals 6 000 steps and 300 burnt kilocalories. Walking brings regularly some oxygen to your body, it is good for your heart, and clean up arteries. On country roads, maritime paths, mountains valleys or on the pavement, walking makes you feel better. It is a soft exercise that has a small impact on the body (around 1,5 times body weight). Running has an impact of 3 times body weight. Walking increases bone density and prevent osteoporosis; it reduces strokes risks, lowers blood pressure and blood cholesterol level. A whole lot of benefits for your health. And thanks to the numerous steps you take, your brain is stimulated and more efficient. As walking relieves stress and fears, it clears up your mind. The great feeling of wellness is the main reason why people practise this activity. Nowadays, we all need to breathe deeply, to get some fresh air and take care of our health. Let's walk!

Walking 30 minutes, three times a week improves cerebral plasticity thanks to the oxygen it brings, good movement learning process, and good motor coordination...Physical activity is as good as a cerebral activity to slow down neurodegenerative diseases.

[More info](#)

AND AFTER LOCKDOWN? TO GET A STYLISH SILHOUETTE FOLLOW THE NEW TREND: CYCLING!

Cycling is an invitation to discover a city track, a forest trail, a country road. City bike, mountain bike, electric bike, each one has a different motivation. According to the "Unions Sports et Cycles" research of September 2019, 2 people out of 5 in France are using a bike every day. To go to work or during their free time. Cycling brings a lot of benefits. To practise a regular activity is the main motivation. 6 people out of 10 are sure about this. Bike sales show that it is a reality. In 2018, more than 2,7M bikes have been sold in France, 338 000 were electric bikes. Numbers keep rising.

In 2017, France offered 15 120 km of cycling infrastructures. In 2030, France is willing to reach 22 780 km. The enthusiasm for cycling is huge. Cycling helps maintain a good cardiovascular system. After the autumn and winter break, cycling is the perfect activity to gradually practise and get in shape again. 20 minutes cycling in the morning, even with an electric bike to go to work, to university, to run errands is enough to get back in shape within 5 days. 3h30 cardio training altogether without any impact on joints. We call it luxury. Even with low or medium intensity, any activity is good for the body. Losing weight, burning fat. At 20 km/h, we burn 500 à 600 kcal/h and start burning our stock of fat after at least a 40 minutes exercise. Getting out during the weekend, walking with friends or mountain bike cycling boost your schedule. It's all good!

[More info](#)





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